



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:00 - 8:45am Aquacize (04)
	8:30 - 9:15am Aquacize (01)		8:30 - 9:15am Aquacize (01)		8:30 - 9:15am Aquacize (01)	8:50 - 9:35am Aquacize (05)
	9:30 - 10:15am Aquacize (02)		9:30 - 10:15am Aquacize (02)		9:30 - 10:15am Aquacize (02)	9:00 - 9:35am Skipper (03)
						9:45 - 10:20am Pike (03) Eel (03) Ray (03) Starfish (03)
		10:30 - 11:00am Skipper (01) Perch (01)		10:30 - 11:00am Skipper (02) Perch (01)		10:25 - 11:00am Polliwog (02) Minnow (02) Fish (02) Guppy (02)
11:00 - 11:35am Polliwog (04)		11:00 - 11:35am Pike (01) Eel (01)		11:00 - 11:35am Ray (01) Starfish (01)		11:10 - 11:45am Flying Fish (01) Shark (01)
11:40am - 12:15pm Guppy (04)						
	5:00 - 5:35pm Pike (04) Eel (04)		5:00 - 5:35pm Polliwog (03) Guppy (03)	4:30 - 5:15pm Porpoise Club (01)		
		5:20 - 5:55pm Polliwog (01) Guppy (01)		5:20 - 5:55pm Pike (02) Eel (02)		
		5:55 - 6:30pm Minnow (01) Fish (01) Flying Fish (02)		5:55 - 6:30pm Shark (02) Ray (02) Starfish (02)		
		6:30 - 7:15pm Aquacize (03)		6:30 - 7:15pm Aquacize (03)		
	7:00 - 8:00pm Triathlon Training/ Swim Fit (01)		7:00 - 7:45pm Aqua Zumba (01)			

Aquatic Program Fees

Swim Lesson Fees	Member Rate	Youth Member Rate	Open Rate
35 min lessons	\$58	\$73	\$116
45 min lessons	\$80	-	\$160
Individual lessons (4)	\$95	\$130	\$140
Individual lessons (8)	\$175	\$255	\$265

Each private lesson is for 30 minutes.

PLEASE NOTE:

All swim lessons operate on a 7 week cycle, week 8 is designated for make-up classes, if needed.

Water Exercise Classes	Member	Open Rate
Aqua Challenge 1x/wk Sat (60 min)	FREE	N/A
Aquacize 1x/wk Sat (60 min)	FREE	N/A
Aquacize 2x/wk T/Th (45 min)	FREE	\$100
Aquacize 3x/wk M/W/F (45 min)	FREE	\$120
Aqua Zumba 1x/wk W (45 min)	\$20	\$40
Swim Fit 2x/wk	FREE	\$64

Registration for water exercise classes is required for **ALL** participants. Due to demand, if you cannot attend the first class, you must notify the instructor in advance. Failure to do so will result in immediate withdrawal from the class. *Participants can only sign up for 2 water exercise classes per session.*

Class Length and Code:

35 Minute Lessons: Skipper/Perch (01101) • Pike (01103) • Eel (01104) • Ray (01105) • Starfish (01106) • Polliwog (01301) • Guppy (01302) • Fish (01304) • Flying Fish (01305) • Shark (01306)

45 Minute Lessons: Porpoise Club (01308) • Teen/Adult I (01312) • Aquacize (01402) • Aqua Zumba (01420)

60 Minute Lessons: Aqua Challenge (01405) • Triathlon Training/Swim Fit (01409)

Schedules subject to change without notice.



Parent/Child Lessons *(Parents must accompany child in the water)*

Skipper (01101) (Level I: 6 months - 2 yrs)

Introduction to the water where the parent and child will enjoy water movements and games accompanied by songs. Basic skills will be developed using water toys and play.

Perch (01102) (Level II: 2 – 3 yrs)

Children are taught to work more directly with an instructor in preparation for Preschool lessons and will learn the skills of breath control, floating, kicking, paddling and water entries.

Pre-school Lessons *(ages 3 – 5 yrs)*

Pike (01103) (Level I)

Help the child develop safe pool behavior, adjust to the water and develop independent movement in the water with a float belt.

Eel (01104) (Level II)

Children are taught to sit dive, float, and perform the progressive paddle stroke.

Ray (01105) (Level III)

Improve stroke skills, build endurance on their front and back, learn to tread water and perform kneeling dives.

Starfish (01106) (Level IV)

Endurance of front and back crawl, develop a modified breaststroke and butterfly, personal safety, and rescue skills.

Youth Lessons *(ages 6 – 12 yrs)*

Polliwog (01301) (Level I)

For children with little to no experience. Basic skill instruction includes floating, body position, breath control and paddle stroke.

Guppy (01302) (Level II)

Develop front and back float and paddle stroke. Children are introduced to rotary breathing and front crawl.

Minnow (01303) (Level III)

Introduction to back crawl, diving, treading water and sharpening front crawl and rotary breathing skills.

Fish (01304) (Level IV)

New skills include the breaststroke and elementary backstroke.

Flying Fish (01305) (Level V)

Build endurance and refine strokes. New skills include the butterfly and open turns.

Pre-competitive *(ages 9 – 15 yrs)*

Shark (01306) (Level I)

Refining stroke technique, increasing endurance and will be introduced to proper competitive starts and turns in preparation for porpoise club or swim team. Will work on flip turns and underwater pullouts for Breaststroke.

Porpoise Club (01308)

Develop competitive stroke technique and introduce water safety techniques in preparation for swim team or lifeguarding class. Will continue to work on flip turns and underwater pullouts for breast stroke.

Teen/Adult Lessons *(ages 13 yrs and up)*

Teen/Adult I (01312)

Floating on front and back, kicking, arm stroking and treading water. Will introduce rotary breathing and overcoming the fear of deep water. Starts to develop swimming without the aid of a floatation device.

Individual Swim Lessons

One-on-one instruction.

Water Exercise Programs

Aqua Challenge (01405)

Program uses a variety of aquatic exercise equipment to tone upper and lower torso.

Aquacize (01402)

Shallow water exercising to music with concentrated exercises to strengthen and tone the upper and lower torso.

Aqua Zumba (01420)

A pool-based fusion of body sculpting movements with easy to follow dance steps to the tune of R & B and international music. Featuring aqua aerobic/fitness interval training, instructed by a Zumba certified instructor.

Triathlon Training/Swim Fit (01409)

A combination of lap swimming and aquafit exercises to promote overall fitness.

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