

## FALL AQUATIC PROGRAMS 2018

**REGISTRATION FOR FALL SWIM LESSONS WILL START  
 SEPTEMBER 4th, 9:00am - Online & in-person**

**PROGRAMS ARE HELD DURING THE  
 FOLLOWING SESSION DATES:**

**TUES & THURS SESSIONS**

#1 Sept. 18 - Oct. 11 (Level 1 - 3)

#2 Oct. 23 - Nov. 15 (Level 1 - 3)

**SATURDAY CLASS SESSIONS**

#1 Sept. 29, Oct. 6, 13, 20, 27 Nov. 3, 10, 17

**PARENTS AND TOTS**

Ages 6 months to 15 months

Tues 4:00 - 4:30PM  
 (9/25 - 11/17)

Ages 15 months to 3 ½ years old  
 Thurs 4:00 - 4:30PM  
 (9/27 - 11/15)

Parent participation required. This class is designed to introduce and acclimate your young child to the water. Participating adults will learn holding positions, cues, and how to have a positive first experience with the water.

**Children must be 3 ½ years old to enroll in group swim lessons**

**LEVEL I**

This level emphasizes comfort in the water. Skills introduced in this level are: Putting face in; bobbing, front and back floats with assistance; blowing bubbles; kicking; and arm strokes.

Tues. & Thurs. 9:00 - 9:30 AM  
 Sat. 10:00 - 10:30 AM  
 10:35 - 11:05 AM

**LEVEL II**

This level introduces basic skills to ready the swimmer for independent movement in the water. Skills introduced in this level are: submerging; front and back floats unassisted; breathing; flutter kicking; turning over; beginning strokes on front and back.

Tues. & Thurs. 9:30 - 10:00AM  
 Sat. 10:00 - 10:30 AM  
 10:35 - 11:05 AM

**LEVEL III**

Students begin to coordinate learned skills into strokes. Skills introduced in this level are front and back crawl, retrieving submerged objects, elementary backstroke, and treading water.

Tues. & Thurs. 10:00 - 10:30AM  
 Sat. 11:10 - 11:40AM

**LEVEL IV**

Swimmers improve strokes and develop endurance. Skills introduced in this level include breaststroke kick, diving, turns and treading water.

Sat. 11:10 - 11:40 AM

**LEVEL V ( Pre -Team)**

Coordinate and refine previous strokes. Skills taught in this level are open turns butterfly, stride jump, and breaststroke.

Sat. 11:45 - 12:15 PM

**ADULT LESSONS**

Sat. 11:45 - 12:15 PM

ANY LEVEL

**AQUATIC PROGRAMS PRICES**

**MEMBERS**

\$60.00 1<sup>ST</sup> child  
 \$55.00 2<sup>nd</sup> child  
 \$50.00 3<sup>rd</sup> child  
 \$45.00 4<sup>th</sup> child

**NON-MEMBERS**

\$120.00 1<sup>st</sup> child  
 \$115.00 2<sup>nd</sup> child  
 \$110.00 3<sup>rd</sup> child  
 \$105.00 4<sup>th</sup> child

**PLEASE NOTE:  
 NO MAKE UP CLASSES.**

**NO REFUND ON MISSED CLASSES.**

**WHEN JOINING CLASS LATE, LESSONS  
 WILL BE PRO-RATED.**

**PRIVATE LESSONS**

A 30 minute one-on-one lesson with instructor. Private lessons are by appointment only and depend on the availability of instructors and pool schedule. Call today for more information.

**PRIVATE LESSON FEES:**

**PRIVATE LESSONS**

MEMBERS:

\$25.00 PER ½ HOUR

NON-MEMBERS:

\$50.00 PER ½ HOUR

**SEMI PRIVATE LESSONS**

MEMBERS:

\$20.00 PER ½ HOUR PER CHILD

NON-MEMBERS:

\$35.00 PER ½ HOUR PER CHILD

Private Swim Lesson availability is limited



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NO REFUND ON MISSED CLASSES.  
  
WHEN JOINING CLASS LATE, LESSONS  
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**ADULT AQUATIC PROGRAMS**

**WATER EXERCISE**

Designed to increase flexibility, circulation and tone. Water is used as resistance, which places less stress on the body joints. Class uses equipment along with drills done on the wall. Non swimmers welcome!

Monday thru Friday 11:00 - 11:45AM

1:00 - 1:45PM

Saturday & Sunday 12:15 - 1:00PM

Tuesday & Thursday 7:30 - 8:15PM

**DEEP WATER VOLLEYBALL**

Monday thru Friday 11:00 - 11:45AM

**ADULT FITNESS SWIMMING**

This fitness program is a Coached work-out for ADULTS. The intent is to create an environment that welcomes those who may just want to add something new to their pool swims as well as the seasoned swimmer. Participants should already know how to swim and should have a basic knowledge of the four competitive strokes and be able to complete 8 lengths of the pool without stopping.

Sunday 7:00 - 9:00AM

Tuesday 8:30 - 9:30PM

FEE PER PRACTICE

\$5.00 for members

\$8.00 non-member

See front desk for discounted punch cards

**SCUBA**

Explore the world of SCUBA diving. Learn the physics and physiology of man under water, combined with developing water skills to become a competent SCUBA diver. SCUBA diving opens the door to the exciting world beneath the sea. For more information call -

American Diving Supply 646-5090

**East Coast C-Cerpants Swim Team**

The East Coast C-Cerpants Swim team is a year long competitive age group swim team that is sanctioned by USA Swimming. This program includes swimmers from age 5 who have completed swim lessons to college age swimmers. The C-Cerpants compete in a variety of local and regional swim meets that include swimmers of all ability levels.

[www.ccerpants.com](http://www.ccerpants.com)