



We build strong kids, strong families, strong communities.

AQUATICS SCHEDULE SUMMER 2008

SESSIONS

Weekday – Daytime

Monday - Thursday for 2 weeks

1. May 27 - June 5*
2. June 9 - 19
3. June 23 - July 3
4. July 7 - 17
5. July 21 – July 31
6. August 4 – 14**

Weekday – Evening

Mon/Wed or Tue/Thu for 4 weeks

1. May 27 – June 19*
2. June 23 – July 17
3. July 21 – August 14

Saturday

Saturdays for 4 weeks

1. May 31 – June 21
2. June 28 – July 19
3. July 26 – August 16

***Holiday Make-Ups**

*May 30 for 5/26: make-ups held on following Friday

** Preschool classes only

Swim Lesson Fees

Weekday Sessions

Facility Members \$60 - Program Members \$90

Saturday Sessions

Facility Members \$40 - Program Members \$65

Weekday/Morning Schedule, Mon – Thur for 2 weeks

Pike	9:30-10:00 (2)
Eel	9:30-10:00 (2)
Parent/Tot	10:05-10:35
Ray/Starfish	10:05-10:35
Pike	10:40-11:10
Eel	10:40-11:10
Polliwog	11:15-12:00
Stroke Clinic*	10:00-10:45

*Ages 6-15, must be able to swim one length of front crawl and backstroke.

Weekday/Evening Schedule, Mon/Wed or Tues/Thurs for 4 weeks

<u>Mon/Wed</u>		<u>Tues/Thurs</u>	
Pike	4:10-4:40	Pike	4:10-4:40
Eel	4:10-4:40	Eel	4:10-4:40
Ray	4:45-5:15	Guppy	4:45-5:30
Starfish	4:45-5:15	Minnow	4:45-5:30
Pike	5:20-5:50	Ray	5:35-6:05
Eel	5:20-5:50	Starfish	5:35-6:05
Polliwog	5:55-6:40	Pike	6:10-6:40
Fish/Fly/Shark	5:55-6:40	Eel	6:10-6:40
Guppy	6:45-7:30	Polliwog	6:45-7:30
Minnow	6:45-7:30	Fish/Fly/Shark	6:45-7:30
Adult	7:30-8:15		

Saturday Schedule, Saturdays for 4 weeks

Par/Tot	9:30-10:00
Two Much Fun	10:05-10:35
Pike	9:30-10:00 (2)
	10:05-10:35 (2)
Eel	10:40-11:10 (2)
Ray/Starfish	10:40-11:10
Polliwog	11:15-12:00
Guppy	11:15-12:00
Minnow	12:05-12:50
Fish/Fly Fish/Shark	12:05-12:50
Adult	12:55-1:40

If your class is cancelled due to low enrollment we will contact you prior to the first class and discuss alternative classes or the option of a credit letter / refund.

If you are interested in a class on a day or at a time other than what is available, please complete a Swim Lesson Interest Card.

We schedule additional classes based upon demand, pool and instructor availability.

Youth Stroke Clinics

Facility Member \$60 - Program Member \$90

May 27 - June 5*

June 9 - 19

June 23 - July 3

July 7 - 17

July 21 - July 31

Monday – Thursday for two week cycles

*Friday, May 30: make up class for May 26, Memorial Day

Adult Stroke Clinics

Facility Member \$8/class - Program Member \$12/class

June 2 – 26

July 7 – 31

Mondays & Thursdays @ 6:30 pm

Whether you are training for a triathlon or just looking to become a stronger swimmer, this clinic is right for you. Class will be led by an instructor with college level experience, and is tailored to your preferences. You can strengthen one particular stroke or all four competitive strokes. Pay by the class.

Private Lessons: Age 3 – Adult page 7

Facility Members Only - Private Lessons \$120 - Semi-Private Lessons \$80/participant

Private (1:1 ratio) and semi-private (2:1 ratio) swim lessons are available on a first come, first serve basis. Classes are scheduled when pool space and instructor availability permit. Three (3) hours of instruction, usually done in six 30-minute classes.

Pool Buddies page 7

Facility Member \$65 - Program Member \$95

3 or more participants. Four (4) hours of instruction, usually done in eight 30-minute classes.

CPR/AED/First Aid Certification page 7

Facility Member \$50 - Program Member \$65

June 21

July 19 9-3pm

August 16

Be prepared to respond to choking, heart attack, heart failure, and stroke. Participants will be certified in adult, child, and infant CPR. Learn to use an Automatic External Defibrillator, which is used to restart a stopped or abnormal heart rhythm. Upon successful completion of this course the participant will receive the following certificates: Adult, Child, and Infant CPR and AED for the Community and Workplace. Valid for one year.