

## Children Swim Programs

### Swim Lessons **NEW!**

Experience the excitement of learning the fundamentals of swimming! Our well-trained staff will share their passion for swimming while making each class extremely fun with a focus on developing proper technique.

**Ages:** 3-12 years old

**Days:** Mondays through Thursdays

**Fee:** \$72 Member / \$90 Non-Member

**Min/Max:** 4/6 - Class ages 3-5 are a max of 4.

#### Session 1

Class Code	Ages	Dates	Time
017061	3-5	6/5-6/15	9:15 - 10:00 am
017062	6-12	6/5-6/15	9:15 - 10:00 am
017063	6-12	6/5-6/15	10:05 - 10:50 am
017064	6-12	6/5-6/15	11:00 - 11:45 am
017065	3-5	6/5-6/15	3:45 - 4:30 pm
017066	6-12	6/5-6/15	3:45 - 4:30 pm

#### Session 3

Class Code	Ages	Dates	Time
017073	3-5	7/10-7/20	9:15 - 10:00 am
017074	6-12	7/10-7/20	9:15 - 10:00 am
017075	6-12	7/10-7/20	10:05 - 10:50 am
017076	6-12	7/10-7/20	11:00 - 11:45 am
017077	3-5	7/10-7/20	3:45 - 4:30 pm
017078	6-12	7/10-7/20	3:45 - 4:30 pm

#### Session 2

Class Code	Ages	Dates	Time
017067	3-5	6/19-6/29	9:15 - 10:00 am
017068	6-12	6/19-6/29	9:15 - 10:00 am
017069	6-12	6/19-6/29	10:05 - 10:50 am
017070	6-12	6/19-6/29	11:00 - 11:45 am
017071	3-5	6/19-6/29	3:45 - 4:30 pm
017072	6-12	6/19-6/29	3:45 - 4:30 pm

#### Session 4

Class Code	Ages	Dates	Time
017079	3-5	7/24-8/3	9:15 - 10:00 am
017080	6-12	7/24-8/3	9:15 - 10:00 am
017081	6-12	7/24-8/3	10:05 - 10:50 am
017082	6-12	7/24-8/3	11:00 - 11:45 am
017083	3-5	7/24-8/3	3:45 - 4:30 pm
017084	6-12	7/24-8/3	3:45 - 4:30 pm

### Private Swim Lessons

Our experienced instructors will help you achieve personalized goals around your schedule. Private one-on-one swim lessons are \$40 per 45 minute lesson. A semi-private swim lesson (2 people) is \$50 (\$25 per person) for a 45 minute lesson.

### Water Polo

Learn and play the fast and exciting game of water polo! No water polo experience is necessary, however you must be able to tread water for 20 seconds and be able to swim across to the other side of the pool unassisted. We will teach you the very basics of water polo including technique, teamwork and strategy. The water polo team will compete in 2 or 3 late afternoon/early evening matches during the season.

\*No class 7/4.

Class Code	Ages	Days	Dates	Time	Fee (M / NM)
017085	6-18	Tue & Thur	6/13-7/27*	10:30 - 11:30 am	\$130 M / \$160 NM

## Adult Swim Programs

### Masters Swim Program

Are you looking for an early morning swim? Our Master's Swim Program is designed for adults ages 17+ who are looking to practice and improve strokes, challenge yourself with speed and endurance sets, while focusing on fitness and fun! No competitive experience is needed, just the desire to have fun!

**Ages:** 17+

**Min/Max:** 4/12

Class Code	Dates	Days	Time	Fees
017086	6/5-6/23	Mon/Wed/Fri	5:30-7:30 am	Free
017087	6/26-7/14	Mon/Wed/Fri	5:30-7:30 am	Free
017088	7/17-8/4	Mon/Wed/Fri	5:30-7:30 am	Free
017089	8/7-8/18	Mon/Wed/Fri	5:30-7:30 am	Free

### Water Aerobics

Grab your swimsuit and come to the pool for an energetic water workout! You do not need to be an experienced swimmer. This is a fun, refreshing and low-impact exercise class that is easy on your joints!

**Ages:** 17+

**Min/Max:** 4/12

Class Code	Dates	Days	Time	Fees (M / NM)
017090	6/5-6/23	Mon/Wed/Fri	7:30-8:30 am	\$108 M / \$130 NM
017091	6/26-7/14	Mon/Wed/Fri	7:30-8:30 am	\$108 M / \$130 NM
017092	7/17-8/4	Mon/Wed/Fri	7:30-8:30 am	\$108 M / \$130 NM
017093	8/7-8/18	Mon/Wed/Fri	7:30-8:30 am	\$72 M / \$87 NM

