



# FALL AQUATICS CLASSES

Community Pool at CLU, 100 Overton Court, Thousand Oaks, CA, 91360 | (805) 241-0894



	MON/WED	TUE/THU	SAT	SUN
<b>SESSION 1</b> →	Sep 9 - Sep 25	Sep 10 - Sep 26	Sep 7 - Oct 12	Sep 8 - Oct 13
<b>SESSION 2</b> →	Sep 30 - Oct 16	Oct 1 - Oct 17	Oct 19 - Nov 23	Oct 20 - Nov 24
<b>SESSION 3</b> →	Oct 21 - Nov 6	Oct 22 - Nov 7 (5)	x	x
<b>SESSION 4</b> →	Nov 11 - Nov 25 (5)	Nov 12 - Nov 26 (5)	x	x
<b>PARENT AND CHILD</b>	11:00-11:25am <b>C407</b>	11:00-11:25am <b>C507</b>	10:00-10:25am <b>C721</b> 11:00-11:25am <b>C733</b>	10:00-10:25am <b>C821</b> 11:00-11:25am <b>C833</b>
<b>TINY TOT SEALS</b>	10:30-10:55am <b>C405</b> 3:00-3:25pm <b>C450</b> 3:30-3:55pm <b>C454</b> 4:30-4:55pm <b>C464</b>	10:30-10:55am <b>C505</b> 3:00-3:25pm <b>C550</b> 3:30-3:55pm <b>C554</b> 4:30-4:55pm <b>C564</b>	9:00-9:25am <b>C711</b> 10:00-10:25am <b>C723</b> 11:00-11:25am <b>C734</b>	9:00-9:25am <b>C811</b> 10:00-10:25am <b>C823</b> 11:00-11:25am <b>C834</b>
<b>POLLIWOGS</b>	10:00-10:25am <b>C403</b> 3:00-3:25pm <b>C451</b> 4:00-4:25pm <b>C459</b> 5:00-5:25pm <b>C469</b>	10:00-10:25am <b>C503</b> 3:00-3:25pm <b>C551</b> 4:00-4:25pm <b>C559</b> 5:00-5:25pm <b>C569</b>	9:30-9:55am <b>C716</b> 10:30-10:55am <b>C727</b> 11:30-11:55am <b>C742</b>	9:30-9:55am <b>C816</b> 10:30-10:55am <b>C827</b> 11:30-11:55am <b>C842</b>
<b>SEALS</b>	9:30-9:55am <b>C401</b> 3:30-3:55pm <b>C455</b> 4:30-4:55pm <b>C465</b> 5:30-5:55pm <b>C473</b>	9:30-9:55am <b>C501</b> 3:30-3:55pm <b>C555</b> 4:30-4:55pm <b>C565</b> 5:30-5:55pm <b>C573</b>	9:00-9:25am <b>C712</b> 10:00-10:25am <b>C722</b> 11:00-11:25am <b>C738</b>	9:00-9:25am <b>C812</b> 10:00-10:25am <b>C822</b> 11:00-11:25am <b>C838</b>
<b>DOLPHINS</b>	11:30-11:55am <b>C409</b> 3:00-3:25pm <b>C452</b> 4:00-4:25pm <b>C460</b> 5:00-5:25pm <b>C470</b>	11:30-11:55am <b>C509</b> 3:00-3:25pm <b>C552</b> 4:00-4:25pm <b>C560</b> 5:00-5:25pm <b>C570</b>	9:30-9:55am <b>C717</b> 10:30-10:55am <b>C728</b> 11:30-11:55am <b>C740</b>	9:30-9:55am <b>C817</b> 10:30-10:55am <b>C828</b> 11:30-11:55am <b>C840</b>
<b>OTTERS</b>	3:30-3:55pm <b>C456</b> 4:30-4:55pm <b>C466</b>	3:30-3:55pm <b>C556</b> 4:30-4:55pm <b>C566</b>	9:00-9:25am <b>C713</b> 10:00-10:25am <b>C726</b> 11:00-11:25am <b>C735</b>	9:00-9:25am <b>C813</b> 10:00-10:25am <b>C826</b> 11:00-11:25am <b>C735</b>
<b>STINGRAYS</b>	3:30-3:55pm <b>C457</b> 4:30-4:55pm <b>C467</b>	3:30-3:55pm <b>C557</b> 4:30-4:55pm <b>C567</b>	9:30-9:55am <b>C720</b> 10:30-10:55am <b>C730</b> 11:30-11:55am <b>C743</b>	9:30-9:55am <b>C820</b> 10:30-10:55am <b>C830</b> 11:30-11:55am <b>C843</b>
<b>BARRACUDAS</b>	4:00-4:25pm <b>C461</b> 5:00-5:25 pm <b>C471</b>	4:00-4:25pm <b>C561</b> 5:00-5:25 pm <b>C571</b>	9:00-9:25am <b>C715</b> 10:00-10:25am <b>C724</b> 11:00-11:25am <b>C736</b>	9:00-9:25am <b>C815</b> 10:00-10:25am <b>C824</b> 11:00-11:25am <b>C836</b>
<b>SHARKS</b>	5:30-5:55pm <b>C475</b>	5:30-5:55pm <b>C575</b>	10:30-10:55am <b>C729</b> 11:30-11:55am <b>C744</b>	10:30-10:55am <b>C829</b> 11:30-11:55am <b>C844</b>
<b>ADULT BEGINNER</b>	4:00-4:25pm <b>C462</b> 5:30-5:55pm <b>C474</b>	4:00-4:25pm <b>C562</b> 5:30-5:55pm <b>C574</b>	9:30-9:55am <b>C718</b> 10:30-10:55am <b>C732</b> 11:30-11:55am <b>C741</b>	9:30-9:55am <b>C818</b> 10:30-10:55am <b>C832</b> 11:30-11:55am <b>C841</b>



**FALL 2024 REGISTRATION BEGINS**

**MONDAY, AUGUST 19, 9:00AM**

**WWW.CRPD.ORG/REG**

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PRIVATE INSTRUCTION	MON/WED		TUE/THU		SAT		SUN	
	Time	Price	Time	Price	Time	Price	Time	Price
	9:00-9:25am	C400	9:00-9:25am	C500	9:00-9:25am	C714	9:00-9:25am	C814
	9:30-9:55am	C402	9:30-9:55am	C502	9:30-9:55am	C719	9:30-9:55am	C819
	10:00-10:25am	C404	10:00-10:25am	C504	10:00-10:25am	C725	10:00-10:25am	C825
	10:30-10:55am	C406	10:30-10:55am	C506	10:30-10:55am	C731	10:30-10:55am	C831
	11:00-11:25am	C408	11:00-11:25am	C508	11:00-11:25am	C737	11:00-11:25am	C837
	11:30-11:55am	C410	11:30-11:55am	C510	11:30-11:55am	C739	11:30-11:55am	C839
	3:00-3:25pm	C453	3:00-3:25pm	C553	<b>SWIM CLASS PRICES</b> PRIVATE SEMI-PRIVATE GROUP \$171 \$99 \$65			
	3:30-3:55pm	C458	3:30-3:55pm	C558				
	4:00-4:25pm	C463	4:00-4:25pm	C563				
	4:30-4:55pm	C468	4:30-4:55pm	C568				
	5:00-5:25pm	C472	5:00-5:25pm	C572				
	5:30-5:55pm	C476	5:30-5:55pm	C576				

## CRPD SWIM TEAM

The CRPD Swim Team prepares athletes for competition by focusing on speed, endurance, refining strokes, and physical conditioning. Workouts are structured by age and ability providing workouts in a fun and collaborative social setting for all athletes. **Ages 8-16**

C800	9:00-9:55am	Sa	9/7 - 10/12	\$86
C800	9:00-9:55am	Su	9/8 - 10/13	\$86
C800	9:00-9:55am	Sa	10/19 - 11/23	\$86
C800	9:00-9:55am	Su	10/20 - 11/24	\$86
C800	5:00-5:55pm	M/W	9/9 - 11/25	\$328
C800	5:00-5:55pm	T/Th	9/10 - 11/26	\$328

## HOMESCHOOL SWIM TEAM

Meet other Home School families in our non-competitive Swim Team! Our novice Swim Team provides structured workouts and stroke technique in a fun and team-oriented environment.

**Ages 8-16**

C803	10:00-10:55am	M	9/9 - 11/28	\$157
C803	10:00-10:55am	W	9/11 - 11/20	\$157

## STROKE TECHNIQUE AND WORKOUT

Improve stroke technique, endurance, and confidence in the water. Learn how to swim faster with less effort in a small group setting at your own pace. **Ages 14+**

C805	9:00-9:55am	M/W	9/4 - 9/30	\$114
C805	9:00-9:55am	M/W	10/2 - 10/30	\$128
C805	9:00-9:55am	M/W	11/4 - 11/27	\$99

## WATER AEROBICS DEEP WATER

Use the power of water resistance and your body to exercise suspended in 5 feet of water with the help of a flotation belt.

**Ages 18+**

C802	10:00-10:55am	M	9/9 - 9/30	\$57
C802	10:00-10:55am	M	10/7 - 10/28	\$57
C802	10:00-10:55am	M	11/4 - 11/25	\$57

## NOODLE AEROBIC WORKOUT

Explore the versatility of a pool noodle while improving core, strength, flexibility, balance, range of motion and proper form.

Gentle on the joints and ideal for arthritis. **Ages 18+**

C802	11:00-11:55am	M	9/9 - 9/30	\$57
C802	11:00-11:55am	M	10/7 - 10/28	\$57
C802	11:00-11:55am	M	11/4 - 11/25	\$57

## WATER AEROBICS SHALLOW WATER

The class utilizes different exercises and routines in shallow water coupled with mild aerobics, all at the pace and comfort level of everyone. **Ages 18+**

C804	10:00-10:55am	W	9/4 - 9/25	\$57
C804	10:00-10:55am	F	9/6 - 9/27	\$57
C804	10:00-10:55am	W	10/2 - 10/30	\$71
C804	10:00-10:55am	F	10/4 - 10/25	\$57
C804	10:00-10:55am	W	11/6 - 11/27	\$57
C804	10:00-10:55am	F	11/1 - 11/22	\$57

