

FALL/WINTER AQUATICS CLASSES



ONLINE REGISTRATION BEGINS

MONDAY, OCTOBER 21, 9:00AM

WWW.CRPD.ORG/REG




	MON/WED	TUE/THU	SAT	SUN
SESSION 1 →	Dec 2 - Dec 18	Dec 3 - Dec 19	Jan 4 - Feb 8	Jan 5 - Feb 9
SESSION 2 →	Jan 6 - Jan 22	Jan 7 - Jan 23	x	x
SESSION 3 →	Jan 27 - Feb 12	Jan 28 - Feb 13	x	x
PARENT AND CHILD	11:00-11:25am C407	11:00-11:25am C507	10:00-10:25am C721 11:00-11:25am C733	10:00-10:25am C821 11:00-11:25am C833
TINY TOT SEALS	10:30-10:55am C405 3:00-3:25pm C450 3:30-3:55pm C454 4:30-4:55pm C464	10:30-10:55am C505 3:00-3:25pm C550 3:30-3:55pm C554 4:30-4:55pm C564	9:00-9:25am C711 10:00-10:25am C723 11:00-11:25am C734	9:00-9:25am C811 10:00-10:25am C823 11:00-11:25am C834
POLLIWOGS	10:00-10:25am C403 3:00-3:25pm C451 4:00-4:25pm C459 5:00-5:25pm C469	10:00-10:25am C503 3:00-3:25pm C551 4:00-4:25pm C559 5:00-5:25pm C569	9:30-9:55am C716 10:30-10:55am C727 11:30-11:55am C742	9:30-9:55am C816 10:30-10:55am C827 11:30-11:55am C842
SEALS	9:30-9:55am C401 3:30-3:55pm C455 4:30-4:55pm C465 5:30-5:55pm C473	9:30-9:55am C501 3:30-3:55pm C555 4:30-4:55pm C565 5:30-5:55pm C573	9:00-9:25am C712 10:00-10:25am C722 11:00-11:25am C738	9:00-9:25am C812 10:00-10:25am C822 11:00-11:25am C838
DOLPHINS	11:30-11:55am C409 3:00-3:25pm C452 4:00-4:25pm C460 5:00-5:25pm C470	11:30-11:55am C509 3:00-3:25pm C552 4:00-4:25pm C560 5:00-5:25pm C570	9:30-9:55am C717 10:30-10:55am C728 11:30-11:55am C740	9:30-9:55am C817 10:30-10:55am C828 11:30-11:55am C840
OTTERS	3:30-3:55pm C456 4:30-4:55pm C466	3:30-3:55pm C556 4:30-4:55pm C566	9:00-9:25am C713 10:00-10:25am C726 11:00-11:25am C735	9:00-9:25am C813 10:00-10:25am C826 11:00-11:25am C735
STINGRAYS	3:30-3:55pm C457 4:30-4:55pm C467	3:30-3:55pm C557 4:30-4:55pm C567	9:30-9:55am C720 10:30-10:55am C730 11:30-11:55am C743	9:30-9:55am C820 10:30-10:55am C830 11:30-11:55am C843
BARRACUDAS	4:00-4:25pm C461 5:00-5:25 pm C471	4:00-4:25pm C561 5:00-5:25 pm C571	9:00-9:25am C715 10:00-10:25am C724 11:00-11:25am C736	9:00-9:25am C815 10:00-10:25am C824 11:00-11:25am C836
SHARKS	5:30-5:55pm C475	5:30-5:55pm C575	10:30-10:55am C729 11:30-11:55am C744	10:30-10:55am C829 11:30-11:55am C844
ADULT BEGINNER	4:00-4:25pm C462 5:30-5:55pm C474	4:00-4:25pm C562 5:30-5:55pm C574	9:30-9:55am C718 10:30-10:55am C732 11:30-11:55am C741	9:30-9:55am C818 10:30-10:55am C832 11:30-11:55am C841



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	MON/WED	TUE/THU	SAT	SUN
PRIVATE INSTRUCTION 	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		
	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		

SWIM CLASS PRICES		
PRIVATE	SEMI-PRIVATE	GROUP
\$171	\$99	\$65

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**

NO WORKOUTS DEC 23 - JAN 2

C800	9:00-9:55am	Sa	1/4 - 2/8	\$86
C800	9:00-9:55am	Su	1/5 - 2/9	\$86
C800	5:00-5:55pm	M/W	12/2 - 2/12	\$257
C800	5:00-5:55pm	T/Th	12/3 - 2/13	\$257

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 team-oriented environment. **Ages 8-16**

NO WORKOUTS DEC 23 - JAN 2

C803	10:00-10:55am	M	12/2 - 2/10	\$157
C803	10:00-10:55am	W	12/4 - 2/12	\$128

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	12/2 - 12/18	\$86
C805	9:00-9:55am	M/W	1/6 - 1/29	\$114

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	12/2 - 12/16	\$43
C802	10:00-10:55am	M	1/6 - 1/27	\$57

NOODLE AEROBIG 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	12/2 - 12/16	\$43
C802	11:00-11:55am	M	1/6 - 1/27	\$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	12/4 - 12/18	\$43
C804	10:00-10:55am	F	12/6 - 12/20	\$43
C804	10:00-10:55am	W	1/8 - 1/29	\$57
C804	10:00-10:55am	F	1/9 - 1/30	\$57

FOLLOW OUR SOCIALS!



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