




# SPRING AQUATICS CLASSES

Registration begins Monday, March 10 at 9:00am

	MON/WED	TUE/THU	SATURDAY	SUNDAY
<b>Class Sessions</b>	Mar 31 - Apr 16 Apr 28 - May 14 May 19 - Jun 4 (5)	Apr 1 - Apr 17 Apr 29 - May 15 May 20 - Jun 5	Apr 5 - May 17 x x	Apr 6 - May 18 x x
<b>Parent and Child</b>	11:00-11:25am C408	11:00-11:25am C408	10:00-10:25am C722 10:30-11:00am C729 11:00-11:25am C736	10:00-10:25am C822 10:30-11:00am C829 11:00-11:25am C836
<b>Tiny Tot Seals</b>	10:30-10:55am C406 3:00-3:25pm C450 3:30-3:55pm C455 4:30-4:55pm C467	10:30-10:55am C406 3:00-3:25pm C450 3:30-3:55pm C455 4:30-4:55pm C467	9:00-9:25am C711 9:30-9:55am C716 10:00-10:25am C723 11:00-11:25am C737	9:00-9:25am C811 9:30-9:55am C816 10:00-10:25am C823 11:00-11:25am C837
<b>Polliwogs</b>	10:00-10:25am C404 3:00-3:25pm C451 4:00-4:25pm C461 5:00-5:25pm C473	10:00-10:25am C404 3:00-3:25pm C451 4:00-4:25pm C461 5:00-5:25pm C473	9:30-9:55am C717 10:30-10:55am C730 11:30-11:55am C743	9:30-9:55am C817 10:30-10:55am C830 11:30-11:55am C843
<b>Seals</b>	9:30-9:55am C402 3:30-3:55pm C456 4:30-4:55pm C468 5:30-5:55pm C478	9:30-9:55am C402 3:30-3:55pm C456 4:30-4:55pm C468 5:30-5:55pm C478	9:00-9:25am C712 10:00-10:25am C724 11:00-11:25am C738	9:00-9:25am C812 10:00-10:25am C824 11:00-11:25am C838
<b>Dolphins</b>	3:00-3:25pm C452 4:00-4:25pm C462 5:00-5:25pm C474	3:00-3:25pm C452 4:00-4:25pm C462 5:00-5:25pm C474	9:30-9:55am C718 10:30-10:55am C731 11:30-11:55am C744	9:30-9:55am C818 10:30-10:55am C831 11:30-11:55am C844
<b>Otters</b>	11:30-11:55am C410 3:30-3:55pm C457 4:30-4:55pm C469 5:30-5:55pm C479	11:30-11:55am C410 3:30-3:55pm C457 4:30-4:55pm C469 5:30-5:55pm C479	9:00-9:25am C713 10:00-10:25am C725 11:00-11:25am C739	9:00-9:25am C813 10:00-10:25am C825 11:00-11:25am C839
<b>Stingrays</b>	3:30-3:55pm C458 4:30-4:55pm C470	3:30-3:55pm C458 4:30-4:55pm C470	9:30-9:55am C719 10:30-10:55am C732 11:30-11:55am C745	9:30-9:55am C819 10:30-10:55am C832 11:30-11:55am C845
<b>Barracudas</b>	3:00-3:25pm C453 4:00-4:25pm C463 5:00-5:25pm C475	3:00-3:25pm C453 4:00-4:25pm C463 5:00-5:25pm C475	9:00-9:25am C714 10:00-10:25am C726 11:00-11:25am C740	9:00-9:25am C814 10:00-10:25am C826 11:00-11:25am C840
<b>Sharks</b>	3:30-3:55pm C459 4:30-4:55pm C471 5:30-5:55pm C481	3:30-3:55pm C459 4:30-4:55pm C471 5:30-5:55pm C481	10:30-10:55am C733 11:30-11:55am C746	10:30-10:55am C833 11:30-11:55am C846
<b>Adult Beginner</b>	9:00-9:25am C400 4:00-4:25pm C464 5:30-5:55pm C480	9:00-9:25am C400 4:00-4:25pm C464 5:30-5:55pm C480	9:30-9:55am C720 10:30-10:55am C734 11:30-11:55am C747	9:30-9:55am C820 10:30-10:55am C834 11:30-11:55am C847
<b>Catch-Up Lvl 1</b>	4:00-4:25pm C465	4:00-4:25pm C465	10:00-10:25am C727	10:00-10:25am C827
<b>Catch-Up Lvl 2</b>	5:00-5:25pm C476	5:00-5:25pm C476	11:00-11:25am C741	11:00-11:25am C841

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<b>Private Instruction</b>	9:00-9:25am <b>C401</b> 9:30-9:55am <b>C403</b> 10:00-10:25am <b>C405</b> 10:30-10:55am <b>C407</b> 11:00-11:25am <b>C409</b> 11:30-11:55am <b>C411</b> 3:00-3:25pm <b>C454</b> 3:30-3:55pm <b>C460</b> 4:00-4:25pm <b>C466</b> 4:30-4:55pm <b>C472</b> 5:00-5:25pm <b>C477</b> 5:30-5:55pm <b>C482</b>	9:00-9:25am <b>C501</b> 9:30-9:55am <b>C503</b> 10:00-10:25am <b>C505</b> 10:30-10:55am <b>C507</b> 11:00-11:25am <b>C509</b> 11:30-11:55am <b>C511</b> 3:00-3:25pm <b>C554</b> 3:30-3:55pm <b>C560</b> 4:00-4:25pm <b>C566</b> 4:30-4:55pm <b>C572</b> 5:00-5:25pm <b>C577</b> 5:30-5:55pm <b>C582</b>	9:00-9:25am <b>C715</b> 9:30-9:55am <b>C721</b> 10:00-10:25am <b>C728</b> 10:30-10:55am <b>C735</b> 11:00-11:25am <b>C742</b> 11:30-11:55am <b>C748</b>	9:00-9:25am <b>C815</b> 9:30-9:55am <b>C821</b> 10:00-10:25am <b>C828</b> 10:30-10:55am <b>C835</b> 11:00-11:25am <b>C842</b> 11:30-11:55am <b>C848</b>
	<b>SWIM CLASS PRICING</b>			
		<b>PRIVATE</b> \$176	<b>SEMI-PRIVATE</b> \$102	<b>GROUP</b> \$67

## SPRING SPLASH CAMP

Campers must be able to swim 25 yards (one length of a competitive pool) unassisted and without rest; **Ages 8-12**

<b>3415</b>	8:30am-12:30pm	<b>M</b>	4/21	\$60
<b>3415</b>	8:30am-12:30pm	<b>T</b>	4/22	\$60
<b>3415</b>	8:30am-12:30pm	<b>W</b>	4/23	\$60
<b>3415</b>	8:30am-12:30pm	<b>Th</b>	4/24	\$60

## BEACH JUNIOR GUARD PREP

Prepare for Beach Junior Guard tryouts! Refine strokes, build endurance, and practice deep-water skills in our clinic; **Ages 8-16**

<b>3411</b>	12noon-2:00pm	<b>Su</b>	3/23	\$30
<b>3411</b>	12noon-2:00pm	<b>Su</b>	4/27	\$30
<b>3411</b>	12noon-2:00pm	<b>Su</b>	6/1	\$30

## SWIM & LIFESAVING MERIT BADGE PREP

Scouts can earn Swim & Lifesaving Badges in this one-day clinic led by a certified Merit Badge Counselor; **Ages 8-18**

<b>3410</b>	12noon-2:00pm	<b>Sa</b>	3/22	\$30
<b>3410</b>	12noon-2:00pm	<b>Sa</b>	4/12	\$30
<b>3410</b>	12noon-2:00pm	<b>F</b>	4/25	\$30

## CRPD SWIM TEAM

A novice swim team focused workouts on speed, endurance, strokes, and conditioning, tailored by age and ability; **Ages 8-16**

<b>C800</b>	9:00-9:55am	<b>Sa</b>	4/5-5/17	\$86
<b>C800</b>	9:00-9:55am	<b>Su</b>	4/6-5/18	\$86
<b>C800</b>	5:00-5:55pm	<b>M/W</b>	3/31-6/4	\$171
<b>C800</b>	5:00-5:55pm	<b>T/Th</b>	4/1-6/5	\$171

## HOMESCHOOL SWIM TEAM

A novice swim team for homeschoolers focused workouts on endurance, strokes, and conditioning; **Ages 8-16**

<b>C803</b>	10:00-10:55am	<b>M</b>	4/7-6/2	\$117
<b>C803</b>	10:00-10:55am	<b>W</b>	4/2-6/4	\$147

## SPRINGBOARD DIVING - LVL 1

This class is for confident swimmers who are ready to learn the basics of springboard diving; **Ages 8-18**

<b>3409</b>	12:00-1:00pm	<b>Su</b>	4/6-5/18	\$156
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## SPRINGBOARD DIVING - LVL 2

For divers who completed Level 1, refines skills, advancing techniques and introducing competition basics; **Ages 8-18**

<b>3409</b>	1:00-2:00pm	<b>Su</b>	4/6-5/18	\$156
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## STROKE TECHNIQUE

Improve stroke technique, endurance, and confidence with an experienced instructor in a small group, at your own pace; **Ages 14+**

<b>C805</b>	9:00-9:55am	<b>M/W</b>	4/2-4/30	\$135
<b>C805</b>	9:00-9:55am	<b>M/W</b>	5/5-5/28	\$105

## WATER AEROBICS - DEEP

Exercise in 5' of water using resistance and a flotation belt. Low-impact, joint-friendly, and paced at your own level; **Ages 18+**

<b>C802</b>	10:00-10:55am	<b>M</b>	4/7-4/28	\$57
<b>C802</b>	10:00-10:55am	<b>M</b>	5/5-5/19	\$43

## NOODLE AEROBICS - SHALLOW

Use a pool noodle to improve core strength, flexibility, and balance with low-impact exercises from yoga, Pilates, and more; **Ages 18+**

<b>C802</b>	11:00-11:55am	<b>M</b>	4/7-4/28	\$57
<b>C802</b>	11:00-11:55am	<b>M</b>	5/5-5/19	\$43

## WATER AEROBICS - SHALLOW

Chest-deep water workout with mild aerobics for all skill levels. No swimming needed, at your own pace and comfort level; **Ages 8-16**

<b>C804</b>	10:00-10:55am	<b>W</b>	4/2-4/30	\$71
<b>C804</b>	10:00-10:55am	<b>F</b>	4/4-4/25	\$57
<b>C804</b>	10:00-10:55am	<b>W</b>	5/7-5/28	\$57
<b>C804</b>	10:00-10:55am	<b>F</b>	5/2-5/30	\$57