

# Aquatics Program Schedule- Winter Session 2010

January 4<sup>th</sup> – March 20<sup>th</sup>

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## **Skipper Program- Parent and Child Aquatics\*\***

Ages: 6 months to 3 years-old

**\*\*Adult must be in the water with child.**

Class	Program Name	Age	Day	Time
12211-01.....	Skips I.....	6mo-2yrs.....	Friday.....	10:00-10:30 am
12211-02.....	Skips I .....	6mo-2yrs.....	Saturday .....	9:35-10:05 am
12211-03.....	Skips II.....	2-3yrs.....	Friday.....	10:30-11:00 am
12211-04.....	Skips II.....	2-3yrs.....	Saturday .....	10:10-10:40 am
12211-05 .....	Skips I & II.....	6mo-3yrs.....	Tuesday .....	6:00-6:30 pm
12211-06 .....	Skips III*.....	2 ½ -3yrs* .....	Saturday .....	8:25-8:55 am

\* Skips III participants should be independent on a double-bubble.

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## **Pre-School Classes**

Ages: 3 years to Kindergarten

Class Size: 6 Students

Class Length: 30 minutes

Class Number	Program Name	Day	Time
12212-01.....	Pike.....	Monday .....	4:00-4:30 pm
12212-02.....	Pike.....	Tuesday.....	4:40-5:10 pm
12212-03.....	Pike.....	Wednesday .....	4:05-4:35 pm
12212-04.....	Pike.....	Thursday .....	10:00-10:30 am
12212-05.....	Pike.....	Thursday .....	4:00-4:30 pm
12212-06.....	Pike.....	Saturday .....	9:00-9:30 am
12212-07.....	Pike.....	Saturday .....	10:10-10:40 am
12212-08.....	Pike.....	Saturday .....	10:45-11:15 am
12212-09.....	Pike.....	Saturday .....	11:30-12:00 pm

12212-45	Pike	Saturday	11:55-12:25 pm
12212-10	Eels	Monday	4:00-4:30 pm
12212-11	Eels	Monday	5:25-5:55 pm
12212-12	Eels	Tuesday	10:00-10:30 am
12212-13	Eels	Tuesday	4:55-5:25 pm
12212-14	Eels	Tuesday	5:15-5:45 pm
12212-15	Eels	Tuesday	5:30-6:00 pm
12212-43	Eels	Tuesday	5:45-6:15 pm
12212-16	Eels	Tuesday	6:30-7:00 pm
12212-17	Eels	Wednesday	3:30-4:00 pm
12212-18	Eels	Thursday	10:00-10:30 am
12212-19	Eels	Thursday	4:00-4:30 pm
12212-20	Eels	Friday	11:30-12:00 am
12212-44	Eels	Friday	12:00-12:30pm
12212-21	Eels	Saturday	8:25-8:55 am
12212-33	Eels	Saturday	8:25-8:55 am
12212-22	Eels	Saturday	9:00-9:30 am
12212-23	Eels	Saturday	9:35-10:05 am
12212-24	Eels	Saturday	10:10-10:40 am
12212-25	Eels	Saturday	10:45-11:15 am
12212-26	Eels	Saturday	11:20-11:50 am
12212-27	Eels	Saturday	11:55-12:25 pm
12212-42	Eels	Saturday	12:30-1:00 pm
12212-47	Eels	Saturday	12:30-1:00 pm
12212-28	Rays	Tuesday	4:05-4:35 pm
12212-29	Rays	Tuesday	6:30-7:00 pm
12212-30	Rays	Wednesday	3:30-4:00 pm
12212-31	Rays	Thursday	5:30-6:00 pm
12212-32	Rays/Starfish	Friday	11:00-11:30am
12212-34	Rays	Saturday	9:35-10:05 am
12212-35	Rays	Saturday	10:45-11:15 am
12212-36	Rays	Saturday	11:20-11:50 am
12212-37	Starfish/Piranha	Tuesday	5:30-6:00 pm
12212-46	Starfish/Piranha	Wednesday	4:05- 4:35 pm
12212-40	Starfish/Piranha	Saturday	9:00-9:30 am

**\*\*Private Swim Instruction\*\***

Ages: 3 years and UP

**WAIT LIST ONLY**

Private swim lessons are scheduled ONLY when we have pool space and instructors available.

**Youth Classes**

Ages: 1st Grade to 6th Grade

***Pre - Progressive Swimming Lessons***

**Class Size: 6 students**

**Class Length: 30 minutes**

<b>Class Number</b>	<b>Program Name</b>	<b>Day</b>	<b>Time</b>
12213-01 .....	Polliwog I. ....	Monday .....	4:00-4:30 pm
12213-02.....	Polliwog I & II. ....	Wednesday .....	4:40-5:10 pm
12213-04 .....	Polliwog I. ....	Saturday .....	11:20-11:50 pm
12213-05.....	Polliwog II .....	Monday.....	4:30-5:00 pm
12213-06 .....	Polliwog II .....	Tuesday.....	4:55-5:25 pm
12213-09 .....	Polliwog II .....	Saturday .....	9:00-9:30 am
12213-10.....	Polliwog II .....	Saturday .....	11:30-12:00 pm

**\*\*Private Swim Instruction\*\***

Ages: 3 years and UP

**WAIT LIST ONLY**

Private swim lessons are scheduled ONLY when we have pool space and instructors available.

***Progressive Swimming Lessons***

**Class Size: 8 students**

**Class Length: 45 minutes**

<b>Class Number</b>	<b>Program Name</b>	<b>Day</b>	<b>Time</b>
12214-01 .....	Guppy .....	Monday.....	4:35-5:20 pm
12214-02.....	Guppy .....	Tuesday .....	4:05-4:50 pm
12214-03.....	Guppy .....	Wednesday.....	5:15-6:00 pm
12214-04.....	Guppy .....	Thursday .....	4:35-5:20 pm
12214-05.....	Guppy .....	Saturday .....	9:00-9:45 am
12214-06 .....	Guppy .....	Saturday .....	9:50-10:35 am

12214-26.....	Guppy .....	Saturday .....	10:40-11:25 am
12214-07.....	Guppy .....	Saturday .....	11:55 am-12:40 pm
12214-08.....	Minnow .....	Monday.....	4:35-5:20 pm
12214-23.....	Minnow .....	Monday.....	5:20-6:05 pm
12214-09 .....	Minnow .....	Tuesday.....	4:05-4:50 pm
12214-10.....	Minnow .....	Thursday.....	5:25-6:10 pm
12214-11.....	Minnow .....	Saturday .....	9:50-10:35 am
12214-22.....	Minnow .....	Saturday .....	12:05-12:50 pm
12214-12.....	Minnow .....	Saturday .....	12:15-1:00 pm
12214-13 .....	Fish.....	Wednesday.....	4:40-5:25 pm
12214-24 .....	Fish.....	Wednesday.....	5:30-6:15 pm
12214-14 .....	Fish.....	Saturday .....	9:50-10:35 am
12214-25.....	Fish.....	Saturday .....	12:15-1:00 pm
12214-15.....	Flying Fish .....	Thursday.....	4:35-5:20 pm
12214-16.....	Flying Fish .....	Saturday .....	11:30 am-12:15 pm
12214-18 .....	Shark/Porpoise .....	Saturday .....	9:00-9:45am

**\*\*Private Swim Instruction\*\***

Ages: 3 years and UP

**WAIT LIST ONLY**

Private swim lessons are scheduled ONLY when we have pool space and instructors available.

**Competitive Swim Instruction**

Ages: 1<sup>st</sup> grade to 6<sup>th</sup> grade

*\* All Participants must be evaluated prior to registration.*

Class Number	Program Name	Day	Time
12214-20.....	Stroke Clinic.....	Monday.....	5:00-6:00pm
12214-21.....	Stroke Clinic.....	Wednesday .....	4:40-5:40pm

**Adult Classes**

**Adult Swim Lessons**

Ages: 13 years and Over

Class Number	Program Name	Day	Time
12216-01.....	Beginner .....	Saturday .....	10:40-11:25 am
12216-02 .....	Intermediate.....	Saturday .....	10:40-11:25 am

12216-03..... Stroke Development ..... Tuesday..... 11:30 am- 12:12 pm

**\*\*Private Swim Instruction\*\***

Ages: 3 years and UP

**WAIT LIST ONLY**

Private swim lessons are scheduled ONLY when we have pool space and instructors available.

**Water Fitness**

**Ages: 16 years and Over**

\*All Classes are Included with Membership- Some Require Registration

<b>Class Number</b>	<b>Program Name</b>	<b>Day</b>	<b>Time</b>
	Water Exercise.....	Monday thru Friday ...	9:00-10:00 am
	Water Exercise.....	Mon, Wed, Fri.....	1:30 pm-2:30 pm
12217-01	Deep Water Challenge.....	Monday .....	12:15-1:00 pm
12217-02	Deep Water Challenge.....	Thursday .....	12:15-1:00 pm