

## Homeschool Swim Lessons (Ages 3-14)

Activity# 6122112

Winchester Parks and Recreation is proud to reach out to the local homeschool students and their families by offering the following swim times. With a variety of Age groups available, we are thrilled to get all of Winchester swimming!

Fee: \$43 R, \$49 NR

Location: Jim Barnett Park, Indoor Pool

**Jan. 4 - Jan. 27** Register by Jan 4  
(Mon And Wed)  
Times: Ages 3-6 2-2:30pm  
Ages 7-14 2:30-3pm

**Feb. 8 - Mar. 2** Register by Feb 8  
(Mon And Wed)  
Times: Ages 3-6 2-2:30pm  
Ages 7-14 2:30-3pm

**Mar. 14 - April 6** Register by Mar 14  
(Mon And Wed)  
Times: Ages 3-6 2-2:30pm  
Ages 7-14 2:30-3pm

**April 18 - May 11** Register by April 18  
(Mon And Wed)  
Times: Ages 3-6 2-2:30pm  
Ages 7-14 2:30-3pm

## Private Swimming Lessons (All Ages)

Activity#612147

Get Private Lessons when they are convenient for you! Private Lessons can be set up during any lap swim or general swim time at the indoor pool. Each lesson is 45 minutes long and is taught by a certified instructor. The lessons are set up on a punch pass system. All you have to do is set up a time with one of our instructors and then purchase a punch pass.

3 Punch Pass: \$57 R, \$67NR

5 Punch Pass: \$94 R, \$107 NR

7 Punch Pass: \$132 R, \$149 NR

10 Punch Pass: \$188 R, \$213 NR



## Life Guard

### Lifeguard Training (Ages 15+)

Activity# 611234 Section# T1-T3

American Red Cross Lifeguard Training teaches participants the skills and knowledge they will need to prevent, recognize and respond to emergencies. With successful completion, participants will be certified for lifeguarding/CPR/AED/First Aid for 2 years. Attendance is mandatory at all sessions. You will be contacted to set up a pre-swim evaluation prior to the start of the class.

Fee: \$225 R, \$250 NR

Location: Jim Barnett Park, Indoor Pool, and George Washington Room

**March 7-14** Register by Feb 24  
(Mon, Wed, Sat, Sun)  
Monday & Wednesday 5:00-10pm  
Saturday & Sunday 9am-6pm

**April 11-18** Register by March 30  
(Mon, Wed, Sat, Sun)  
Mon/Wed 5:00-10pm  
Sat/Sun 9am-6pm

**May 16-23** Register by May 4  
(Mon, Wed, Sat, Sun)  
Monday & Wednesday 5:00-10pm  
Saturday & Sunday 9am-6pm

### Lifeguard Recertification Course (Ages 15+)

Activity# 611234 Section# R1-R4

This course is designed for those who currently have a valid certification and need to renew their lifeguard certification. If your certification has expired you must take the full certification course. Participants must complete the in water skills, CPR/AED skills, and score higher than 80% on a written test in order to pass. Fee: \$45 R, \$50 NR  
Location: Jim Barnett Park, Indoor Pool, and Arts & Crafts Room

**February 6** Register by Jan 27  
Saturday 4-6pm

**March 12** Register by March 2  
Saturday 4-6pm

**April 16** Register by April 6  
Saturday 4-6pm

**May 25** Register by May 16  
Saturday 4-6pm

## Aquatic Fitness Classes

### Aqua Arthritis

This Aquatics program is designed to help reduce pain, increase strength and flexibility, and decrease the feeling of isolation through social interaction. This Aquatic Arthritis class, led by a certified instructor, is designed to a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

Instructor: Brandon Ware

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

**Tuesdays and Thursdays** at 11am - Noon

### Water Aerobics

Tone and sculpt your body with no impact to your joints. This popular water aerobics workout is a swimming blend of cardio and resistance training, and may incorporate resistance tools such as buoyant water weights, noodles, and kickboards. Taught by a certified instructor, water exercises help increase your energy, stamina, and strength

Instructor: Olivia Legge

Fee: Included in Facility Membership; Drop-In: \$5R, \$5.50NR

Location: Jim Barnett Park, Indoor Pool

**Mondays, Wednesdays, Fridays**  
at 10 - 11am