

# In the Water



## Parent & Me (6 Months – 3 Years)

Infant swim lessons are a great way to teach your child some important developmental skills and have fun! Parent & Me uses natural progressions to allow infants and toddlers the ability to grow in our lesson program through the use of activities and songs. *\*No Saturday classes for November.*

**Location:** Jim Barnett Park, Indoor Pool

**Fee:** \$43R \$49NR (M/W) & (T/TH)  
\$21.50 R \$24.50 NR (Sat)

### Monday & Wednesday Sessions:

**Aug. 22- Sept. 19** Register by Aug. 22

(No class Mon. Sept. 5)

**Sept. 26- Oct. 19** Register by Sept. 26

**Nov. 2- Nov. 28** Register by Nov. 2

(No class Mon. Oct. 31) 5:30pm-6:00pm

### Tuesday and Thursday Sessions:

**Aug. 23- Sept. 15** Register by Aug. 23

**Sept. 27- Oct. 20** Register by Sept. 27

**Nov. 3- Nov. 29** Register by Nov. 3

(No class Thurs. Nov. 24) 9:30am-10:00am

10:30am-11:00am

### Saturday Sessions:

**Aug. 27- Sept. 17** Register by Aug. 27

**Oct. 1- Oct. 22** Register by Oct. 1

11:30am-Noon



## 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 be a fun, safe way for people with arthritis to stay fit and improve their day-to-day life.

**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 on 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:** Myla Annis

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

**Location:** Jim Barnett Park, Indoor Pool

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



## Private Swimming Lessons (All Ages)

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

**Location:** Jim Barnett Park, Indoor Pool

**3 Lesson Pass:** \$57R, \$64NR

**5 Lesson Pass:** \$94R, \$107NR

**7 Lesson Pass:** \$132R, \$149NR

**10 Lesson Pass:** \$188R, \$213NR



# Swim Lessons (Ages 3-14)

No classes September 5, October 31, November 24

No Saturday classes for November.

## About Swim Lessons University

Swim Lessons University is a child-centered, progressive swim lesson program. Each level teaches a specific set of skills that each child will need to master before moving to the next level. Previous skills are strengthened as new skills are introduced. Classes ending in -01 are reserved for children ages 3-6. Classes ending in -02 are for children ages 7-14.

### Swim 101/102

Our beginner course focuses on kicking, floating and breath control. Children must be able to swim 15 feet with their face in the water in order to pass this class.

### Swim 201/202

Our intermediate swim course focuses on the formal strokes of freestyle and backstroke. Children must be able to swim 25 feet using the freestyle stroke with side breathing and backstroke in order to pass this class.

### Swim 301/302

Our advanced stroke course teaches children the more complex strokes of butterfly and breaststroke to swimmers that have already mastered freestyle and backstroke. Children must be able to swim 30 feet of freestyle, backstroke, butterfly, and breaststroke in order to pass this class.

### Swim 401/402

This course is designed to teach lifesaving skills such as sidestroke, elementary backstroke and treading. This class is also an introduction to competitive swim training. Children must be able to swim 50 meters without stopping and complete a 50 meter IM in order to pass this class.

### Swim 101, 201, 301, 401

(Ages 3-6)

Fee: \$43 R, \$49 NR (Mon./Wed. or Tues./Thurs.)  
\$21.50 R, \$24.50 NR (Sat.)

Location: Jim Barnett Park, Indoor Pool

**Aug. 22- Sept. 19** Register by Aug. 22  
(Mon. & Wed.) 4:30-5pm  
\*No class Mon. Sept. 5 5-5:30pm  
5:30-6pm

**Aug. 23- Sept. 15** Register by Aug. 23  
(Tues. & Thurs.) 10-10:30am  
10:30-11am  
6-6:30pm  
6:30-7pm

**Aug. 27- Sept. 17** Register by Aug. 27  
(Saturday) 11-11:30am  
11:30-12pm

**Sept. 26- Oct. 19** Register by Sept. 26  
(Mon. & Wed.) 4:30-5pm  
5-5:30pm  
5:30-6pm

**Sept. 27- Oct. 20** Register by Sept. 27  
(Tues. & Thurs.) 10-10:30am  
10:30- 11am  
6- 6:30pm  
6:30-7pm

**Oct. 1- Oct. 22** Register by Oct. 1  
(Saturday) 11-11:30am  
11:30-12pm

**Nov. 2- Nov. 28** Register by Nov. 2  
(Mon. & Wed.) 4:30-5pm  
\*No Mon. Class, Oct. 31 5-5:30pm  
5:30-6pm

**Nov. 3- Nov. 29** Register by Nov. 3  
(Tues. & Thurs.) 10-10:30am  
\*No class Thurs., Nov. 24 10:30-11am  
6-6:30pm  
6:30-7pm

### Swim 102, 202, 302, 402

(Ages 7-14)

Fee: \$43 R, \$49 NR (Mon./Wed. or Tues./Thurs.)  
\$21.50 R, \$24.50 NR (Sat.)

Location: Jim Barnett Park, Indoor Pool

**Aug. 22- Sept. 19** Register by Aug. 22  
(Mon. & Wed.) 6-6:30pm  
No class Mon. Sept 5 6:30-7pm

**Aug. 23- Sept. 15** Register by Aug. 23  
(Tues. & Thurs.) 10:30-11am  
6-6:30pm  
6:30-7pm

**Aug. 27- Sept. 17** Register by Aug. 27  
(Saturday) 11-11:30am  
11:30-12pm

**Sept. 26- Oct. 19** Register by Sept. 26  
(Mon. & Wed.) 6-6:30pm  
6:30-7pm

**Sept. 27- Oct. 20** Register by Sept. 27  
(Tues. & Thurs.) 10:30-11am  
6-6:30pm  
6:30-7pm

**Oct. 1- Oct. 22** Register by Oct. 1  
(Saturday) 11-11:30am  
11:30-12pm

**Nov. 2- Nov. 28** Register by Nov. 2  
(Mon. & Wed.) 6-6:30pm  
No class Mon. Oct. 31 6:30-7pm

**Nov. 3- Nov. 29** Register by Nov. 3  
(Tues. & Thurs.) 10:30-11am  
No class Thurs. Nov. 24 6-6:30pm  
6:30-7pm

## Competitive Swim Training (Ages 7-18)

This course is designed for swimmers that have completed the highest level of swim lessons, and want to expand their skills into a swim team setting. Students will learn competitive swimming skills through the use of interval training. Participants must be able to swim laps and be proficient in all competitive strokes.

Fee: \$48R, \$54NR (M/W) & (T/TH)  
\$24R, \$27NR (Sat)

Location: Jim Barnett Park, Indoor Pool

### Monday and Wednesday:

**Aug. 22- Sept. 19** Register by Aug. 22  
(No class Monday, September 5)

**Sept. 26- Oct. 19** Register by Sept. 26

**Nov. 2- Nov. 28** Register by Nov. 2  
(No classes held on Monday, Oct 31)

Ages 7-10 4:30pm-5:15pm  
Ages 11-14 5:15pm-6:00pm  
Ages 15-18 6:00pm-6:45pm

### Tuesday and Thursday Sessions:

**Aug. 23- Sept. 15** Register by Aug. 23

**Sept. 27- Oct. 20** Register by Sept. 27

**Nov. 3- Nov. 29** Register by Nov. 3  
(No class Thursday, Nov. 24)

Ages 7-12 6-6:45pm  
Ages 13-18 6:45pm-7:30pm

### Saturday Sessions:

**Aug. 27- Sept. 17** Register by Aug. 27

**Oct. 1- Oct. 22** Register by Oct. 1

Ages 7-18 11:00am-11:45am

