

## Competitive Swim Training (Ages 6-12 and Ages 13-18)

This course is designed for swimmers who have completed 401/402, and want to expand their skills into a swim team setting. Students will bridge the gap between instructional and competitive swimming by learning to improve their strokes, starts, turns, finishes, and endurance, all through interval training. Participants must be proficient in all strokes and must be able to swim laps. Location: Jim Barnett Park, Indoor Pool. Fee: \$48 R, \$54 NR.

**June 9-July 2** Register by June 9  
(Monday and Wednesday)

Times: Ages 6-10 9:30-10:15 am  
Ages 11-14 10:15-11 am  
Ages 15-18 11-11:45 am

**June 10-July 3** Register by June 10  
(Tuesday and Thursday)

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

**July 14-August 6** Register by July 14  
(Monday and Wednesday)

Times: Ages 6-10 9:30-10:15 am  
Ages 11-14 10:15-11 am  
Ages 15-18 11-11:45 am

**July 15-August 7** Register by July 15  
(Tuesday and Thursday)

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

## Lifeguard Training (15+)

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 in Lifeguard Training/First Aid for 2 years and CPR/AED for 2 year. Attendance is mandatory at all sessions. Fee: \$225 R, \$250 NR. Location: Jim Barnett Park, Indoor Pool.

**August 18-August 27**  
(Monday, Wednesday, Saturday, Sunday)

Times: Monday/Wednesday 6-10:30pm  
Saturday/Sunday 8am-6pm?

Register by August 11

## Aquatics Fitness Classes

### Aqua Arthritis (All Ages)

This aquatic program is designed to help: reduce pain, decrease feelings of isolation through social interaction, and gain strength and flexibility to improve your day-to-day life. This Aquatic Arthritis Class, led by a certified instructor, is designed to be a fun, safe way for people with arthritis to exercise and stay fit.

#### Proven Results

The Arthritis Foundation Aquatic Program was co-developed with the YMCA. Studies show individuals attending the classes have experienced: Less pain, improved joint function, increased muscle strength, better perceived quality of life and well-being. Please join us as we prepare to help provide Winchester and more a better style of living!

On-going class (Tuesday and Thursday), 11-11:45am, at Jim Barnett Park, Indoor Pool. Fee: Membership or Drop-In.

### Water Polo (All Ages)

Take your water game to the next level! We are teaming up with Winchester Swim Team to offer fun games of Water Polo. From learning how to play the game to progressing into a top caliber player, we have what you're looking for. June 10-July 31 (Thursday), 7:30-9pm, Drop-In, at Jim Barnett Park, Outdoor Pool.



## Cardboard Boat Regatta July 19

Back by popular demand! Grab a friend and bring your best ship building skills. Join us for the inaugural Outdoor Pool Cardboard Boat Regatta. We challenge amateur ship builders of all ages to design construct and navigate a boat made entirely out of corrugated cardboard across the rough seas of the outdoor pool. Cardboard, Duct Tape and scissors will be provided, all other decorations are up to you! Awards will be given for: The most creative design, the most spectacular sinking, the most decorative, and the least use of materials.

Teams of Two: Youth (Ages 6-16), Adult (16+), Parent and Child (18+ and Under 12) Corporate Challenge: If you are interested in getting your business involved in this great team building activity please contact the Aquatics Department. 9am-Noon. Fee: \$20 R \$25 NR (Per Team)\* Register by July 11. Activity# 622317-01.

\*Additional \$10 Fee will be assessed for race day registration.

# In the Water

## Private Swimming Lessons

Get Private Swimming Lessons when it's convenient for you! These lessons are now offered on a punch pass system. All you have to do is purchase a punch pass, then setup a time with one of our Swim Lesson's University Certified staff. Punch pass options are as follows:

3 Punch pass: \$57 R, \$64 NR

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

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

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

All punch passes are valid for one year.