

Winter 2012 Aquatics Classes (January 9 – March 4)
Registration begins December 12 & 19 (Required for all Classes)

Preschool: \$65 Full Facility/ \$130 Program Member
Youth: \$75 Full Facility/ \$150 Program Member

DAY	CLASS	LEVEL	TIME
Monday	Aquafit 1	Adult Fitness	8:15-9:15am
	Aquafit 2	Adult Fitness	12:30-1:30pm
	Aqua Foundations 1	Adult Fitness	1:30-2:30pm
	Pike 1		4:30-5:00pm
	Starfish 1		4:30-5:00pm
	Eel 1		5:00-5:30pm
	Seahorse 1		5:00-5:30pm
	Polliwog A 1		5:30-6:15pm
	Guppy A 1		5:30-6:15pm
	Fish 1		6:15-7:00pm
	Minnow 1		6:15-7:00pm
	Private 1		7:00-7:30pm
	Private 2		7:00-7:30pm
	Adult/Teen 1		7:30-8:15pm
Tuesday	Eel 2		4:30-5:00pm
	Ray 1		4:30-5:00pm
	Polliwog B 1		5:00-5:45pm
DAY	CLASS	LEVEL	TIME

Pike & Parent: Class ratio 12:1: A class with parent/guardian in water that develops early water skills for progression into the pike class.

Child 3-5 years—swim evaluation required for all classes

Pike: Class ratio 6:1: A water orientation class for toddlers with little experience, but for children who are ready to be in the pool without a parent. Focus is on basic fundamentals of blowing bubbles, paddling and floating.

Eel: Class ratio 6:1: A class designed for children able to comfortably put their face in the water and able to hold on to the wall independently. Class builds upon previously learned skills in addition to jumping, gliding, paddling and kicking with support.

Ray: Class ratio 6:1: A class for swimmers who are able to float without support. This class continues to build on previously learned skills. Children will be introduced to breathing techniques, arm circles and backstroke kick.

Starfish: Class ratio 6:1: Children must be able to swim on their own demonstrating the front crawl. An over arm stroke, rotary breathing and backstroke will be introduced.

Seahorse: Class ratio 6:1: Children must be able to swim on their own demonstrating the front crawl the width of the pool. Children will work on swimming lengths of the pool along with backstroke, and rotary breathing.

Youth 6-12 years—swim evaluation required

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DAY	CLASS	LEVEL	TIME	
	Guppy A 2		5:00-5:45pm	<p><i>for all classes</i></p> <p>Polliwog A: Class ratio 8:1: A class is for children who have little experience in the water but who can propel themselves forward unassisted.</p> <p>Polliwog B: Class ratio 8:1: This class will focus on proper breathing techniques and endurance.</p> <p>Guppy A: Class ratio 8:1: This is a class that focuses on improving previously learned swim strokes. Rotary breathing, backstroke and treading water will be emphasized.</p> <p>Guppy B: Class ratio 8:1: A class for children who have an over arm stroke with rudimentary breathing and can swim on their back.</p> <p>Minnow: Class ratio 8:1: Swimmers will further refine their freestyle and backstroke skills. Endurance will be increased and the breaststroke will be introduced.</p> <p>Fish: Class ratio 8:1: Swimmers will continue to work on techniques and refine skills in freestyle, backstroke and breaststroke. Kneel dives will be introduced and a greater emphasis will be put on endurance and form.</p> <p>Flying Fish: Class ratio 10:1: Swimmers will be introduced to the dolphin and flip turns. Endurance will continue to be increased along with refining techniques.</p> <p>Intro to Competitive Swim: Swimmers must have successfully completed the Flying Fish level or have Director's approval prior to registering for this class. This program is designed to develop and improve the four competitive strokes (freestyle, back, butterfly and breast) through skills and drills.</p> <p>Teen, Adult and Special Classes Adult: Beginner and advanced level group classes for teens over 15 and adults. Individual</p>
	Minnow 2		5:45-6:30pm	
	Guppy B 1		5:45-6:30pm	
	Fish 2		6:30-7:15pm	
	Flying Fish 1		6:30-7:15pm	
	Teen Aquafit 1	Teen Fitness	7:15-8:15pm	
Wednesday	Aquafit 4	Adult Fitness	8:15-9:15am	
	Aquafit 5	Adult Fitness	12:30-1:30pm	
	Aqua Foundations 2	Adult Fitness	1:30-2:30pm	
	Pike 2		4:15-4:45pm	
	Starfish 2		4:15-4:45pm	
	Seahorse 2		4:45-5:15pm	
	Private 3		4:45-5:15pm	
	Guppy A 3		5:15-6:00pm	
	Polliwog A 2		5:15-6:00pm	
	Guppy B 2		6:00-6:45pm	
	Flying Fish 2		6:00-6:45pm	
	Adaptive		6:45-7:15pm	
	Adult 2		7:15-	

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			8:00pm	attention based on the swimmer's ability.
Thursday	Eel 3		4:30-5:00pm	<p>Private Swim Lessons \$295: Private lessons are available for children or adults with instruction based upon each swimmer's individual abilities. 1:1 or 2:1 student/instructor ratio. For private lessons with two people the first person is full price, the second person half price.</p> <p>Adaptive Swim Program: \$200: This program is designed for those 12 months to 18 years of age with social, emotional or physical challenges. Swimmers will be encouraged to explore water through games, songs, play with water toys and interactions with instructors and peers. Swimming skills are taught through play activities.</p> <p>Teen: Beginner to intermediate level group class for teens ages 12-16. Individual attention based on the swimmer's ability.</p> <p>Aquafit: An aquatic workout that is easy on the joints while building cardiovascular endurance through moving, jogging and jumping routines. Routine consists of a warm-up, cardio portion, weights, abs, and cool down in the pool using various aquatics equipment.</p> <p>Aqua Foundations: This class is designed for people with all types of arthritis. It is a recreational aquatics class developed to improve range of motion, muscle strength and overall body endurance.</p> <p>Teen Aquafit: An aquatic workout that is designed to help teens build cardiovascular endurance through moving, jogging and jumping routines. Routine consists of a warm-up, cardio portion, weights, abs and cool down in the pool using various aquatics equipment.</p> <p>*Classes may be combined based on enrollment.</p>
	Private 4		4:30-5:00pm	
	Ray 2		5:15-5:45pm	
	Starfish 3		5:15-5:45pm	
	Guppy A 4		5:45-6:30pm	
	Polliwog B 2		5:45-6:30pm	
	Minnow 3		6:30-7:15pm	
	Guppy B 3		6:30-7:15pm	
	Intro to Comp 1		7:15-8:15pm	
Friday	Aqua Fit 6		8:15-9:15am	
	Aqua Fit 7		12:30-1:30pm	
	Aqua Foundations 3		1:30-2:30pm	
	Private 5		4:15-5:00	
	Private 6		4:15-5:00pm	
	Private 7		5:00-5:30pm	
	Private 8		5:00-5:30pm	

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	Teen 2		5:45-6:30pm
	Intro to Comp 2		6:30-7:30pm
Saturday	Aqua Fit 8		8:15-9:15am
	Pike/Parent		9:30-10:00am
	Pike 3		10:00-10:30am
	Eel 4		10:00-10:30am
	Ray 3		10:30-11:00am
	Starfish 4		10:30-11:00am
	Polliwog A 3		11:00-11:45am
	Polliwog B 3		11:00-11:45am
	Guppy A 5		11:45-12:30pm
	Guppy B 4		11:45-12:30pm
	Minnow 4		12:30-1:15pm
	Fish 3		12:30-1:15pm
	Flying Fish 3		1:15-2:00pm
	Private 9		2:00-2:30pm
	Private 10		2:00-2:30pm

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