

# 2016/2017 Fall/Winter Swim Lessons

*Any child taking swimming lessons needs a current CRA Jr. Membership (\$40) which must be active through the end of their swimming session. Credits and refunds are not given for missed scheduled classes.*

*Sign-up for Swimming Lessons begin two weeks prior to the start of each session. First come, first serve.*

*Please give lifeguard family swim ticket for family swim so they know that you have paid \$5 per person or \$12 per family as a member or \$7 per person or \$18 per family as a non-member.*

|                           |  |
|---------------------------|--|
| <b><u>Session I</u></b>   | September 6 - November 12 - 10 weeks<br>Cost is \$60 plus Membership.<br>Monday classes are 9 weeks at \$54 plus Membership.   |
| <b><u>Session II</u></b>  | November 14 - January 28 - 10 weeks<br>Cost is \$60 plus Membership.<br>Mon, Thurs, Fri classes - 9 weeks at \$54.00 plus Membership.<br>NO classes 11/ 24 - 11/25 and 12/24 - 01/02 |
| <b><u>Session III</u></b> | January 30 - April 15 - 10 weeks<br>Cost is \$60.00 plus Membership.<br>NO classes 2/20 - 2/25   |
| <b><u>Session IV</u></b>  | April 24 - June 24 - 9 weeks<br>Cost is \$54.00 plus Membership.<br>Monday and Saturday classes are 8 weeks at \$48.00 plus Membership.<br>NO classes 4/17 - 4/22 and 5/27 - 5/29.   |

## Pool Class Descriptions

**All water classes require pool membership, pool punch card, or pay per class**

**Water Works:** Join Theresa on Tuesday and Thursday mornings, for a half hour of water aerobics followed by a half hour of strength training. *Beginner/Intermediate*










**Splashercise:** Join Theresa on Mondays, Wednesdays & Fridays for a half hour of water aerobics and a half hour of volleyball. *Intermediate/Advanced*

**Water Aerobics:** This high energy class utilizes both the shallow & deep water in the pool. Let Heather challenge your endurance with water circuits, deep water drills, and lap swimming. You will burn lots of calories while you increase your strength, endurance, and range of motion. *Intermediate/Advanced*

# 2016/2017 Fall/Winter Pool Schedule



Community Recreation Association, Inc.  
 400 Main Street Dalton, MA 01226  
[www.daltoncra.org](http://www.daltoncra.org)  
 413-684-0260

| Sunday  | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Saturday  |
|---|---|---|---|--|---|---|
|   | 6:00 - 9:00<br>Adult Lap  | 6:00 - 9:00<br>Adult Lap  | 6:00 - 9:00<br>Adult Lap  | 6:00 - 9:00<br>Adult Lap   | 6:00 - 9:00<br>Adult Lap  | 7:00 - 9:30<br>Adult Lap  |
| 9:00 - 11:00<br>Adult Lap   | 9:00 - 10:00<br>Splash-er-cise  | 9:00 - 10:00<br>Water Works   | 9:00 - 10:00<br>Splash-er-cise  | 9:00 - 10:00<br>Water Works  | 9:00 - 10:00<br>Splash-er-cise  | 9:45 - 10:30<br>Parent/Toddler<br>Lesson  |
|    | 10:00 - 10:45<br>Preschool<br>Lesson  | 10:00 - 11:00<br><b>Adult Stroke<br/>Techniques</b>                                 | 10:00 - 10:45<br>Preschool<br>Lesson                                      | 10:00 - 11:00<br><b>Adult Learn to<br/>Swim</b>                                      | 10:00 - 10:45<br>Parent/Toddler<br>Lesson   | 10:30 - 11:15<br>Preschool<br>Lesson  |
| 11:00 - 12:00<br>Family Swim  | 11:00 - 12:00<br>Family Swim  | 11:00 - 11:45<br>Pre-School<br><b>(NO Bubble)</b><br>Lesson                         | 11:00 - 12:00<br>Family Swim  | 11:00 - 11:45<br>Pre-School<br>Lesson  | 11:00 - 11:45<br>Pre-School<br>Lesson   | 11:15 - 12:00<br>Beginner<br>Lesson   |
| 12:15 - 1:15<br>Swim Pool Party   | 12:00 - 1:00<br>Adult Lap   | 12:00 - 1:00<br>Adult Lap   | 12:00 - 1:00<br>Adult Lap   | 12:00 - 1:00<br>Adult Lap  | 12:00 - 1:00<br>Adult Lap   | 12:15 - 1:15<br>Adult Lap   |
|   | 1:00 - 1:45<br>Pre-School<br>Lesson   | 1:00 - 1:45<br>Pre-School<br>Lesson   | 1:00 - 1:45<br>Pre-School<br>Lesson                                       | <b>1:00 - 2:00<br/>AQUA REHAB<br/>(\$5)</b>  |  | 1:15 - 2:15<br>Family Swim  |
|  | 3:00 - 5:00<br>WRHS<br>Swim Team  | 3:00 - 4:00<br>WRHS<br>Swim Team  | 3:30 - 4:15<br>Beginner<br>Lesson   | 3:00 - 5:00<br>WRHS<br>Swim Team   | 3:00 - 4:30<br>WRHS<br>Swim Team  | 2:15 - 3:15<br>Swim Pool Party  |
|   |  | 4:15 - 5:00<br>Advanced Beginner<br>Lesson  | 4:15 - 5:00<br>Intermediate;<br>Swimmer/<br>Advanced<br>Swimmer<br>Lesson |  | <b>4:30 - 5:30<br/>Otters Swim<br/>Team</b>   | 3:30 - 4:30<br>Swim Pool Party<br><b>(Begins 10/15)</b>                               |
|   | 5:00 - 6:00<br>Adult Lap  | <b>5:00 - 5:45</b><br>Beginner<br>Lesson  | 5:00 - 6:00<br>Adult Lap  | <b>5:00 - 8:00<br/>Otter Swim<br/>Team</b>   | 5:30 - 6:30<br>Adult Lap  |  |
|  | 6:00 - 7:00<br>Water Aerobics   | <b>6:00 - 8:00<br/>Otters Swim<br/>Team</b>   | 6:00 - 7:00<br>Water Aerobics   |  | 6:30 - 7:30<br>Family Swim  |   |
|   | <b>7:00 - 8:00<br/>Otters Swim<br/>Team</b>   |  | <b>7:00 - 8:00<br/>Otters Swim<br/>Team</b>                               |  |   |  |

***An ACTIVE CRA Membership by one swimmer per group is required for member rate for family swim.  
 Board of Health REQUIRES SHOWERS and BATHING CAPS BEFORE entering the pool.***