



COMMUNITY RECREATION ASSOCIATION, INC.

W. MURRAY CRANE COMMUNITY HOUSE

400 Main Street Dalton, MA 01226

Phone (413) 684-0260 Fax (413) 684-4033

www.daltoncra.org

2017 SUMMER POOL SCHEDULE

★ Please note: There are no credits for missed scheduled classes. ★

Pool Schedule effective 07/01/2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 – 9:00 Adult Lap	6:00 – 9:00 Adult Lap	6:00 – 9:00 Adult Lap	6:00 – 9:00 Adult Lap	6:00 – 9:00 Adult Lap	7:00 – 10:00 Adult Lap	
9:00-10:00 Splash-er-cise	9:00-10:00 Water Works	9:00-10:00 Splash-er-cise	9:00-10:00 Water Works	9:00-10:00 Splash-er-cise		9:00 – 12:00 Adult Lap
10:00-10:45 Pre-School Group A	10:00-10:45 Pre-School Group B	10:00-10:45 Pre-School Group A	10:00-10:45 Pre-School Group B	10:00 – 10:45 Parent Toddler		
10:45-11:30 Beginners	10:45-11:30 Beginners	10:45-11:30 Beginners	10:45-11:30 Beginners	10:45-11:30 Beginners		
11:30 – 12:15 Advanced Beginners & Intermediate	11:30 – 12:15 Advanced Beginners & Intermediate	11:30 – 12:15 Advanced Beginners & Intermediate	11:30 – 12:15 Advanced Beginners & Intermediate	11:30 – 12:15 Advanced Beginners & Intermediate		
12:15 – 1:15 Adult Lap	12:15 – 1:15 Adult Lap	12:15 – 1:15 Adult Lap	12:15 – 1:15 Adult Lap	12:15 – 1:15 Adult Lap		
1:15 – 2:00 Gr K-2 Day Camp	1:15 – 2:00 Gr K-2 Day Camp	1:15 – 2:00 Gr K-2 Day Camp	1:15 – 2:15 AQUA REHAB \$5	1:15 – 2:00 GR K-2 Day Camp	1:15 – 2:15 Swim Party	
2:00 – 2:45 Gr 3 and Up Day Camp	2:00 – 2:45 Gr 3 and Up Day Camp	2:00 – 2:45 Gr 3 and Up Day Camp		2:00 – 2:45 Gr 3 and Up Day Camp	<div style="border: 1px solid black; padding: 5px; background-color: #f0f0f0;"> CRA Summer Hours: Begin 7/1/2017 Monday-Friday: 5:00am-8:00pm Saturday: 7:00am-3:00pm Sunday: 9:00am-1:00pm </div>	
5:00-6:00 Adult Lap	5:00-6:00 7/10-7/14 Swim Team	5:00-6:00 Adult Lap	6:00-7:30 7/10-7/14 Swim Team	5:00-6:30 Adult Lap		
6:00-7:00 Water Aerobics	6:00-6:45 Adult Beginner	6:00-7:00 Water Aerobics		6:30 – 7:30 Family Swim		
	6:45-7:30 Adult Stroke Development					

SUMMER SWIM LESSONS -Sign-ups begin on Monday, June 19th.

Children MUST be a CRA Member (\$40) & sign up for each swim session.

All swimmers must wear a swim cap!



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Splash-er-cise:

This class is 30 minutes of aerobics in the pool with water aerobics instructor, Theresa Ott. The class finishes with 30 minutes of volleyball. You may also do your own exercises or swim in the deep end for the last 30 minutes.

Water Works:

This class is 30 minutes of water aerobics and 30 minutes of strength training with the pool noodles with water aerobics instructor, Theresa Ott. You will work up a sweat and then tone your legs, arms, and abs.

PM Water Aerobics:

This 60 minute class is circuit and strength training in the water with pool noodles and kick boards, with instructor Heather Nataro.