

2017/2018 Fall-Spring 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.

<u>Session I</u>	September 5 - November 11 - 10 weeks Cost is <u>\$65</u> plus Membership. Monday classes are 9 weeks at <u>\$58.50</u> plus Membership.
<u>Session II</u>	November 13 - January 27 - 10 weeks Cost is <u>\$65</u> plus Membership. Mon, Thurs, Fri, Sat classes - 9 weeks at <u>\$58.50</u> plus Membership. NO classes 11/ 23 - 11/24 and 12/23 - 01/01
<u>Session III</u>	January 29 - April 14 - 10 weeks Cost is <u>\$65.00</u> plus Membership. NO classes 2/19 - 2/24
<u>Session IV</u>	April 23 - June 23 - 9 weeks Cost is <u>\$58.50</u> plus Membership. Monday and Saturday classes are 8 weeks at <u>\$52.00</u> plus Membership. NO classes 5/26 - 5/28.

Parent-Toddler classes on Friday and Saturday are \$35 plus CRA Membership.

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*

2017/2018 Fall-Spring Pool Schedule



Community Recreation Association, Inc.
 400 Main Street Dalton, MA 01226
www.daltoncra.org
 413-684-0260

Pool schedule effective September 5, 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	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 - 9:00 Adult Lap
9:00 - 11:00 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 - 9:45 Parent/Toddler Lesson
	10:00 - 10:45 Preschool Lesson	10:00 - 11:00 Adult Stroke Techniques	10:00 - 10:45 Preschool Lesson	10:00 - 11:00 Adult Learn to Swim	10:00 - 10:45 Parent/Toddler Lesson	9:45-10:30 Preschool Lesson
11:00 - 12:00 Family Swim (Begins 10/14)	11:00 - 12:00 Family Swim	11:00 - 11:45 Pre-School (NO Bubble) Lesson	11:00 - 12:00 Family Swim	11:00 - 11:45 Pre-School Lesson	11:00 - 11:45 Pre-School Lesson	10:30-11:15 Beginner Lesson
12:15 - 1:15 Swim Pool Party (Begins 10/14)	12:00 - 1:00 Adult Lap	12:00 - 1:00 Adult Lap	12:00 - 1:00 Adult Lap	12:00 - 1:00 Adult Lap	12:00 - 1:00 Adult Lap	11:15-12:00 Advance Beginner Lesson
	1:00 - 1:45 Pre-School Lesson	1:00 - 1:45 Pre-School Lesson	1:00 - 1:45 Pre-School Lesson	1:00 - 2:00 AQUA REHAB (\$5)		12:15 - 1:15 Adult Lap
	3:00 - 5:00 WRHS Swim Team	3:00 - 4:00 WRHS Swim Team	3:30 - 4:15 Beginner Lesson	3:00 - 5:00 WRHS Swim Team	3:00 - 4:30 WRHS Swim Team	1:15 - 2:15 Family Swim
		4:15 - 5:00 Advanced Beginner Lesson	4:15 - 5:00 Intermediate; Swimmer/ Advanced Swimmer Lesson		4:30 - 5:30 Otters Swim Team	2:15 - 3:15 Swim Pool Party
	5:00 - 6:00 Adult Lap	5:00 - 5:45 Beginner Lesson	5:00 - 6:00 Adult Lap	5:00 - 7:45 Otter Swim Team	5:30 - 6:30 Adult Lap	3:30 - 4:30 Swim Pool Party (Begins 10/14)
	6:00 - 7:00 Water Aerobics	6:00 - 7:45 Otters Swim Team	6:00 - 7:00 Water Aerobics		6:30 - 7:30 Family Swim	
	7:00 - 7:45 Otters Swim Team		7:00 - 7:45 Otters Swim Team			

**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.**