

# 2018/2019 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 \$8 per person or \$19 per family as a non-member.*

<b><u>Session I</u></b>	September 4 - November 10 - 10 weeks Cost is <u>\$65</u> plus Membership. Monday classes are 9 weeks at <u>\$58.50</u> plus Membership.
<b><u>Session II</u></b>	November 12 - January 26 - 10 weeks Cost is <u>\$65</u> plus Membership. Mon, Tues, Thurs, Fri classes - 9 weeks at <u>\$58.50</u> plus Membership. NO classes 11/22 - 11/23 and 12/24 - 01/01
<b><u>Session III</u></b>	January 28 - April 13 - 10 weeks Cost is <u>\$65.00</u> plus Membership. NO classes 2/18 - 2/23
<b><u>Session IV</u></b>	<b>CANCELLED</b> due to pool area upgrades.

Summer Swim Classes SIGNUP begin 6/17/19; swim classes begin 7/1/19.

Check our website [www.daltoncra.org](http://www.daltoncra.org) or Facebook

## 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*









# 2019 Spring Pool Schedule



**SWIM SESSION 4 is CANCELLED due to pool area upgrades.**

**Pool CLOSING 4/28/19.**

**Summer Swim Classes SIGNUP begins 6/17/19; classes begin 7/1/19.**

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	<b>9:00 – 9:45 Parent/Toddler Lesson</b>
	<b>10:00 - 10:45 Preschool Lesson</b>	<b>10:00 - 11:00 Adult Stroke Techniques</b>	<b>10:00 - 10:45 Preschool Lesson</b>	<b>10:00 – 11:00 Adult Learn to Swim</b>	<b>10:00 - 10:45 Parent/Toddler Lesson</b>	<b>9:45-10:30 Preschool Lesson</b>
11:00 - 12:00 Family Swim	11:00 - 12:00 Family Swim	<b>11:00 - 11:45 Pre-School (NO Bubble) Lesson</b>	11:00 - 12:00 Family Swim	<b>11:00 - 11:45 Pre-School Lesson</b>	<b>11:00 - 11:45 Pre-School Lesson</b>	<b>10:30-11:15 Beginner Lesson</b>
12:15 - 1:15 Swim Pool Party	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	<b>11:15-12:00 Advance Beginner/ Intermediate Lesson</b>
	<b>1:00 -1:45 Pre-School Lesson</b>			<b>1:00 - 2:00 AQUA REHAB (\$8)</b>		12:15 - 1:15 Adult Lap
	3:00 - 5:00 WRHS Swim Team	3:00 - 4:00 WRHS Swim Team	<b>3:30 -4:15 Beginner Lesson</b>	3:00 - 5:00 WRHS Swim Team	3:00 - 4:30 WRHS Swim Team	1:15 - 2:15 Family Swim
		<b>4:15 - 5:00 Advanced Beginner Lesson</b>	<b>4:15 - 5:00 Intermediate; Swimmer/ Advanced Swimmer Lesson</b>		<b>4:30 - 5:30 Otters Swim Team</b>	2:15 - 3:15 Swim Pool Party
	5:00 - 6:00 Adult Lap	<b>5:00 - 5:45 Beginner Lesson</b>	5:00 - 6:00 Adult Lap	<b>5:00 – 7:45 Otter Swim Team</b>	5:30 - 6:30 Adult Lap	3:30 - 4:30 Swim Pool Party
	6:00 - 7:00 Water Aerobics	<b>6:00 – 7:45 Otters Swim Team</b>	6:00 - 7:00 Water Aerobics		6:30 - 7:30 Family Swim	
	<b>7:00 – 7:45 Otters Swim Team</b>		<b>7:00 – 7:45 Otters Swim 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.**