

2019/2020 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 3 – October 26 8 weeks Cost is \$52 plus Membership. Monday classes are 7 weeks at \$45.50 plus Membership. Parent-Toddler classes are \$28.00 plus Membership.
<u>Session II</u>	October 28 - January 11 10 weeks Cost is \$65 plus Membership NO classes 11/28 and 12/23 - 01/01 Mon, Tues, Weds, Thurs classes \$58.50 plus Membership. Parent-Toddler classes are \$35.00 plus Membership.
<u>Session III</u>	January 13 – March 28 - 10 weeks Cost is \$65 plus Membership. NO classes 2/17 - 2/22 Parent-Toddler classes are \$35.00 plus Membership.
<u>Session IV</u>	March 30 - June 13 - 10 weeks Cost is \$65 plus Membership. Monday and Saturday classes are 9 weeks at \$58.50 plus Membership. NO classes 4/20 - 4/25 and 5/23-5/25. Parent-Toddler classes(Friday-\$35.00 and Saturday-\$31.50) plus 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*

2019/2020 Fall-Spring Pool Schedule



Community Recreation Association, Inc.
 400 Main Street Dalton, MA 01226
www.daltoncra.org
 Phone: 413-684-0260 Fax: 413-684-4033

Pool schedule effective September 3, 2019

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	11:00 - 12:00 Family Swim	11:00 - 11:45 Pre-School 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 10/20/19)	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 (NO Bubble Lesson)		1:00 - 1:45 Pre-School Lesson	1:00 - 2:00 AQUA REHAB (\$8)		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 10/19/19)
	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.