

ADULT AQUATICS

CLASS	MON	TUES	WED	THURS	FRI	SAT	SUN
Adult Swim Instruction (Ages 18 +)		7:30-8:15pm		8:30-9:15am		Classes meet 1x per week for 8 wks Adult swim instruction Full \$80 Program \$100 Adult swim workout Full \$130 Program \$160 Arthritis, Water Workout, & Abs Full \$55 Program \$85 All other adult classes Full \$60 Program \$90 Adult Stroke Clinic \$100	
Arthritis Aquatic Program (AFYAP)	1:00-1:45pm		1:00-1:45pm	9:30-10:15am	10:15-11:00am		
Water Slimnastics	9:15-10:15am	8:30-9:30am	6:00-7:00pm		9:15-10:15am		
Aqua Jog			8:30-9:30am				
Senior Shape-Up		1:00-2:00pm		1:00-2:00pm			
Water Workout	6:00-6:45pm				8:30-9:30am 6:00-6:45pm	8:00-8:45am	
Adult Swim Workout (meets 2x/wk)	5:30-7:00am				5:30-7:00am	Adult private instruction also available. Call Robbin at ext. 122 to schedule.	
Total Abs				10:15-11:00am			
Adult Swim Stroke Clinic		8:00-9:00pm					
Power Water Walking			10:15-10:45am				

YOUTH AQUATICS

CLASS	MON	TUES	WED	THURS	FRI	SAT	SUN
S.K.I.P. (6 - 36 months)	11:00-11:30am		9:00-9:30am	11:00-11:30am 6:00-6:30pm		11:15-11:45am	
Pike W/Parent (24 - 36 months)		11:00-11:30am 6:00-6:30pm		2:00-2:30pm	11:00-11:30am	9:00-9:30am	
Pike (3 - 5 years)	2:00-2:45pm	9:30-10:15am 1:15-2:00pm	10:45-11:30am 4:15-5:00pm	10:15-11:00am 3:30-4:15pm 6:45-7:15pm	1:45-2:30pm	9:45-10:30am 12:00-12:45pm	10:30-11:15am
Eel (3 - 5 years)	1:15-2:00pm	10:15-11:00am 2:00-2:45pm	9:30-10:15am 6:45-7:30pm	9:30-10:15am 1:15-2:00pm 4:15-5:00pm	10:15-11:00am 2:45-3:30pm	10:30-11:15am 12:45-1:30pm	9:45-10:30am
Ray (3 - 5 years)		4:15-5:00pm		6:00-6:45pm	9:30-10:15am 2:00-2:45pm	9:45-10:30am	11:15-12:00pm
Catfish (5 - 12 years)	6:00-6:30pm		6:15-6:45pm				
Polliwog (6 - 12 years)	3:30-4:15pm 6:45-7:30pm	4:15-5:00pm	3:30-4:15pm	3:30-4:15pm		10:30-11:15am 12:00-12:45pm	9:00-9:45am
Guppy (6 - 12 years)	4:15-5:00pm 6:45-7:30pm	3:30-4:15pm	4:15-5:00pm			11:15-12:00pm 12:45-1:30pm	11:15-12:00pm
Minnow (6 - 12 years)	4:15-5:00pm		4:15-5:00pm	6:45-7:30pm		9:00-9:45am	10:30-11:15am
Fish (6 - 12 years)	4:15-5:00pm		3:30-4:15pm 6:00-6:45pm	Private and semi-private lessons available. Call Robbin at ext. 122 to schedule.		9:45-10:30am	9:45-10:30am
Flying Fish (6 - 12 years)	3:30-4:15pm		3:30-4:15pm			9:45-10:30am	9:00-9:45am
Shark (6 - 12 years)	3:30-4:15pm		3:30-4:15pm			9:45-10:30am	9:00-9:45am
Porpoise (11 years +)		6:45-7:30pm		3:30-4:15pm		9:00-9:45am	9:45-10:30am
Teen Instruction	6:00-6:45pm	3:30-4:15pm					
Guard Start (11 - 14 years)							9:45-11:00am
PreSwim Team (meets 2x/wk)		3:30-5:00pm		3:30-5:00pm			
Home School			2:00-3:00pm				



Classes meet 1x per week for 8 weeks.
Skip & Pike w/parent Fees: Full \$65 Program \$80
Guard Start & Synchronized Swimming \$100
Pre-Swim Team meets 2x per week Full \$110 Program \$140
Home School Swim: \$80
All other program fees: Full \$80 Program \$100