

# AQUATIC SCHEDULE

Fall I Sept. 12 – Nov. 13, 2011 / Fall II Nov. 21, 2011 – Jan. 29, 2012

\*These Classes Will Only Be Offered in the Fall I Session

## PRESCHOOL AQUATIC LESSONS (6 months-5yrs)

Class	MON	TUES	WED	THURS	FRI	SAT	SUN
<b>S.K.I.P (6mth-3yrs.)</b>	12:40-1:10pm N	*10:15-10:45am N	*9:50-10:20am N	10:50-11:20am N	9:15-9:45am N 12:15-12:45pm N	9:40-10:10am A 10:15-10:45am A	9:05-9:35am A 11:25-11:55am A
<b>Pike (3-5yrs.)</b>	9:15-9:45am N 1:50-2:20pm A	*9:40-10:10am N *10:50-11:20am N 1:50-2:20pm A	*9:15-9:45am N *10:15-10:45am N *12:40-1:10pm N 1:15-1:45pm A 2:25-2:55pm A	9:05-9:35am N 10:15-10:45am N 1:50-2:20pm A	9:50-10:20am N 11:00-11:30am N 1:15-1:45pm A	10:15-10:45am N 10:50-11:20am A 12:15-12:45pm A	9:40-10:10am N 10:15-10:45am N
<b>EEL (3-5yrs.)</b>	9:50-10:20am N 1:15-1:45pm A	9:05-9:35am N *12:40-1:10pm N 1:15-1:45pm A 2:25-2:55pm A	10:50-11:20pm N 1:50-2:20pm A	9:40-10:10am N 12:40-1:10pm N 1:15-1:45pm A 2:25-2:55pm A	10:25-10:55am N 11:40-12:10pm N 1:50-2:20pm A	9:05-9:35am A 9:40-10:10am N 11:25-11:55am A 12:50-1:20pm A	10:50-11:20am N 11:25-11:55am N
<b>Ray/Guppy (3-5yrs.)</b>	See below						

## YOUTH AQUATIC LESSONS (5-18 yrs)

<b>Polliwog</b>	4:05-4:35pm A 4:45-5:15pm A 5:25-5:55pm A	2:25-2:55pm A 4:05-4:35pm N 4:45-5:15pm N 5:25-5:55pm N	2:25-2:55pm A 4:45-5:15pm N 5:25-5:55pm N	4:05-4:35pm N	2:25-2:55pm A 4:05-4:35pm N 4:45-5:15pm N 5:25-5:55pm N	9:05-9:35am N 11:25-11:55am N 12:50-1:20pm N 1:30-2:00pm A	9:05-9:35am N 9:40-10:10am A 10:50-11:20am A
<b>Guppy Ray/Guppy</b>	12:40-1:10pm N 2:25-2:55pm A 4:45-5:15pm A 5:25-5:55pm A	*10:15-10:45am N 4:05-4:35pm N 5:25-5:55pm N	*9:50-10:20am N 4:05-4:35pm N 4:45-5:15pm N	10:50-11:20am N 4:45-5:15pm N 5:25-5:55pm N	4:05-4:35pm N 4:45-5:15pm N 5:25-5:55pm N	9:40-10:10am A 10:50-11:20am N 11:25-11:55am N 12:15-12:45pm N 1:30-2:00pm A	9:05-9:35am N 9:40-10:10am A 10:50-11:20am A 11:25-11:55pm N
<b>Minnow</b>	4:05-4:35pm A 4:45-5:15pm A	4:45-5:15pm N	4:05-4:35pm N 5:25-5:55pm N	4:05-4:35pm N 4:45-5:15pm N	4:05-4:35pm N 5:25-5:55pm N	9:05-9:35am N 10:50-11:20am N 11:25-11:55am N 12:50-1:20pm N	9:05-9:35am N 10:15-10:45am A
<b>Fish</b>	4:05-4:35pm A 5:25-5:55pm A	4:05-4:35pm N	4:05-4:35pm N	4:45-5:15pm N 5:25-5:55pm N	4:45-5:15pm N	10:50-11:20am N 12:50-1:20pm N	9:40-10:10am A 10:50-11:20am N
<b>Flying Fish</b>	6:00-6:30pm A	7:00-7:30pm N		7:00-7:30pm N	6:05-6:35pm N	9:05-9:35am N 12:15-12:45pm N	10:15-10:45am A
<b>Shark</b>	6:35-7:05pm A	7:00-7:30pm N		7:00-7:30pm N	6:05-6:35pm N	12:15-12:45pm N	10:15-10:45am A
<b>Porpoise (11yrs. +)</b>		4:45-5:15pm N					10:15-10:45am N
<b>Competitive Stroke</b>			7:00-7:45pm N		6:45-7:30pm N		
<b>Teen Instruction (11-18yrs.)</b>	7:15-8:00pm A	7:45-8:30pm N	7:45-8:30pm A	7:45-8:30pm A		1:25-2:10pm N	

## ADULT AQUATIC FITNESS

<b>Adult Instruction 18yrs+</b>	10:30-11:15am N 8:00-8:45pm A	9:40-10:25am A 8:30-9:15pm N		9:40-10:25am A 8:30-9:15pm A	10:30-11:15am A		
<b>Arthritis</b>	10:30-11:30am A		10:30-11:30am A			<div style="border: 1px solid black; padding: 5px;"> <b>American Red Cross Lifeguard Training Class</b>                      For more information call ext. *200                 </div>	
<b>Aqua Power</b>	7:00-8:00am N 11:20-12:20pm N	11:20-12:20pm N	8:00-9:00am N 10:20-11:20pm N	11:20-12:20pm N 7:45-8:45pm N			
<b>Cardio Kickboxing</b>		7:45-8:45pm A					
<b>Hydrofit</b>	9:15-10:15am A		9:15-10:15am A		9:15-10:15am A		
<b>Masters</b>							7:00-8:00am N 8:00-9:00am N
<b>Water Walking</b>		10:30-11:30am A	7:45-8:45pm A	10:30-11:30am A			
<b>Yoqua</b>				8:00-9:00am N			

A = Albicocco Pool  
N = Norton Pool

This schedule is subject to change.  
Make up Policy see Directory page

Aquatic Lessons	
<b>Fees:</b> For 9 week session/1x per wk	
Infant-Youth Lessons	\$97
Competitive Stroke	\$118
Teen/Adult Instruction	\$118
Aquatic Fitness Programs	
Program Member Fee	\$106
Full Facility Members	\$53

For info 421-4242