



Fall 2023 Pool Schedule | September 5 – December 30

Time	Mon	Tues	Wed	Thurs	Fri	Sat
8:30-9:00	Water Works (8:30-9:30)		Water Works (8:30-9:30)		Water Works (8:30-9:30)	
9:00-9:30						
9:30-10:00	Splash (9:30-10:30)		Splash (9:30-10:30)		Splash (9:30-10:30)	
10:00-10:30						
10:30-11:00	Joint Venture (10:30-11:30)		Joint Venture (10:30-11:30)		Adult Swim (10:30-11:30)	
11:00-11:30		Lap & Leisure (11:00-12:00)		Lap & Leisure (11:00-12:00)		Open Swim (11:00-12:00)
11:30-12:00	Lap & Leisure (11:30-12:30)		Lap & Leisure (11:30-12:30)		Lap & Leisure (11:30-12:30)	
12:00-12:30		Joint Venture (12:00-1:00)		Joint Venture (12:00-1:00)		
12:30-1:00						Pool Parties (12:00-4:00)
3:00-3:30					Open Swim (3:00-7:00)	
5:00-5:30		Splash (5:00-6:00)		Splash (5:00-6:00)		
5:30-6:00						
6:00-6:30		Joint Venture (6:00-7:00)		Joint Venture (6:00-7:00)		
6:30-7:00						
7:00-8:00		Open Swim (7:00-8:00)	Open Swim (7:00-8:00)	Open Swim (7:00-8:00)		

Adult Exercise Class and Swim Lesson Descriptions

Water Works: This class includes a light aerobic workout and muscle toning exercises.

Splash: A high-energy aerobic workout and exercises to tone the body.

Joint Venture: This class includes exercises for muscular strength, endurance, balance, and coordination. Follows the Arthritis Foundation guidelines.

Adult Swim Lesson: Brush up on your strokes and reach your personal goals. A swim instructor will provide the drills and skills needed to improve stroke capability, endurance, and confidence in the water. Adult Swim welcomes all levels.

Swim Lesson Level Descriptions:

Waterbabies: Parent and child learn water exploration skills. Teacher interaction and group activities will focus on feeling secure and content in the water. **For ages 6 mos.-2 years.**

Preschool with Parents: a water exploration class for young children and parents. Blowing bubbles, floats, arm coordination, and strokes will be taught. An instructor will take parents through different holds and cues involved in swim instruction. Is a stepping-stone for preschool. **For ages 3-4.**

Preschool Swim: A water exploration class for young children. Blowing bubbles, floats, arm coordination, and strokes will be taught. Children wear bubbles to assist in swimming. **For ages 3-5.**

Level 1: Learn basic skills to move comfortably in the water. All skills are done with the support of instructor.

Level 2: Glides with kicks, front & back crawl, and rhythmic breathing. Lessons in mildly deep water.

Level 3: Front and back glides are unsupported. Front and back crawl become more accomplished. Elementary backstroke and diving will be introduced. Lessons in the deep end.

Level 4: Instruction includes coordinating front and back crawl, elementary backstroke, breaststroke, and side stroke. Dives are done from a standing position.

Private Lessons

All private lessons are a half-hour and run in six-week sessions held on Mondays, Wednesdays, and Saturdays.

Session 1

Session Dates: September 11 – October 21

Registration: August 28 – September 11

Session 2

Session Dates: October 30 – December 9

Registration: October 14 – October 30

*Classes will not be held 11/24 & 11/25

** Friday & Saturday classes end on 12/15 & 12/16

Time	Monday	Wednesday	Saturday
9:00-9:30			<u>Preschool</u> Level 1
9:30-10:00			Preschool w/ Parent
10:00-10:30			Level 2, 3, & 4
10:30-11:00			Private Lesson
4:00 – 4:30	Private Lesson	Private Lesson	
4:30 – 5:00	<u>Preschool</u> Private Lesson	Private Lesson	
5:00 – 5:30	<u>Level 1</u> Private Lesson	Waterbabies	
5:30 – 6:00	Preschool w/ Parents	<u>Level 1</u> Preschool	
6:00 – 6:30	Level 2-3	Level 3/4	
6:30 - 7:00	<u>Level 1</u> Private Lesson	Private Lesson	