

FALL AQUATICS CLASSES

REGISTRATION BEGINS MONDAY, AUGUST 10, AT 9:00AM

***(Asterisk)** Semi-Private Instruction, 2 participants to 1 instructor, for one or more sessions.

CLU	MON/WED	TUE/THU	SATURDAY	SUNDAY
Session 1 Session 2 Session 3 Session 4	Sep 9 - 23 (5) Sep 28 - Oct 14 Oct 19 - Nov 4 Nov 9 - 23 (5)	Sep 8 - 24 Sep 29 - Oct 15 Oct 20 - Nov 5 Nov 10 - 24 (5)	Sep 12 - Oct 17 Oct 24 - Nov 21 (5) x x	Sep 13 - Oct 18 Oct 25 - Nov 22 (5) x x
Parent and Child	11:00-11:25 AM C408	11:00-11:25 AM C508	10:00-10:25 AM C723 10:30-10:55 AM C730 11:00-11:25 AM C737	10:00-10:25 AM C823 10:30-10:55 AM C830 11:00-11:25 AM C837
Tiny Tot Seals	10:30-10:55 AM *C406 3:00-3:25 PM *C450 4:00-4:25 PM *C460	10:30-10:55 AM *C506 3:00-3:25 PM *C550 4:00-4:25 PM *C560	9:00-9:25 AM *C711 9:30-9:55 AM *C717 10:00-10:25 AM *C724 11:00-11:25 AM *C738	9:00-9:25 AM *C811 9:30-9:55 AM *C817 10:00-10:25 AM *C824 11:00-11:25 AM *C838
Polliwogs	10:00-10:25 AM *C404 3:30-3:55 PM *C455 4:30-4:55 PM *C465 5:30-5:55 PM *C475	10:00-10:25 AM *C504 3:30-3:55 PM *C555 4:30-4:55 PM *C565 5:30-5:55 PM *C575	9:00-9:25 AM *C712 9:30-9:55 AM *C718 10:30-10:55 AM *C731 11:30-11:55 AM *C744	9:00-9:25 AM *C812 9:30-9:55 AM *C818 10:30-10:55 AM *C831 11:30-11:55 AM *C844
Seals	9:30-9:55 AM *C402 3:00-3:25 PM *C451 4:00-4:25 PM C461 5:00-5:25 PM C470	9:30-9:55 AM *C502 3:00-3:25 PM *C551 4:00-4:25 PM C561 5:00-5:25 PM C570	9:00-9:25 AM C713 10:00-10:25 AM C725 11:00-11:25 AM C739	9:00-9:25 AM C813 10:00-10:25 AM C825 11:00-11:25 AM C839
Dolphins	3:30-3:55 PM C456 4:30-4:55 PM C466 5:30-5:55 PM C476	3:30-3:55 PM C556 4:30-4:55 PM C566 5:30-5:55 PM C576	9:30-9:55 AM C719 10:30-10:55 AM C732 11:30-11:55 AM C745	9:30-9:55 AM C819 10:30-10:55 AM C832 11:30-11:55 AM C845
Otters	3:00-3:25 PM *C452 4:00-4:25 PM C462 5:00-5:25 PM C471	3:00-3:25 PM *C552 4:00-4:25 PM C562 5:00-5:25 PM C571	9:00-9:25 AM *C714 10:00-10:25 AM C726 11:00-11:25 AM C740	9:00-9:25 AM *C814 10:00-10:25 AM C826 11:00-11:25 AM C840
Stingrays	11:30-11:55 AM *C410 3:30-3:55 PM *C457 4:30-4:55 PM C467	11:30-11:55 AM *C510 3:30-3:55 PM *C557 4:30-4:55 PM C567	9:30-9:55 AM *C720 10:30-10:55 AM C733 11:30-11:55 AM C746	9:30-9:55 AM *C820 10:30-10:55 AM C833 11:30-11:55 AM C846
Barracudas	3:00-3:25 PM *C453 4:00-4:25 PM C463 5:00-5:25 PM *C472	3:00-3:25 PM *C553 4:00-4:25 PM C563 5:00-5:25 PM *C572	9:00-9:25 AM *C715 10:00-10:25 AM C727 11:00-11:25 AM C741	9:00-9:25 AM *C815 10:00-10:25 AM C827 11:00-11:25 AM C841
Sharks	3:30-3:55 PM *C458 5:30-5:55 PM *C477	3:30-3:55 PM *C558 5:30-5:55 PM *C577	10:30-10:55 AM *C734 11:30-11:55 AM *C747	10:30-10:55 AM *C834 11:30-11:55 AM *C847
Adult Beginner	5:30-5:55 PM *C478	5:30-5:55 PM *C578	11:30-11:55 AM *C748	11:30-11:55 AM *C848
Catch-Up Level 1	4:30-4:55 PM *C468	4:30-4:55 PM *C568	9:30-9:55 AM *C721 10:30-10:55 AM *C735	9:30-9:55 AM *C821 10:30-10:55 AM *C835
Catch-Up Level 2	5:00-5:25 PM *C473	5:00-5:25 PM *C573	10:00-10:25 AM *C728 11:00-11:25 AM *C742	10:00-10:25 AM *C828 11:00-11:25 AM *C842

CLU
MON/WED
TUE/THU
SATURDAY
SUNDAY
Private Instruction

9:00-9:25 AM	C401
9:30-9:55 AM	C403
10:00-10:25 AM	C405
10:30-10:55 AM	C407
11:00-11:25 AM	C409
11:30-11:55 AM	C411
3:00-3:25 PM	C454
3:30-3:55 PM	C459
4:00-4:25 PM	C464
4:30-4:55 PM	C469
5:00-5:25 PM	C474
5:30-5:55 PM	C479

9:00-9:25 AM	C501
9:30-9:55 AM	C503
10:00-10:25 AM	C505
10:30-10:55 AM	C507
11:00-11:25 AM	C509
11:30-11:55 AM	C511
3:00-3:25 PM	C554
3:30-3:55 PM	C559
4:00-4:25 PM	C564
4:30-4:55 PM	C569
5:00-5:25 PM	C574
5:30-5:55 PM	C579

9:00-9:25 AM	C716
9:30-9:55 AM	C722
10:00-10:25 AM	C729
10:30-10:55 AM	C736
11:00-11:25 AM	C743
11:30-11:55 AM	C749

9:00-9:25 AM	C816
9:30-9:55 AM	C822
10:00-10:25 AM	C829
10:30-10:55 AM	C836
11:00-11:25 AM	C843
11:30-11:55 AM	C849

Swim Class Prices

Private	Semi-Private	Group
\$180	\$104	\$68

CRPD SWIM TEAM, 8-16

Must be able to swim 25 yards of all 4 competitive strokes comfortably.

C800	Sa	9:00-9:55am	9/12-11/21	\$169
C800	Su	10:00-10:55am	9/13-11/22	\$169
C800	M/W	5:00-5:55pm	9/9-11/23	\$366
C800	T/Th	5:00-5:55pm	9/8-11/24	\$366

HOMESCHOOL SWIM CLUB, 8-14

Must be able to swim 25 yards of freestyle, backstroke, and breaststroke.

C803	M	10:00-10:55am	9/14-11/23	\$169
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PUMPKIN PATCH & Splash!

SATURDAY, OCTOBER 17

1:00-4:00pm

C810

FAMILIES CAN TAKE HOME A PUMPKIN AT THE END OF THEIR VISIT!

ADMISSION **\$5** per person entering the facility

SCAN TO LEARN MORE!



Grandparents DAY!

Sunday, September 13

12:00-3:00pm

A FREE DAY

at the Community Pool at CLU for grandparents and their grand kids!

Community Pool at CLU

SPRINGBOARD DIVING, 8-18

Must be able to swim 25 yards comfortably and perform a dive from the wall.

C806	Su	12:30-2:00pm	9/13-10/18	\$156
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STROKE TECHNIQUE & WORKOUT, 14+

Receive swim workouts and technique instruction each day while swimming at your own pace.

C805	M/W	9:00-9:55am	9/9-9/23	\$75
C805	M/W	9:00-9:55am	9/28-10/14	\$90
C805	M/W	9:00-9:55am	10/19-11/4	\$90
C805	M/W	9:00-9:55am	11/9-11/23	\$75

WATER AEROBICS - DEEP WATER, 18+

Low impact & joint friendly water exercise in 5' depth with resistance and flotation belt.

C802	M	10:00-10:55am	9/14-9/28	\$43
C802	M	10:00-10:55am	10/5-10/26	\$57
C802	M	10:00-10:55am	11/2-11/30	\$72

NOODLE AEROBICS - SHALLOW WATER, 18+

Boost core strength, flexibility, and balance using a pool noodle in 3'-4' of water.

C802	M	11:00-11:55am	9/14-9/28	\$43
C802	M	11:00-11:55am	10/5-10/26	\$57
C802	M	11:00-11:55am	11/2-11/30	\$72



American Red Cross

Be Ready. MAKE A DIFFERENCE.

ADULT & PEDIATRIC CPR

CPR Pediatric CPR AED

LEARN LIFE-SAVING SKILLS. SAVE LIVES.

\$100 CLASS ID **C202**

CERTIFICATION VALID FOR **2 YEARS**

Community Pool at CLU

SCAN TO LEARN MORE!

WATER AEROBICS - SHALLOW WATER, 18+

Chest-deep water aerobics for all levels. No swimming required. Move at your own pace.

C804	W	10:00-10:55am	9/2-9/30	\$71
C804	F	10:00-10:55am	9/4-9/25	\$57
C804	W	10:00-10:55am	10/7-10/28	\$57
C804	F	10:00-10:55am	10/2-10/30	\$71
C804	W	10:00-10:55am	11/4-11/18	\$43
C804	F	10:00-10:55am	11/6-11/20	\$43