

FALL/WINTER AQUATICS CLASSES

REGISTRATION BEGINS MONDAY, OCTOBER 12, 9:00AM

CLU	MON/WED	TUE/THU	SATURDAY	SUNDAY
Session 1 Session 2 Session 3	Nov 30 - Dec 16 Jan 4 - Jan 20 (5) Jan 25 - Feb 10	Dec 1 - Dec 17 Jan 5 - Jan 21 Jan 26 - Feb 11	Jan 9 - Feb 6 (5) X X	Jan 10 - Feb 7 (5) X X
Parent and Child			10:00-10:25 AM C723 11:00-11:25 AM C737	10:00-10:25 AM C823 11:00-11:25 AM C837
Tiny Tot Seals	3:00-3:25 PM *C450 4:00-4:25 PM *C460	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	3:30-3:55 PM *C455 4:30-4:55 PM *C465 5:30-5:55 PM *C475	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	3:00-3:25 PM *C451 4:00-4:25 PM C461 5:00-5:25 PM C470	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	3:30-3:55 PM *C457 4:30-4:55 PM C467	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

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

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

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

Group (6)	\$68
Semi-Private (6)	\$104
Private (6)	\$180

CRPD SWIM TEAM, 8-16

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

C800	Sa	9:00-9:55am	1/9-2/6	\$80
C800	Su	10:00-10:55am	1/10-2/7	\$80
C800	M/W	5:00-5:55pm	11/30-2/10	\$275
C800	T/Th	5:00-5:55pm	12/1-2/11	\$275

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	12/7-12/21	\$43
C802	M	10:00-10:55am	1/4-1/25	\$43
C802	M	10:00-10:55am	2/1-2/22	\$43

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	12/7-12/21	\$43
C802	M	11:00-11:55am	1/4-1/25	\$43
C802	M	11:00-11:55am	2/1-2/22	\$43

HOMESCHOOL SWIM CLUB, 8-14

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

C803	M	10:00-10:55am	12/7-2/8	\$108
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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	12/2-12/16	\$43
C804	F	10:00-10:55am	12/4-12/18	\$43
C804	W	10:00-10:55am	1/6-1/27	\$57
C804	F	10:00-10:55am	1/8-1/29	\$57
C804	W	10:00-10:55am	2/3-2/24	\$57
C804	F	10:00-10:55am	2/5-2/26	\$57

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	11/30-12/16	\$90
C805	M/W	9:00-9:55am	1/4-1/20	\$75
C805	M/W	9:00-9:55am	1/25-2/10	\$90

ANNUAL POLAR BEAR Plunge!

SATURDAY, DECEMBER 19
* 9:00AM *

FAMILIES WILL ENJOY A **1.5 MILE HIKE**

FOLLOWED BY A **COLD PLUNGE** IN THE COMMUNITY POOL AT CLU

ONLY \$5 PER PERSON

CLASS ID C810 TO REGISTER!

*** DON'T MISS OUR COOLEST EVENT OF THE YEAR! ***

LIFEGUARD TRAINING

\$240 FOR THE CLASS

CERTIFICATION IS VALID FOR 2 YEARS

MUST BE AGES 15+

INCLUDES CPR, FIRST AID, AND AED

CLASS ID C200

TRAIN. RESPOND. SAVE LIVES.

ALL TRAININGS ARE HELD AT THE COMMUNITY POOL AT CLU

Cancellations made within two business days (Monday-Friday) of the first class will be charged for the first session. Cancellations made after the first class will be charged for the second session. No refunds will be issued once the second class has taken place. **All cancellations are subject to a \$5.00 fee.**