



FALL AQUATICS CLASSES

Registration begins Monday, August 18 at 9:00am

	MON/WED	TUE/THU	SATURDAY	SUNDAY
Session 1 Session 2 Session 3 Session 4	Sep 8 - 24 Sep 29 - Oct 15 Oct 20 - Nov 5 Nov 10 - 24 (5)	Sep 9 - 25 Sep 30 - Oct 16 Oct 21 - Nov 6 Nov 11 - 25 (5)	Sep 6 - Oct 11 Oct 18 - Nov 22 x x	Sep 7 - Oct 12 Oct 19 - Nov 23 x x
Parent and Child	11:00-11:25 AM C408 4:30-4:55 PM C466	11:00-11:25 AM C508 4:30-4:55 PM C566	10:00-10:25 AM C723 10:30-10:55 AM C730 11:00-11:25 AM C737	9:30-9:55 AM C817 11:00-11:25 AM C836 11:30-11:55 AM C843
Tiny Tot Seals <i>Semi-Private Only</i>	10:30-10:55 AM C406 3:00-3:25 PM C450 4:00-4:25 PM C460 5:00-5:25 PM C472	10:30-10:55 AM C506 3:00-3:25 PM C550 4:00-4:25 PM C560 5:00-5:25 PM C572	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 C818 10:00-10:25 AM C824 11:00-11:25 AM C837
Polliwogs <i>Semi-Private Only</i>	10:00-10:25 AM C404 3:30-3:55 PM C455 4:30-4:55 PM C467 5:30-5:55 PM C478	10:00-10:25 AM C504 3:30-3:55 PM C555 4:30-4:55 PM C567 5:30-5:55 PM C578	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 C819 10:30-10:55 AM C830 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 C473	9:30-9:55 AM C502 3:00-3:25 PM C551 4:00-4:25 PM C561 5:00-5:25 PM C573	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 C838
Dolphins	3:30-3:55 PM C456 4:30-4:55 PM C468 5:30-5:55 PM C479	3:30-3:55 PM C556 4:30-4:55 PM C568 5:30-5:55 PM C579	9:30-9:55 AM C719 10:30-10:55 AM C732 11:30-11:55 AM C745	9:30-9:55 AM C820 10:30-10:55 AM C831 11:30-11:55 AM C845
Otters	3:00-3:25 PM C452 4:00-4:25 PM C462 5:00-5:25 PM C474	3:00-3:25 PM C552 4:00-4:25 PM C562 5:00-5:25 PM C574	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 C839
Stingrays	11:30-11:55 AM C410 3:30-3:55 PM C457 4:30-4:55 PM C469	11:30-11:55 AM C510 3:30-3:55 PM C557 4:30-4:55 PM C569	9:30-9:55 AM C720 10:30-10:55 AM C733 11:30-11:55 AM C746	9:30-9:55 AM C821 10:30-10:55 AM C832 11:30-11:55 AM C846
Barracudas	3:00-3:25 PM C453 4:00-4:25 PM C463 5:00-5:25 PM C475	3:00-3:25 PM C553 4:00-4:25 PM C563 5:00-5:25 PM C575	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 C840
Sharks <i>Semi-Private Only</i>	3:30-3:55 PM C458 5:30-5:55 PM C480	3:30-3:55 PM C558 5:30-5:55 PM C580	10:30-10:55 AM C734 11:30-11:55 AM C747	10:30-10:55 AM C833 11:30-11:55 AM C847
Adult Beginner <i>Semi-Private Only</i>	9:00-9:25 AM C400 5:00-5:25 PM C477	9:00-9:25 AM C500 5:00-5:25 PM C577	9:30-9:55 AM C721 10:30-10:55 AM C735 11:30-11:55 AM C748	9:30-9:55 AM C822 10:30-10:55 AM C834 11:30-11:55 AM C848
Catch-Up Lvl 1 <i>Semi-Private Only</i>	4:00-4:25 PM C464 5:00-5:25 PM C476	4:00-4:25 PM C564 5:00-5:25 PM C576	10:00-10:25 AM C728	10:00-10:25 AM C828
Catch-Up Lvl 2 <i>Semi-Private Only</i>	4:30-4:55 PM C470 5:30-5:55 PM C481	4:30-4:55 PM C570 5:30-5:55 PM C581	11:00-11:25 AM C742	11:00-11:25 AM C841

Registration opens Monday, August 18 at 9:00am at www.crpdpd.org

Private Instruction



MON/WED

9:00-9:25 AM	C401
9:30-9:55 AM	C403
10:00-10:25 AM	C404
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	C465
4:30-4:55 PM	C471
5:30-5:55 PM	C482

TUE/THU

9:00-9:25 AM	C501
9:30-9:55 AM	C503
10:00-10:25 AM	C504
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	C565
4:30-4:55 PM	C571
5:30-5:55 PM	C582

SATURDAY

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
12:00-12:25 PM	C750
12:30-12:55 PM	C751
1:00-1:25 PM	C752
1:30-1:55 PM	C753

PRIVATE
\$176

SEMI-PRIVATE
\$102

GROUP
\$67

SUNDAY

9:00-9:25 AM	C816
9:30-9:55 AM	C823
10:00-10:25 AM	C829
10:30-10:55 AM	C835
11:00-11:25 AM	C842
11:30-11:55 AM	C849
12:00-12:25 PM	C850
12:30-12:55 PM	C851
1:00-1:25 PM	C852
1:30-1:55 PM	C853

CRPD SWIM TEAM

A novice swim team focused workouts on speed, endurance, strokes, and conditioning, tailored by age and ability; **Ages 8-16**

C800.4251	9:00-9:55 AM	Sa	9/6-10/11	\$90
C800.4252	10:00-10:55 AM	Su	9/7-10/12	\$90
C800.4253	9:00-9:55 AM	Sa	10/18-11/22	\$90
C800.4254	10:00-10:55 AM	Su	10/19-11/23	\$90
C800.4255	5:00-5:55 PM	M/W	9/8-11/24	\$349
C800.4256	5:00-5:55 PM	T/Th	9/9-11/25	\$349

HOMESCHOOL SWIM TEAM

A novice swim team for homeschoolers focused workouts on endurance, strokes, and conditioning; **Ages 8-16**

C800.4251	10:00-10:55 AM	M	9/8-11/24	\$180
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STROKE TECHNIQUE & WORKOUT

Improve stroke technique, endurance, and confidence with an experienced instructor in a small group, at your own pace; **Ages 14+**

C805.4251	9:00-9:55 AM	M/W	9/8-9/24	\$90
C805.4252	9:00-9:55 AM	M/W	9/29-10/15	\$90
C805.4253	9:00-9:55 AM	M/W	10/20-11/5	\$90
C805.4254	9:00-9:55 AM	M/W	11/10-11/24	\$75

WATER AEROBICS - DEEP WATER

Exercise in 5' of water using resistance and a flotation belt. Low-impact, joint-friendly, and paced at your own level; **Ages 18+**

C802.4251	10:00-10:55 AM	M	9/8-9/29	\$71
C802.4253	10:00-10:55 AM	M	10/6-10/27	\$57
C802.4255	10:00-10:55 AM	M	11/3-11/24	\$57

WATER AEROBICS - SHALLOW WATER

Chest-deep water workout with mild aerobics for all skill levels. No swimming needed, at your own pace and comfort level; **Ages 8-16**

C804.4251	10:00-10:55 AM	W	9/3-9/10	\$28
C804.4252	10:00-10:55 AM	F	9/5-9/12	\$28
C804.4253	10:00-10:55 AM	W	10/1-10/29	\$71
C804.4254	10:00-10:55 AM	F	10/3-10/31	\$71
C804.4255	10:00-10:55 AM	W	11/5-11/19	\$43
C804.4256	10:00-10:55 AM	F	11/7-11/21	\$43

NOODLE AEROBICS - SHALLOW WATER

Use a pool noodle to improve core strength, flexibility, and balance with low-impact exercises from yoga, Pilates, and more; **Ages 18+**

C802.4252	11:00-11:55 AM	M	9/8-9/29	\$71
C802.4254	11:00-11:55 AM	M	10/6-10/27	\$57
C802.4256	11:00-11:55 AM	M	11/3-11/24	\$57

SPRINGBOARD DIVING

This class is for confident swimmers who are ready to learn the basics of springboard diving; **Ages 8-18**

3409.4251	1:00-2:30PM	Su	9/7-10/12	\$156
3409.4252	1:00-2:30 PM	Su	10/19-11/23	\$156

PUMPKIN PATCH & SPLASH

SATURDAY, OCTOBER 4, 3:00-6:00 PM

Registration is required for anyone entering the facility!

CLASS ID 3402



Personal Water Safety

American Red Cross class covering **Swimming** and **Lifesaving** Merit Badge requirements.

See website for session dates, times, and prices.



**Class ID
3410**

**American
Red Cross**