



SPRING AQUATICS CLASSES

SATURDAY

Apr 6 - May 18 (7)

SUNDAY

Apr 7 - May 19 (7)

MON/WED

Apr 8 - Apr 24

TUE/THU

Apr 9 - Apr 25

Apr 29 - May 15

Apr 30 - May 16

May 20 - Jun 5 (5)

May 21 - Jun 6

PARENT AND CHILD

10:00-10:25am **C721**
11:00-11:25am **C733**

10:00-10:25am **C821**
11:00-11:25am **C833**

11:00-11:25am **C407**

11:00-11:25am **C507**

TINY TOT SEALS

9:00-9:25am **C711**
10:00-10:25am **C723**
11:00-11:25am **C734**

9:00-9:25am **C811**
10:00-10:25am **C823**
11:00-11:25am **C834**

10:30-10:55am **C405**
3:00-3:25pm **C450**
4:30-4:55pm **C462**

10:30-10:55am **C505**
3:00-3:25pm **C550**
4:30-4:55pm **C562**

POLLIWOGS

9:30-9:55am **C716**
10:30-10:55am **C727**
11:30-11:55am **C742**

9:30-9:55am **C816**
10:30-10:55am **C827**
11:30-11:55am **C842**

10:00-10:25am **C403**
4:00-4:25pm **C458**
5:00-5:25pm **C466**

10:00-10:25am **C503**
4:00-4:25pm **C558**
5:00-5:25pm **C566**

SEALS

9:00-9:25am **C712**
10:00-10:25am **C722**
11:00-11:25am **C738**

9:00-9:25am **C812**
10:00-10:25am **C822**
11:00-11:25am **C838**

9:30-9:55am **C401**
3:30-3:55pm **C454**
4:30-4:55pm **C463**
5:30-5:55pm **C470**

9:30-9:55am **C501**
3:30-3:55pm **C554**
4:30-4:55pm **C563**
5:30-5:55pm **C570**

DOLPHINS

9:30-9:55am **C717**
10:30-10:55am **C728**
11:30-11:55am **C740**

9:30-9:55am **C817**
10:30-10:55am **C828**
11:30-11:55am **C840**

11:30-11:55am **C409**
3:00-3:25pm **C452**
4:00-4:25pm **C459**
5:30-5:55pm **C471**

11:30-11:55am **C509**
3:00-3:25pm **C552**
4:00-4:25pm **C559**
5:30-5:55pm **C571**

OTTERS

9:00-9:25am **C713**
10:00-11:25am **C726**
11:00-11:25am **C735**

9:00-9:25am **C813**
10:00-11:25am **C826**
11:00-11:25am **C835**

3:30-3:55pm **C455**
4:30-4:55pm **C464**
5:00-5:25pm **C467**

3:30-3:55pm **C555**
4:30-4:55pm **C564**
5:00-5:25pm **C567**

STINGRAYS

9:30-9:55am **C720**
10:30-10:55am **C730**
11:30-11:55am **C743**

9:30-9:55am **C820**
10:30-10:55am **C830**
11:30-11:55am **C843**

3:30-3:55pm **C456**
5:30-5:55pm **C472**

3:30-3:55pm **C556**
5:30-5:55pm **C572**

BARRACUDAS

9:00-9:25am **C715**
10:00-10:25am **C724**
11:00-11:25am **C736**

9:00-9:25am **C815**
10:00-10:25am **C824**
11:00-11:25am **C836**

3:00-3:25pm **C451**
5:00-5:25pm **C468**

3:00-3:25pm **C551**
5:00-5:25pm **C568**

SHARKS

10:30-10:55am **C729**
11:30-11:55am **C744**

10:30-10:55am **C829**
11:30-11:55am **C844**

4:00-4:25pm **C460**

4:00-4:25pm **C560**

ADULT BEGINNER

9:30-9:55am **C718**
10:30-10:55am **C732**
11:30-11:55am **C741**

9:30-9:55am **C818**
10:30-10:55am **C832**
11:30-11:55am **C841**

4:00-4:25pm **C461**
5:00-5:25pm **C469**

4:00-4:25pm **C561**
5:00-5:25pm **C569**



PRIVATE INSTRUCTION

9:00-9:25am **C714**
9:30-9:55am **C719**
10:00-10:25am **C725**
10:30-10:55am **C731**
11:00-11:25am **C737**
11:30-11:35am **C739**

9:00-9:25am **C814**
9:30-9:55am **C819**
10:00-10:25am **C825**
10:30-10:55am **C831**
11:00-11:25am **C837**
11:30-11:35am **C839**

9:00-9:25am **C400**
9:30-9:55am **C402**
10:00-10:25am **C404**
10:30-10:55am **C406**
11:00-11:25am **C408**
11:30-11:55am **C410**
3:00-3:25pm **C453**
3:30-3:55pm **C457**
4:30-4:55pm **C465**
5:30-5:55pm **C473**

9:00-9:25am **C500**
9:30-9:55am **C502**
10:00-10:25am **C504**
10:30-10:55am **C506**
11:00-11:25am **C508**
11:30-11:55am **C510**
3:00-3:25pm **C553**
3:30-3:55pm **C557**
4:30-4:55pm **C565**
5:30-5:55pm **C573**

PRICE FOR 6 CLASSES

Group Instruction	\$65
Semi-Private Instruction	\$99
Private Instruction	\$171



SPRING SPECIALTY CLASSES

SPRING REGISTRATION BEGINS MONDAY, MARCH 4, 9:00AM

CRPD SWIM TEAM

HOMESCHOOL SWIM TEAM

STROKE TECHNIQUE & WORKOUT



WATER AEROBICS DEEP WATER

NOODLE AEROBICS SHALLOW WATER

WATER AEROBICS SHALLOW WATER

WATER WALKERS SHALLOW WATER

SPRING SPLASH CAMP



SPRINGBOARD DIVING

CLASS #			SESSIONS		DESCRIPTION
C800	9:00-9:55am	SA	Apr 6 - May 18	\$100	The CRPD and Homeschool Swim Teams prepare athletes for competition by focusing on speed, endurance, refining strokes, and physical conditioning. Workouts are structured by age and ability providing workouts in a fun and collaborative social setting for all athletes.
C800	9:00-9:55am	SU	Apr 7 - May 19	\$100	
C800	4:00-4:55pm	M/W	Apr 8 - Jun 5	\$257	
C800	4:00-4:55pm	T/Th	Apr 9 - Jun 6	\$257	
C800	5:00-5:55pm	M/W	Apr 8 - Jun 5	\$257	
C803	10:00-10:55am	M	Apr 8 - Jun 3	\$114	More class details can be found online. Ages 8+
C803	10:00-10:55am	W	Apr 10 - Jun 5	\$128	
C805	9:00-9:55am	M/W	Apr 8 - Apr 24	\$86	Improve stroke technique, endurance, and confidence in the water. Learn how to swim faster with less effort in a small group setting at your own pace. Ages 14+
C805	5:00-5:55pm	T/Th	Apr 9 - Apr 25	\$86	
C805	9:00-9:55pm	M/W	Apr 29 - May 15	\$86	
C805	5:00-5:55pm	T/Th	Apr 30 - May 16	\$86	
C805	9:00-9:55pm	M/W	May 20 - Jun 5	\$72	
C805	5:00-5:55pm	T/Th	May 21 - Jun 6	\$86	
C802	10:00-10:55am	M	Apr 1 - Apr 29	\$71	Use the power of water resistance and your body to exercise suspended in 5 feet of water with the help of a flotation belt. Ages 18+
C802	10:00-10:55am	M	May 6 - May 20	\$43	
C802	11:00-11:55am	M	Apr 1 - Apr 29	\$71	Explore the versatility of a pool noodle while improving core, strength, flexibility, balance, range of motion and proper form. Gentle on the joints and ideal for arthritis. Ages 18+
C802	11:00-11:55am	M	May 6 - May 20	\$43	
C804	10:00-10:55am	W	Apr 3 - Apr 24	\$57	The class utilizes different exercises and routines in shallow water coupled with mild aerobics, all at the pace and comfort level of everyone. Ages 18+
C804	10:00-10:55am	W	May 1 - May 29	\$71	
C804	10:00-10:55am	F	Apr 5 - Apr 26	\$57	Walk and jog as you improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Ages 18+
C804	10:00-10:55am	F	May 3 - May 31	\$57	
NEW!					
Receive daily swim instruction in all four competitive strokes. Introduction to the sport of Water Polo and Jr. Lifeguard skills included. Take daily hikes, play interactive games, and end the day in the pool. Participants must be able to swim 25 yards (one length of a competitive pool) unassisted and without rest. Ages 8+					
3415	8:30-12:30pm	M-Th	Apr 1 - Apr 4	\$226	
Introduces fundamentals of competitive springboard diving allowing intermediate divers to refine their skills. All participants must be able to swim 25-yards freestyle and have previous diving experience with a class or team. Ages 7+					
3409	12:15-1:30pm	Su	Apr 7 - May 19	\$185	

Register online at www.crpdpd.org/reg