



FALL AQUATICS CLASSES

FALL REGISTRATION BEGINS MONDAY, AUGUST 21, 9:00AM

	SAT	SUN	M/W	T/TH
SESSION 1	Sep 9 - Oct 14	Sep 10 - Oct 15	Sep 11 - Sep 27	Sep 12 - Sep 28
SESSION 2	Oct 21 - Nov 18	Oct 22 - Nov 19	Oct 2 - Oct 18	Oct 3 - Oct 19
SESSION 3			Oct 23 - Nov 8	Oct 24 - Nov 9
SESSION 4			Nov 13 - Nov 29	Nov 14 - Nov 30
	CLASS #	CLASS #	CLASS #	CLASS #
PARENT AND CHILD	10:00-10:25am C819 11:00-11:25am C829	10:00-10:25am C858 11:00-11:25am C868	10:00-10:25am C402	10:00-10:25am C502
TINY TOT SEALS	9:00-9:25am C811 10:30-10:55am C824 11:30-11:55am C836	9:00-9:25am C850 10:30-10:55am C863 11:30-11:55am C875	10:30-10:55am C404 3:00-3:25pm C450 4:30-4:55pm C462	10:30-10:55am C504 3:00-3:25pm C550 4:30-4:55pm C562
POLLIWOGS	9:30-9:55am C815 10:30-10:55am C827 11:00-11:25am C830 11:30-11:55am C837	9:30-9:55am C854 10:30-10:55am C866 11:00-11:25am C869 11:30-11:55am C876	11:00-11:25am C406 3:00-3:25pm C451 4:00-4:25pm C458 5:00-5:25pm C466	11:00-11:25am C506 3:00-3:25pm C551 4:00-4:25pm C558 5:00-5:25pm C566
SEALS	9:00-9:25am C812 10:00-10:25am C820 11:30-11:55am C834	9:00-9:25am C851 10:00-10:25am C859 11:30-11:55am C873	10:00-10:25am C402 3:30-3:55pm C454 4:30-4:55pm C463 5:30-5:55pm C470	10:00-10:25am C502 3:30-3:55pm C554 4:30-4:55pm C563 5:30-5:55pm C570
DOLPHINS	9:30-9:55am C816 10:30-10:55am C825 11:30-11:55am C835	9:30-9:55am C855 10:30-10:55am C864 11:30-11:55am C874	11:30-11:55am C408 3:00-3:25pm C452 4:00-4:25pm C459 5:30-5:55pm C471	11:30-11:55am C508 3:00-3:25pm C552 4:00-4:25pm C559 5:30-5:55pm C571
OTTERS	9:00-9:25am C813 10:00-10:25am C821 11:00-11:25am C831	9:00-9:25am C852 10:00-10:25am C860 11:00-11:25am C870	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 C817 10:30-10:55am C826 11:00-11:25am C832	9:30-9:55am C856 10:30-10:55am C865 11:00-11:25am C871	3:30-3:55pm C456 5:30-5:55pm C472	3:30-3:55pm C556 5:30-5:55pm C572
BARRACUDA/SHARKS	10:00-10:25am C822	10:00-10:25am C861	4:00-4:25pm C460 5:00-5:25pm C468	4:00-4:25pm C560 5:00-5:25pm C568
PRIVATE INSTRUCTION	9:00-9:25am C814 9:30-9:55am C818 10:00-10:25am C823 10:30-10:55am C828 11:00-11:25am C833 11:30-11:55am C838	9:00-9:25am C853 9:30-9:55am C857 10:00-10:25am C862 10:30-10:55am C867 11:00-11:25am C872 11:30-11:55am C877	9:00-9:25am C400 9:30-9:55am C401 10:00-10:25am C403 10:30-10:55am C405 11:00-11:25am C407 11:30-11:55am C409 3:00-3:25pm C453 3:30-3:55pm C457 4:00-4:25pm C461 4:30-4:55pm C465 5:00-5:25pm C469 5:30-5:55pm C473	9:00-9:25am C500 9:30-9:55am C501 10:00-10:25am C503 10:30-10:55am C505 11:00-11:25am C507 11:30-11:55am C509 3:00-3:25pm C553 3:30-3:55pm C557 4:00-4:25pm C561 4:30-4:55pm C565 5:00-5:25pm C569 5:30-5:55pm C573
		6 LESSONS PER SESSION Group Instruction \$63 Semi-Private Instruction \$96 Private Instruction \$163		

FALL AQUATICS SPECIALTY CLASSES

FALL REGISTRATION BEGINS MONDAY, AUGUST 21, 9:00AM

	CLASS #		SESSIONS		
CRPD SWIM TEAM	C800	9:00-9:55am	SA	Sep 9 - Nov 18	\$157
	C800	9:00-9:55am	SU	Sep 10 - Nov 19	\$157
	C880	4:00-4:55pm	M/W	Sep 11 - Nov 29	\$342
	C800	4:00-4:55pm	T/Th	Sep 12 - Nov 30	\$342
HOMESCHOOL SWIM TEAM	C803	10:00-10:55am	M	Sep 11 - Nov 13	\$143
	C803	10:00-10:55am	W	Sep 13 - Nov 15	\$143
INTRO TO WATER POLO	C801	5:00-5:55pm	M/W	Sep 11 - Sep 27	\$86
	C801	5:00-5:55pm	T/Th	Sep 12 - Sep 28	\$86
	C801	5:00-5:55pm	M/W	Oct 2 - Oct 18	\$86
	C801	5:00-5:55pm	T/Th	Oct 3 - Oct 19	\$86
STROKE TECHNIQUE & WORKOUT	C805	9:00-9:55am	M/W	Sep 11 - Sep 27	\$86
	C805	9:00-9:55am	M/W	Oct 2 - Oct 18	\$86
	C805	9:00-9:55am	M/W	Oct 23 - Nov 8	\$86
	C805	9:00-9:55am	M/W	Nov 13 - Nov 29	\$72
WATER AEROBICS DEEP WATER	C802	10:00-10:55am	M	Sep 11 - Oct 2	\$57
	C802	10:00-10:55am	M	Oct 9 - Oct 30	\$57
	C802	10:00-10:55am	M	Nov 11 - Nov 29	\$57
NOODLE AEROBICS SHALLOW WATER	C802	11:00-11:55am	M	Sep 11 - Oct 2	\$57
	C802	11:00-11:55am	M	Oct 9 - Oct 30	\$57
	C802	11:00-11:55am	M	Nov 11 - Nov 29	\$57
WATER AEROBICS SHALLOW WATER	C804	10:00-10:55am	W	Sep 9 - Sep 27	\$57
	C804	10:00-10:55am	W	Oct 4 - Oct 25	\$57
	C804	10:00-10:55am	W	Nov 1 - Nov 29	\$57
WATER WALKERS SHALLOW WATER	C804	10:00-10:55am	F	Sep 1 - Sep 22	\$57
	C804	10:00-10:55am	F	Sep 29 - Oct 20	\$57
	C804	10:00-10:55am	F	Oct 27 - Nov 17	\$57

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.

More class details can be found online. **Ages 8+**

Introduces the fundamental skills, techniques, rules, and excitement of the sport. Taught by collegiate and area coaches. **Ages 8+**

Improve stroke technique, endurance, and confidence in the water. Instructed by experienced swim instructors. Learn how to swim faster with less effort in a small group setting at your own pace. **Ages 14+**

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+**

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+**

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+**

This class offers a workout using the power of water and your body as you walk and jog. 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+**

REGISTER FOR ALL CLASSES ONLINE

WWW.CRPD.ORG

OR GIVE US A CALL