



WINTER AQUATICS CLASSES

SATURDAY

Feb 24 - Mar 23 (5)

SUNDAY

Feb 25 - Mar 24 (5)

MON/WED

Feb 21 - Mar 6 (5)

TUE/THU

Feb 20 - Mar 7

Mar 11 - Mar 27

Mar 12 - Mar 28

PARENT AND CHILD

10:00-10:25am **C719**
11:00-11:25am **C729**

10:00-10:25am **C819**
11:00-11:25am **C829**

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

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

TINY TOT SEALS

9:00-9:25am **C711**
10:00-10:25am **C721**
11:00-11:25am **C730**
1:00-1:25pm **C745**

9:00-9:25am **C811**
10:00-10:25am **C821**
11:00-11:25am **C830**
1:00-1:25pm **C845**

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 **C715**
10:30-10:55am **C724**
11:30-11:55am **C737**
1:30-1:55pm **C748**

9:30-9:55am **C815**
10:30-10:55am **C824**
11:30-11:55am **C837**
1:30-1:55pm **C848**

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 **C720**
11:30-11:55am **C734**
1:00-1:25pm **C746**

9:00-9:25am **C812**
10:00-10:25am **C820**
11:30-11:55am **C834**
1:00-1:25pm **C846**

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 **C716**
10:30-10:55am **C725**
11:30-11:55am **C735**
1:30-1:55pm **C749**

9:30-9:55am **C816**
10:30-10:55am **C825**
11:30-11:55am **C835**
1:30-1:55pm **C849**

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**
11:00-11:25am **C731**
12:00-12:25pm **C739**

9:00-9:25am **C813**
11:00-11:25am **C831**
12:00-12:25pm **C839**

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

10:30-10:55am **C727**
11:30-11:55am **C738**
12:30-12:55pm **C743**

10:30-10:55am **C827**
11:30-11:55am **C838**
12:30-12:55pm **C843**

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

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

BARRACUDAS

10:00-10:25am **C722**
11:00-11:25am **C732**
12:00-12:55pm **C740**

10:00-10:25am **C822**
11:00-11:25am **C832**
12:00-12:55pm **C840**

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 **C726**
12:30-12:55pm **C742**

10:30-10:55am **C826**
12:30-12:55pm **C842**

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

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

ADULT BEGINNER

9:30-9:55am **C717**
11:30-11:55am **C736**

9:30-9:55am **C817**
11:30-11:55am **C836**

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

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

PRIVATE INSTRUCTION

PRICE FOR 6 CLASSES

Group Instruction	\$63
Semi-Private Instruction	\$96
Private Instruction	\$163

9:00-9:25am **C714**
9:30-9:55am **C718**
10:00-10:25am **C723**
10:30-10:55am **C728**
11:00-11:25am **C733**
12:00-12:25pm **C741**
12:30-12:55pm **C744**
1:00-1:25pm **C747**
1:30-1:55pm **C750**

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**
12:00-12:25pm **C841**
12:30-12:55pm **C844**
1:00-1:25pm **C847**
1:30-1:55pm **C850**

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**



WINTER SPECIALTY CLASSES

WINTER REGISTRATION BEGINS MONDAY, JANUARY 8, 9:00AM

CRPD SWIM TEAM

CLASS #	SESSIONS				DESCRIPTION
C800	9:00-9:55am	SA	Jan 6 - Mar 30	\$171	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	Jan 7 - Mar 31	\$171	
C800	4:00-4:55pm	M/W	Jan 8 - Mar 27	\$342	
C800	4:00-4:55pm	T/Th	Jan 9 - Mar 28	\$342	
C803	10:00-10:55am	M	Jan 8 - Mar 25	\$157	More class details can be found online. Ages 8+
C803	10:00-10:55am	W	Jan 10 - Mar 27	\$171	

HOMESCHOOL SWIM TEAM

CRPD ADVANCED SWIM TEAM

C800	5:00-5:55pm	M/W	Jan 29 - Mar 27	\$257	More class details can be found online. Ages 8+
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STROKE TECHNIQUE & WORKOUT

C805	9:00-9:55am	M/W	Jan 8 - Jan 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	9:00-9:55am	M/W	Jan 29 - Feb 14	\$86	
C805	9:00-9:55am	M/W	Feb 21 - Mar 6	\$72	
C805	5:00-5:55pm	T/Th	Feb 20 - Mar 7	\$86	
C805	9:00-9:55pm	M/W	Mar 11 - Mar 27	\$86	
C805	5:00-5:55pm	T/Th	Mar 12 - Mar 28	\$86	

WATER AEROBICS DEEP WATER

C802	10:00-10:55am	M	Jan 8 - Jan 29	\$43	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	Feb 5 - Feb 26	\$43	
C802	10:00-10:55am	M	Mar 4 - Mar 25	\$57	

NOODLE AEROBICS SHALLOW WATER

C802	11:00-11:55am	M	Jan 8 - Jan 29	\$43	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	Feb 5 - Feb 26	\$43	
C802	11:00-11:55am	M	Mar 4 - Mar 25	\$57	

WATER AEROBICS SHALLOW WATER

C804	10:00-10:55am	W	Jan 10 - Jan 31	\$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	Feb 7 - Feb 28	\$57	
C804	10:00-10:55am	W	Mar 6 - Mar 27	\$57	

WATER WALKERS SHALLOW WATER

C804	10:00-10:55am	F	Jan 5 - Jan 26	\$57	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+
C804	10:00-10:55am	F	Feb 2 - Feb 23	\$57	
C804	10:00-10:55am	F	Mar 1 - Mar 29	\$71	

SPRINGBOARD DIVING

3409	12:15-1:30pm	Su	Feb 25 - Mar 24	\$150	More class details can be found online. Ages 7+
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REGISTER FOR ALL CLASSES ONLINE

WWW.CRPD.ORG