

Aquatic Programs

CHILDREN

Babysitters Course (Red Cross)

11+yrs

Learn to care for children of various ages in a number of environments. Basic first aid and personal safety measures are emphasized throughout this workshop. Participants will also learn a variety of age appropriate games to give them the tools to be a great babysitter. Mini-first aid kit and Training manual are included in the course fee. A Red Cross Babysitters certification card will be provided upon successful completion of the course.

15409	Su	9:00am- 4:00pm	Jan 15	1/\$48.25
15410	Su	9:00am- 4:00pm	Mar 4	1/\$48.25
15411	Su	9:00am- 4:00pm	May 6	1/\$48.25
15412	Su	9:00am- 4:00pm	Jun 10	1/\$48.25

SEAPARC Sharks Club

6-14yrs

This swim and sports club focuses on endurance, stroke correction and aquatic fun and games. The SEAPARC SHARKS Club helps participants build confidence in the water while having a ton of fun with their friends. The group swims three times a week. Mondays and Wednesdays are dedicated to strokes and endurance while Fridays are spent trying different aquatic activities like snorkeling, water polo, diving and even water lacrosse. Too much fun to miss out on, so grab your friends and join! Sharks Club t-shirts can be purchased for \$10.00. No classes March 19, 21, 23, April 6, 9, May 21

15270	M, W, F	3:45pm- 4:30pm	Jan 4-Jan 30	\$30/mo.
15271	M, W, F	3:45pm- 4:30pm	Feb 1-Mar 5	\$30/mo.
15272	M, W, F	3:45pm- 4:30pm	Mar 2-Mar 30	\$30/mo.
15273	M, W, F	3:45pm- 4:30pm	Apr 2-Apr 30	\$30/mo.
15274	M, W, F	3:45pm- 4:30pm	May 2-May 30	\$30/mo.



ADULT

Everyone Aquasize

This class is for improving coordination, flexibility, and strength combined with a cardio session. All ages and abilities welcome. Register for one day a week or two.

15275	Tu, Th	10:00am-11:00am	Jan 10-Mar 15	20/\$73.20 10/36.60
15276	Tu, Th	10:00am-11:00am	Apr 3-Jun 7	20/\$73.20 10/36.60

SWIM FIT

Is a non-competitive swim program that gives you an opportunity to improve your strokes, increase your endurance and help you to meet your goals.

Swim Fit Beginners

A trained coach will teach you how to swim and correct your strokes. We start with short distances working on strokes gradually working up to longer swims and endurance work. You will be amazed how quickly your stroke will improve and you will be swimming longer workouts in no time. This program will get you ready to join the next level. Participants should be comfortable in the water. No classes Apr. 9 & May 21.

15415	M	7:00pm-7:45pm	Jan 9-Mar 12	10/\$80
15416	M	7:00pm-7:45pm	Apr 2-Jun 11	9/\$72

Swim Fit Drop-In

A drop-in evening class designed as a training program with a skilled swim coach to provide assistance with swim strokes and to help increase endurance in the water. Whether you are participating for the fitness benefits or you are training for a Masters swim meet or triathlon, this is the class for you. All abilities welcome, however you should be able to swim with your eyes in the water. The group swims 1-2 km (40-80 lengths) per class.

Mon & Wed	8:00pm-9:00pm	Jan 2-Jun 13	\$6.35 drop-in
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Swim Fit Mornings

A registered morning class designed as a training program with a skilled swim coach to provide assistance with swim strokes and to help increase endurance in the water. All abilities welcome, however you should be able to swim with your eyes in the water. You may choose to register for Tuesdays or Thursdays, or both.

15710	Tu/Th	8:00am-9:00am	Jan 10-Mar 15	20/\$110 10/\$55
15721	Tu/Th	8:00am-9:00am	Mar 27-May 31	20/\$110 10/\$55