

Aquatics & Safety Classes

- ☆ Interval training
- ☆ Choreographed aerobics
- ☆ Resistance strength training
- ☆ Use float dumbbells, webbed gloves, and MORE!

Offering you the opportunity to diversify the intensity level, this class is designed for both beginners and veterans! Join and enjoy the variety of water aerobics!

Days: Tuesday/Thursday

Dates: September 9 - October 2
October 7 - October 30
November 4 - November 25
December 2 - December 23*

Time: 6:45 - 7:30pm

Cost: \$32/M; \$64/NM
\$28/M; \$56/NM *December

Location: Indoor Pool

Instructor: Beth O'Rourke

Minimum: 5

AMERICAN RED CROSS

LIFEGUARD TRAINING

Become an American Red Cross Certified Lifeguard. Course includes CPR for the Professional Rescuer and First Aid.

PREREQUISITES:

- + 15 yrs of age by last day of class
- + Swim 300 yds consisting of 200 yards front crawl, 100 yards of breaststroke.
- + Swim 20 yards, surface dive and retrieve a 10 pound object, swim back to starting point with object.
- + Must attend all classes.

Session 1:

Days: Monday/Tuesday/Wednesday

Dates: December 22, 23, 29, 30, 31

Time: 9:00am - 3:00pm

Cost: \$170/M; \$200/NM

fee includes book

Instructor: David Morgan

Location: Rec Room

Minimum: 6

Maximum: 10

DEEP WATER EXERCISE

Continual body movement at zero gravity! This weightless workout strengthens and conditions your body using a combination of water workout tools such as floatation belts, webbed gloves, and water weights. Blending interval and endurance training, this class also:

- ☆ Utilizes stretching
- ☆ Provides cardiovascular challenge
- ☆ Maximizes resistance training
- ☆ Targets your legs, arms, and abdominal muscles

Equipment provided, come feel the difference of a deep water workout!

Days: Tuesday/Thursday

Dates: Sept. 9 - October 2
October 7 - October 30
November 4 - November 25
December 2 - December 18

FUNDAMENTALS OF INSTRUCTOR TRAINING (FIT)

Required training for all American Red Cross Instructor Level classes, including WSI, Lifeguard Instructor & CPR Instructor level classes.

Prerequisite: Must be 16 yrs. +

Day: Saturday

Date: December 20

Time: 9:00 - 1:30 pm

Cost: \$35/M; \$45/NM

Includes book

Instructor: Stephanie Segovia

Location: Rec Room

Minimum: 6

Maximum: 12

WATER SAFETY INSTRUCTOR COURSE (WSI)

This course will certify participants to teach infant, preschool, school age and adult learn to swim programs.

PREREQUISITES:

- + 16 years of age by end of course
- + Fundamentals of Instructor Training Certification
- + The ability to demonstrate proficient swimming skills for front crawl, back crawl, breaststroke, but-

Time: 9:15 - 10:15am

Cost: \$32/M; \$64/NM
\$28/M; \$56/NM *December

Instructor: Stephanie Segovia

Minimum: 5

FLOAT-IN MOVIES

Float-In movies are Back! Now that it's getting darker earlier, we can begin our monthly film fest! Bring your pool floats, grab your kids, friends, and neighbors and come for a night of big screen fun.

Day: Saturday

Dates: October 18, November 15,
December 20

Time: 7:00 - 9:00pm

Cost: Members FREE
\$8/NM; \$24/ Family NM

Location: Indoor Pool

terfly, sidestroke and elementary backstroke.

Days: Monday/Tuesday/Wednesday

Dates: December. 22, 23, 29, 30, 31

Time: 9:00am - 3:00pm

Cost: \$130/M; \$150/NM

Books not included - purchase at the American Red Cross

Instructor: Stephanie Segovia

BABYSITTERS TRAINING

This course will teach you training skills on becoming a great babysitter. This interactive course provides information on safety skills to prevent and respond to emergencies, age appropriate care and activities, basic care routines such as diapering, feeding and dressing and how to find and interview for babysitting jobs. You will gain confidence and valuable employment skills to impress parents.

Day: Saturday

Date: October 4

Time: 9:00am - 1:00pm

Cost: \$35/M; \$45/NM

Instructor: Allyn Schinski

Location: Indoor Pool Class Room

Minimum: 6

Maximum: 10