

# AQUATICS PROGRAM

JANUARY 2017 - APRIL 2017



**RALEIGH** Parks,  
Recreation and  
Cultural Resources  
[parks.raleighnc.gov](http://parks.raleighnc.gov)



**BUFFALOE ROAD AQUATIC CENTER**

5908 Buffalo Road • 919-996-5600

**Public Open Swim**

Mon-Sat: 10:00am – 7:00pm

Sun: 1:00pm – 5:00pm

**Waterslide, Vortex & Current Channel**

Tue & Thu: 12:00pm – 6:45pm

Mon, Wed, Fri, Sat: 10:00am – 6:45pm

Sun: 1:00pm – 4:45pm

**Lap Swim**

Mon, Wed, Fri: 10:00am – 2:00pm

Tue & Thu: 12:00pm – 2:00pm

**Closures**

12/31	New Year's Eve	Close at Noon
1/1	New Year's Day	Open Regular Hours
4/16	Easter	Closed

**MILLBROOK AQUATIC CENTER**

1905 Spring Forest Road • 919-996-4130

**Public Open Swim**

Mon-Thu: 12:30pm – 5:30pm

Fri: 12:30pm – 8:00pm

Sat: 12:30pm – 5:30pm

**Lap Swim**

Mon-Fri: 5:30am – 8:00pm

Sat: 6:00am – 5:30pm

Sun: 7:00am – 1:00pm

**Closures**

12/3	New Year's Eve	Close at Noon
1/1	New Year's Day	Closed
4/16	Easter	Closed
4/22	ICSA Swim Meet	Close at 11:30am

**OPTIMIST AQUATIC CENTER**

5902 Whittier Drive • 919-870-2882

**Public Open Swim**

Mon & Wed: 9:00am – 8:00pm

Tue, Thu & Fri: 9:00am – 5:00pm

Sat: 12:30pm – 5:30pm

Sun: 1:00pm – 5:30pm

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**Lap Swim**

Mon-Fri: 5:30am – 8:00pm

Sat: 6:00am – 5:30pm

Sun: 1:00pm – 5:30pm

**Closures**

12/31	New Year's Eve	Close at Noon
1/1	New Year's Day	Open Regular Hours
2/25	ICSA Swim Meet	Close at 11:30am
4/16	Easter	Closed

**PULLEN AQUATIC CENTER**

410 Ashe Avenue • 919-996-6197

**Public Open Swim – Main Pool**

Mon-Thu: 9:00am – 5:00pm

Friday: 9:00am – 8:00pm

Sat: 12:30pm – 5:30pm

Sun: 1:00pm – 5:30pm

**Public Open Swim - Teach Pool**

Mon-Thu: 12:00pm – 5:00pm

Friday: 9:00am – 8:00pm

Sat: 12:30pm – 5:30pm

Sun: 1:00pm – 5:30pm

**Diving Boards**

Sat: 12:30pm – 5:30pm

Sun: 1:00pm – 5:30pm

**Lap Swim**

Mon-Fri: 5:30am – 8:00pm

Sat: 6:00am – 5:30pm

Sun: 1:00pm – 5:30pm

**Closures**

12/31	New Year's Eve	Close at Noon
1/1	New Year's Day	Open Regular Hours
2/3	NCHSAA Regional Dive Meet	Closed
2/8	NCHSAA State Dive Meet	Close at Noon
2/9	NCHSAA State Dive Meet	Close at Noon
2/10	NCHSAA State Dive Meet	Close at Noon
3/3	Marlins of Raleigh Swim Meet	Close at Noon
3/4	Marlins of Raleigh Swim Meet	Closed
3/5	Marlins of Raleigh Swim Meet	Closed
3/17	ICSA Swim Meet	Close at 5pm
3/18	Multi-State Special Olympics Meet	Closed
4/16	Easter	Closed

**DAILY ADMISSION FEES AND PUNCH PASSES**

To ensure everyone's safety, all visitors passing the front desk must pay. Children 12 years or younger must be accompanied by a paying adult 16 years or older.

**ADMISSION AT THE DOOR**

**Pullen, Optimist, Millbrook & Seasonal Pools**

<b>Age</b>	1-12	13-54	55+
<b>Resident</b>	\$2	\$4	\$3
<b>Non-Resident</b>	\$3	\$7	\$5

**Buffaloe Road Aquatic Center**

<b>Age</b>	1-12	13-54	55+
<b>Resident</b>	\$3	\$7	\$5
<b>Non-Resident</b>	\$6	\$14	\$10

**Dry Pass Resident \$3**

**Dry Pass Non-Resident \$6**

**PUNCH PASS**

Valid at all City of Raleigh Aquatic Facilities (Good for 15 entries, valid one year to date)

<b>Age</b>	1-12	13-54	55+
<b>Resident</b>	\$24	\$48	\$36
<b>Non-Resident</b>	\$36	\$84	\$60

**MONTHLY PASS**

Valid at all City of Raleigh Aquatic Facilities (Valid one month to date)

<b>Age</b>	1-12	13-54	55+
<b>Resident</b>	\$18	\$36	\$27
<b>Non-Resident</b>	\$27	\$63	\$45

**ANNUAL PASS**

Valid at all City of Raleigh Aquatic Facilities (Valid one year to date)

<b>Age</b>	1-12	13-54	55+
<b>Resident</b>	\$120	\$240	\$180
<b>Non-Resident</b>	\$180	\$420	\$300

**PURCHASING PASSES**

- Daily Admission Fees, Punch Passes (15 admissions), Monthly, and Annual Passes are purchased at any of the year-round facilities - Optimist, Millbrook, Pullen, and Buffalo Road.
- All passes are non-transferable and become City of Raleigh property upon expiration.
- Replacements are available for \$10.
- Group Rate Bookings are available for organizations.

**ADAPTED AQUATICS**

Swim lessons for individuals with disabilities are available following the inclusion model. Private lessons are also available for individuals wanting one on one instruction. For more information, please contact Tricia Severa at 919-996-6213.

**FINANCIAL ASSISTANCE**

The City of Raleigh Parks, Recreation and Cultural Resources Department strives to provide programs to all. Thanks to generous donations and support, we are able to provide financial assistance to those in need. Financial assistance is provided on a sliding scale based on income and other financial circumstances. All patrons who wish to register for programs provided by the City of Raleigh Parks, Recreation and Cultural Resources Department are eligible to apply. Please note that financial assistance is not available for: specialty camps, organizations, adult teams, special events, or rentals. For more information on eligibility or to request the financial assistance application, please call (919) 996-4839 or email [Fee.Assistance@raleighnc.gov](mailto:Fee.Assistance@raleighnc.gov).

**LESSON POLICIES**

**Admission Fees:** Lesson fees do not cover any additional practice time. If you wish to use the pool before or after class, you must pay admission fees.

**Refund Policy:** If a class is cancelled by us, fees are 100% refundable. Fees are 85% refundable if notice of cancellation is given 14 days prior to first class.

**Inclement Weather:** If the weather is inclement, contact pool to see if class has been cancelled. If class is cancelled, check with instructor at next class meeting time for information on a scheduled make-up.

**Attendance Policy:** Attendance is important. Please be on time for lessons. Make-ups are not given for those who miss class.

**PRIVATE LESSONS**

Private lessons are only offered at Buffalo Road Aquatic Center, Millbrook Aquatic Center, Optimist Aquatic Center and Pullen Aquatic Center. Private lessons are offered any time that we are not having group lessons and during normal operating hours.

One 30-minute lesson for one student:  
\$30.00 city resident • \$45.00 non-resident

Four 30-minute lessons for one student:  
\$100.00 city resident • \$115.00 non-resident

*The City of Raleigh will not allow individuals or groups to conduct private instruction at any city-owned swimming facilities.*

## PARENT & CHILD LEVEL 1 *Ages 6 months - 3 years*

Course introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their child in the water while preparing and encouraging their child to participate fully and try the skills. Water safety topics are also introduced and directed to parents. These basic skills will lay the foundation to help them learn to swim in the future.

## PARENT & CHILD LEVEL 2 *Ages 6 months - 3 years*

Participants improve on skills from Parent and Child Level 1 and learn more advanced skills to prepare them for Preschool Swim Lessons. Three year olds ready to learn without a parent or caregiver should enroll in Preschool Swim Lessons.

## PRESCHOOL LEVEL 1 *Ages 3 - 5 years*

Helps participants feel comfortable in the water and to enjoy the water. Participants learn elementary aquatic skills such as learning underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. There are no prerequisites for this course.

## PRESCHOOL LEVEL 2 *Ages 3 - 5 years*

Participants must have completed exit skills in Preschool Swim Level 1. In Preschool Level 2, participants are going under the water completely while blowing bubbles out of their mouth and nose. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills already learned.

## PRESCHOOL LEVEL 3 *Ages 3 - 5 years*

Participants must have completed exit skills in Preschool Level 2 Swim Lessons. While building on skills learned in Preschool Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. Preschool Level 3 lets participants master being able to perform skills without assistance.

## LEVEL 1 INTRO TO WATER SKILLS *Ages 6 - 13 years*

School-age participants learn elementary aquatic skills. Level 1 helps participants feel comfortable in the water and to enjoy the water, learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water.

## LEVEL 2 FUNDAMENTAL SKILLS *Ages 6 - 13 years*

Participants must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1.

## LEVEL 3 STROKE DEVELOPMENT *Ages 6 - 13 years*

Participants must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance. Learn survival float, elementary backstroke and coordination of the front crawl. Learn also dolphin and scissor kicks.

## LEVEL 4 STROKE IMPROVEMENT *Ages 6 - 13 years*

Participants must have completed exit skills in Level 3. Back crawl and breaststroke are introduced in this level. Endurance is also a key factor for this level. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

## LEVEL 5 STROKE REFINEMENT *Ages 6 - 13 years*

Participants must have completed exit skills in Level 4. In this level, participants coordinate and refine all strokes. Flip turns on both front and back are introduced at this level. Endurance and distance are important in this level.

## ADULT LEARNING THE BASICS SWIM CLASS *Age 13 years and up*

This class can help teens or adults overcome their fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance to be able to jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

## ADULT REFINING SWIM STROKES CLASS *Age 13 years and up*

This class is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water, to be able to enjoy the water more safely with their children because they own a home pool or to open the door to training for other aquatic opportunities, such as to learn SCUBA.

## ADULT FITNESS SWIMMING CLASS *Age 13 years and up*

This class is for adults who swim for fitness and want to learn to refine their strokes for a variety of reasons. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a masters swimming program or other competitive sports, such as, triathlons or open water distance swimming.

## BUFFALOE ROAD AQUATIC CENTER

Non-residents: Add \$15 to course fee

### PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$39

#197416	Jan 7-28	Sa	10:10 AM-10:40 AM
#197419	Feb 11-Mar 4	Sa	10:10 AM-10:40 AM
#197422	Mar 18-Apr 8	Sa	10:10 AM-10:40 AM

Course Fee: \$54

#197417	Jan 10-26	Tu, Th	4:30 PM-5:00 PM
#197418	Feb 7-23	Tu, Th	4:30 PM-5:00 PM
#197420	Mar 7-23	Tu, Th	10:50 AM-11:20 AM
#197421	Mar 7-23	Tu, Th	4:30 PM-5:00 PM
#197423	Apr 18-May 4	Tu, Th	10:50 AM-11:20 AM
#197424	Apr 18-May 4	Tu, Th	4:30 PM-5:00 PM

### PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$39

#197425	Jan 7-28	Sa	10:10 AM-10:40 AM
#197428	Feb 11-Mar 4	Sa	10:10 AM-10:40 AM
#197431	Mar 18-Apr 8	Sa	10:10 AM-10:40 AM

Course Fee: \$54

#197426	Jan 10-26	Tu, Th	4:30 PM-5:00 PM
#197427	Feb 7-23	Tu, Th	4:30 PM-5:00 PM
#197429	Mar 7-23	Tu, Th	10:50 AM-11:20 AM
#197430	Mar 7-23	Tu, Th	4:30 PM-5:00 PM
#197432	Apr 18-May 4	Tu, Th	10:50 AM-11:20 AM
#197433	Apr 18-May 4	Tu, Th	4:30 PM-5:00 PM

### PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$39

#197434	Jan 7-28	Sa	10:50 AM-11:20 AM
#197437	Feb 11-Mar 4	Sa	10:50 AM-11:20 AM
#197441	Mar 18-Apr 8	Sa	10:50 AM-11:20 AM

Course Fee: \$54

#197435	Jan 10-26	Tu, Th	5:10 PM-5:40 PM
#197436	Feb 7-23	Tu, Th	5:10 PM-5:40 PM
#197438	Mar 7-23	Tu, Th	10:10 AM-10:40 AM
#197439	Mar 7-23	Tu, Th	11:30 AM-12:00 PM
#197440	Mar 7-23	Tu, Th	5:10 PM-5:40 PM
#197442	Apr 18-May 4	Tu, Th	10:10 AM-10:40 AM
#197443	Apr 18-May 4	Tu, Th	5:10 PM-5:40 PM

## PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$39

#197444	Jan 7-28	Sa	10:50 AM-11:20 AM
#197447	Feb 11-Mar 4	Sa	10:50 AM-11:20 AM
#197450	Mar 18-Apr 8	Sa	10:50 AM-11:20 AM

Course Fee: \$54

#197445	Jan 10-26	Tu, Th	5:10 PM-5:40 PM
#197446	Feb 7-23	Tu, Th	5:10 PM-5:40 PM
#197448	Mar 7-23	Tu, Th	10:10 AM-10:40 AM
#197449	Mar 7-23	Tu, Th	5:10 PM-5:40 PM
#197451	Apr 18-May 4	Tu, Th	10:10 AM-10:40 AM
#197452	Apr 18-May 4	Tu, Th	5:10 PM-5:40 PM

## PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$39

#197453	Jan 7-28	Sa	10:50 AM-11:20 AM
#197456	Feb 11-Mar 4	Sa	10:50 AM-11:20 AM
#197459	Mar 18-Apr 8	Sa	10:50 AM-11:20 AM

Course Fee: \$54

#197454	Jan 10-26	Tu, Th	5:10 PM-5:40 PM
#197455	Feb 7-23	Tu, Th	5:10 PM-5:40 PM
#197457	Mar 7-23	Tu, Th	11:30 AM-12:00 PM
#197458	Mar 7-23	Tu, Th	5:10 PM-5:40 PM
#197460	Apr 18-May 4	Tu, Th	11:30 AM-12:00 PM
#197461	Apr 18-May 4	Tu, Th	5:10 PM-5:40 PM

## SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$39

#197462	Jan 7-28	Sa	11:30 AM-12:00 PM
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Course Fee: \$54

#197463	Jan 10-26	Tu, Th	5:50 PM-6:20 PM
#197464	Apr 18-May 4	Tu, Th	11:30 AM-12:00 PM
#197465	Apr 18-May 4	Tu, Th	5:50 PM-6:20 PM

## SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$39

#197466	Jan 7-28	Sa	11:30 AM-12:00 PM
#197469	Feb 11-Mar 4	Sa	11:30 AM-12:00 PM
#197471	Mar 18-Apr 8	Sa	11:30 AM-12:00 PM

Course Fee: \$54

#197467	Jan 10-26	Tu, Th	5:50 PM-6:20 PM
#197468	Feb 7-23	Tu, Th	5:50 PM-6:20 PM
#197470	Mar 7-23	Tu, Th	5:50 PM-6:20 PM
#197472	Apr 18-May 4	Tu, Th	5:50 PM-6:20 PM

# LESSON SCHEDULES

## SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

**Course Fee:** \$39

#197473	Jan 7-28	Sa	11:30 AM-12:00 PM
#197481	Feb 11-Mar 4	Sa	11:30 AM-12:00 PM
#197483	Mar 18-Apr 8	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#197474	Jan 10-26	Tu, Th	5:50 PM-6:20 PM
#197475	Feb 7-23	Tu, Th	5:50 PM-6:20 PM
#197482	Mar 7-23	Tu, Th	5:50 PM-6:20 PM
#197484	Apr 18-May 4	Tu, Th	5:50 PM-6:20 PM

## SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

**Course Fee:** \$39

#197486	Feb 11-Mar 4	Sa	11:30 AM-12:00 PM
#197488	Mar 18-Apr 8	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#197485	Feb 7-23	Tu, Th	5:50 PM-6:20 PM
#197487	Mar 7-23	Tu, Th	5:50 PM-6:20 PM
#197489	Apr 18-May 4	Tu, Th	6:30 PM-7:00 PM

## SWIM LESSON - LEVEL 5 STROKE REFINEMENT

**Course Fee:** \$39

#197491	Mar 18-Apr 8	Sa	12:10 AM-12:40 AM
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**Course Fee:** \$54

#197490	Mar 7-23	Tu, Th	6:30 PM-7:00 PM
#197492	Apr 18-May 4	Tu, Th	6:30 PM-7:00 PM

## ADULT LEARNING THE BASICS SWIM CLASS

**Course Fee:** \$45

#197494	Jan 7-28	Sa	12:10 PM-12:50 PM
#197498	Feb 11-Mar 4	Sa	12:10 PM-12:50 PM
#197500	Mar 18-Apr 8	Sa	12:10 PM-12:50 PM

**Course Fee:** \$60

#197496	Jan 10-26	Tu, Th	6:30 PM-7:10 PM
#197497	Feb 7-23	Tu, Th	6:30 PM-7:10 PM
#197499	Mar 7-23	Tu, Th	6:30 PM-7:10 PM
#197501	Apr 18-May 4	Tu, Th	6:30 PM-7:10 PM

## ADULT REFINING SWIM STROKES CLASS

**Course Fee:** \$45

#197502	Jan 7-28	Sa	12:10 PM-12:50 PM
#197509	Feb 11-Mar 4	Sa	12:10 PM-12:50 PM
#197511	Mar 18-Apr 8	Sa	12:10 PM-12:50 PM

**Course Fee:** \$60

#197507	Jan 10-26	Tu, Th	6:30 PM-7:10 PM
#197508	Feb 7-23	Tu, Th	6:30 PM-7:10 PM
#197510	Mar 7-23	Tu, Th	6:30 PM-7:10 PM

## ADULT FITNESS SWIMMING CLASS

**Course Fee:** \$45

#197512	Jan 7-28	Sa	12:10 PM-12:50 PM
#197515	Feb 11-Mar 4	Sa	12:10 PM-12:50 PM

**Course Fee:** \$60

#197513	Jan 10-26	Tu, Th	6:30 PM-7:10 PM
#197514	Feb 7-23	Tu, Th	6:30 PM-7:10 PM
#197516	Mar 7-23	Tu, Th	11:30 AM-12:10 PM
#197517	Apr 18-May 4	Tu, Th	11:30 AM-12:10 PM

## MILLBROOK AQUATIC CENTER

Non-residents: Add \$15 to course fee

## PARENT & CHILD AQUATICS LEVEL 1

**Course Fee:** \$39

#197629	Jan 7-28	Sa	9:30 AM-10:00 AM
#197630	Feb 4-25	Sa	9:30 AM-10:00 AM
#197633	Mar 11-Apr 1	Sa	9:30 AM-10:00 AM
#197638	Apr 22-May 13	Sa	9:30 AM-10:00 AM

**Course Fee:** \$54

#197631	Feb 20-Mar 8	M, W	10:10 AM-10:40 AM
#197632	Feb 20-Mar 8	M, W	5:50 PM-6:20 PM
#197634	Mar 20-Apr 5	M, W	10:10 AM-10:40 AM
#197635	Mar 20-Apr 5	M, W	5:50 PM-6:20 PM
#197636	Apr 17-May 3	M, W	10:10 AM-10:40 AM
#197637	Apr 17-May 3	M, W	5:50 PM-6:20 PM

# LESSON SCHEDULES

## PARENT & CHILD AQUATICS LEVEL 2

**Course Fee:** \$39

#197639	Jan 7-28	Sa	10:10 AM-10:40 AM
#197640	Feb 4-25	Sa	10:10 AM-10:40 AM
#197642	Mar 11-Apr 1	Sa	10:10 AM-10:40 AM
#197645	Apr 22-May 13	Sa	10:10 AM-10:40 AM

**Course Fee:** \$54

#197643	Mar 20-Apr 5	M, W	10:10 AM-10:40 AM
#197644	Apr 17-May 3	M, W	10:10 AM-10:40 AM

## PRESCHOOL AQUATICS LEVEL 1

**Course Fee:** \$39

#197876	Jan 7-28	Sa	9:30 AM-10:00 AM
#197877	Jan 7-28	Sa	10:10 AM-10:40 AM
#197880	Feb 4-25	Sa	9:30 AM-10:00 AM
#197881	Feb 4-25	Sa	10:10 AM-10:40 AM
#197884	Mar 11-Apr 1	Sa	9:30 AM-10:00 AM
#197885	Mar 11-Apr 1	Sa	10:10 AM-10:40 AM
#197894	Apr 22-May 13	Sa	9:30 AM-10:00 AM
#197895	Apr 22-May 13	Sa	10:10 AM-10:40 AM

**Course Fee:** \$54

#197878	Jan 23-Feb 8	M, W	10:10 AM-10:40 AM
#197879	Jan 23-Feb 8	M, W	5:10 PM-5:40 PM
#197882	Feb 20-Mar 8	M, W	10:50 AM-11:20 AM
#197883	Feb 20-Mar 8	M, W	5:10 PM-5:40 PM
#197886	Mar 20-Apr 5	M, W	10:50 AM-11:20 AM
#197887	Mar 20-Apr 5	M, W	11:30 AM-12:00 PM
#197888	Mar 20-Apr 5	M, W	5:10 PM-5:40 PM
#197889	Mar 20-Apr 5	M, W	5:50 PM-6:20 PM
#197890	Apr 17-May 3	M, W	10:50 AM-11:20 AM
#197891	Apr 17-May 3	M, W	11:30 AM-12:00 PM
#197892	Apr 17-May 3	M, W	5:10 PM-5:40 PM
#197893	Apr 17-May 3	M, W	5:50 PM-6:20 PM

## PRESCHOOL AQUATICS LEVEL 2

**Course Fee:** \$39

#197896	Jan 7-28	Sa	10:10 AM-10:40 AM
#197899	Feb 4-25	Sa	10:10 AM-10:40 AM
#197902	Mar 11-Apr 1	Sa	10:10 AM-10:40 AM
#197907	Apr 22-May 13	Sa	10:10 AM-10:40 AM

**Course Fee:** \$54

#197897	Jan 23-Feb 8	M, W	10:50 AM-11:20 AM
#197898	Jan 23-Feb 8	M, W	5:10 PM-5:40 PM
#197900	Feb 20-Mar 8	M, W	11:30 AM-12:00 PM
#197901	Feb 20-Mar 8	M, W	5:10 PM-5:40 PM
#197903	Mar 20-Apr 5	M, W	10:50 AM-11:20 AM
#197904	Mar 20-Apr 5	M, W	5:10 PM-5:40 PM
#197905	Apr 17-May 3	M, W	10:50 AM-11:20 AM
#197906	Apr 17-May 3	M, W	5:10 PM-5:40 PM

## PRESCHOOL AQUATICS LEVEL 3

**Course Fee:** \$39

#197908	Jan 7-28	Sa	10:50 AM-11:20 AM
#197911	Feb 4-25	Sa	10:50 AM-11:20 AM
#197913	Mar 11-Apr 1	Sa	10:50 AM-11:20 AM
#197918	Apr 22-May 13	Sa	10:50 AM-11:20 AM

**Course Fee:** \$54

#197909	Jan 23-Feb 8	M, W	11:30 AM-12:00 PM
#197910	Jan 23-Feb 8	M, W	5:50 PM-6:20 PM
#197912	Feb 20-Mar 8	M, W	5:50 PM-6:20 PM
#197914	Mar 20-Apr 5	M, W	11:30 AM-12:00 PM
#197915	Mar 20-Apr 5	M, W	5:50 PM-6:20 PM
#197916	Apr 17-May 3	M, W	11:30 AM-12:00 PM
#197917	Apr 17-May 3	M, W	5:50 PM-6:20 PM



# LESSON SCHEDULES

## SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

**Course Fee:** \$39

#198174	Jan 7-28	Sa	9:30 AM-10:00 AM
#198175	Jan 7-28	Sa	11:30 AM-12:00 PM
#198177	Feb 4-25	Sa	9:30 AM-10:00 AM
#198178	Feb 4-25	Sa	11:30 AM-12:00 PM
#198180	Mar 11-Apr 1	Sa	9:30 AM-10:00 AM
#198181	Mar 11-Apr 1	Sa	11:30 AM-12:00 PM
#198184	Apr 22-May 13	Sa	9:30 AM-10:00 AM
#198185	Apr 22-May 13	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#198176	Jan 23-Feb 8	M, W	5:50 PM-6:20 PM
#198179	Feb 20-Mar 8	M, W	6:30 PM-7:00 PM
#198182	Mar 20-Apr 5	M, W	5:10 PM-5:40 PM
#198183	Apr 17-May 3	M, W	5:10 PM-5:40 PM

## SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

**Course Fee:** \$39

#198186	Jan 7-28	Sa	11:30 AM-12:00 PM
#198188	Feb 4-25	Sa	11:30 AM-12:00 PM
#198190	Mar 11-Apr 1	Sa	11:30 AM-12:00 PM
#198195	Apr 22-May 13	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#198187	Jan 23-Feb 8	M, W	6:30 PM-7:00 PM
#198189	Feb 20-Mar 8	M, W	6:30 PM-7:00 PM
#198191	Mar 20-Apr 5	M, W	6:30 PM-7:00 PM
#198192	Mar 20-Apr 5	M, W	7:10 PM-7:40 PM
#198193	Apr 17-May 3	M, W	6:30 PM-7:00 PM
#198194	Apr 17-May 3	M, W	7:10 PM-7:40 PM

## SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

**Course Fee:** \$39

#198196	Jan 7-28	Sa	10:50 AM-11:20 AM
#198198	Feb 4-25	Sa	10:50 AM-11:20 AM
#198200	Mar 11-Apr 1	Sa	10:50 AM-11:20 AM
#198203	Apr 22-May 13	Sa	10:50 AM-11:20 AM

**Course Fee:** \$54

#198197	Jan 23-Feb 8	M, W	6:30 PM-7:00 PM
#198199	Feb 20-Mar 8	M, W	7:10 PM-7:40 PM
#198201	Mar 20-Apr 5	M, W	6:30 PM-7:00 PM
#198202	Apr 17-May 3	M, W	6:30 PM-7:00 PM

## SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

**Course Fee:** \$39

#198206	Jan 7-28	Sa	10:50 AM-11:20 AM
#198208	Feb 4-25	Sa	10:50 AM-11:20 AM
#198210	Mar 11-Apr 1	Sa	10:50 AM-11:20 AM
#198213	Apr 22-May 13	Sa	10:50 AM-11:20 AM

**Course Fee:** \$54

#198207	Jan 23-Feb 8	M, W	7:10 PM-7:40 PM
#198209	Feb 20-Mar 8	M, W	7:10 PM-7:40 PM
#198211	Mar 20-Apr 5	M, W	6:30 PM-7:00 PM
#198212	Apr 17-May 3	M, W	6:30 PM-7:00 PM

## SWIM LESSON - LEVEL 5 STROKE REFINEMENT

**Course Fee:** \$39

#198214	Jan 7-28	Sa	11:30 AM-12:00 PM
#198215	Feb 4-25	Sa	11:30 AM-12:00 PM
#198216	Mar 11-Apr 1	Sa	11:30 AM-12:00 PM
#198219	Apr 22-May 13	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#198217	Mar 20-Apr 5	M, W	7:10 PM-7:40 PM
#198218	Apr 17-May 3	M, W	7:10 PM-7:40 PM

## ADULT LEARNING THE BASICS SWIM CLASS

**Course Fee:** \$45

#197605	Jan 7-28	Sa	8:40 AM-9:20 AM
#197607	Feb 4-25	Sa	8:40 AM-9:20 AM
#197608	Mar 11-Apr 1	Sa	8:40 AM-9:20 AM
#197609	Apr 22-May 13	Sa	8:40 AM-9:20 AM

**Course Fee:** \$60

#197606	Jan 23-Feb 8	M, W	7:10 PM-7:50 PM
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## ADULT REFINING SWIM STROKES CLASS

**Course Fee:** \$45

#197616	Jan 7-28	Sa	8:40 AM-9:20 AM
#197617	Feb 4-25	Sa	8:40 AM-9:20 AM
#197618	Mar 11-Apr 1	Sa	8:40 AM-9:20 AM
#197620	Apr 22-May 13	Sa	8:40 AM-9:20 AM

**Course Fee:** \$60

#197619	Mar 20-Apr 5	M, W	7:10 PM-7:50 PM
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## ADULT FITNESS SWIMMING CLASS

**Course Fee:** \$45

#197622	Jan 7-28	Sa	8:40 AM-9:20 AM
#197623	Feb 4-25	Sa	8:40 AM-9:20 AM
#197624	Mar 11-Apr 1	Sa	8:40 AM-9:20 AM
#197626	Apr 22-May 13	Sa	8:40 AM-9:20 AM

**Course Fee:** \$60

#197625	Apr 17-May 3	M, W	7:10 PM-7:50 PM
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# LESSON SCHEDULES

## OPTIMIST AQUATIC CENTER

Non-residents: Add \$15 to course fee

### PARENT & CHILD AQUATICS LEVEL 1

**Course Fee:** \$39

#198260	Feb 11-Mar 4	Sa	10:10 AM-10:40 AM
#198262	Mar 18-Apr 8	Sa	10:10 AM-10:40 AM
#198266	Apr 22-May 13	Sa	10:10 AM-10:40 AM

**Course Fee:** \$54

#198259	Jan 31-Feb 16	Tu, Th	4:30 PM-5:00 PM
#198261	Feb 28-Mar 16	Tu, Th	4:30 PM-5:00 PM
#198264	Mar 21-Apr 6	Tu, Th	10:10 AM-10:40 AM
#198265	Mar 21-Apr 6	Tu, Th	4:30 PM-5:00 PM

### PARENT & CHILD AQUATICS LEVEL 2

**Course Fee:** \$39

#198268	Feb 11-Mar 4	Sa	10:50 AM-11:20 AM
#198270	Mar 18-Apr 8	Sa	10:50 AM-11:20 AM
#198273	Apr 22-May 13	Sa	10:50 AM-11:20 AM

**Course Fee:** \$54

#198267	Jan 31-Feb 16	Tu, Th	4:30 PM-5:00 PM
#198269	Feb 28-Mar 16	Tu, Th	4:30 PM-5:00 PM
#198271	Mar 21-Apr 6	Tu, Th	10:10 AM-10:40 AM
#198272	Mar 21-Apr 6	Tu, Th	4:30 PM-5:00 PM

## PRESCHOOL AQUATICS LEVEL 1

**Course Fee:** \$39

#198275	Feb 11-Mar 4	Sa	10:10 AM-10:40 AM
#198276	Feb 11-Mar 4	Sa	11:30 AM-12:00 PM
#198278	Mar 18-Apr 8	Sa	10:10 AM-10:40 AM
#198279	Mar 18-Apr 8	Sa	11:30 AM-12:00 PM
#198282	Apr 22-May 13	Sa	10:10 AM-10:40 AM
#198283	Apr 22-May 13	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#198274	Jan 31-Feb 16	Tu, Th	5:10 PM-5:40 PM
#198277	Feb 28-Mar 16	Tu, Th	5:10 PM-5:40 PM
#198280	Mar 21-Apr 6	Tu, Th	10:50 AM-11:20 AM
#198281	Mar 21-Apr 6	Tu, Th	5:10 PM-5:40 PM

## PRESCHOOL AQUATICS LEVEL 2

**Course Fee:** \$39

#198285	Feb 11-Mar 4	Sa	10:10 AM-10:40 AM
#198289	Feb 11-Mar 4	Sa	11:30 AM-12:00 PM
#198291	Mar 18-Apr 8	Sa	10:10 AM-10:40 AM
#198292	Mar 18-Apr 8	Sa	11:30 AM-12:00 PM
#198295	Apr 22-May 13	Sa	10:10 AM-10:40 AM
#198296	Apr 22-May 13	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#198284	Jan 31-Feb 16	Tu, Th	5:10 PM-5:40 PM
#198290	Feb 28-Mar 16	Tu, Th	5:10 PM-5:40 PM
#198293	Mar 21-Apr 6	Tu, Th	10:50 AM-11:20 AM
#198294	Mar 21-Apr 6	Tu, Th	5:10 PM-5:40 PM

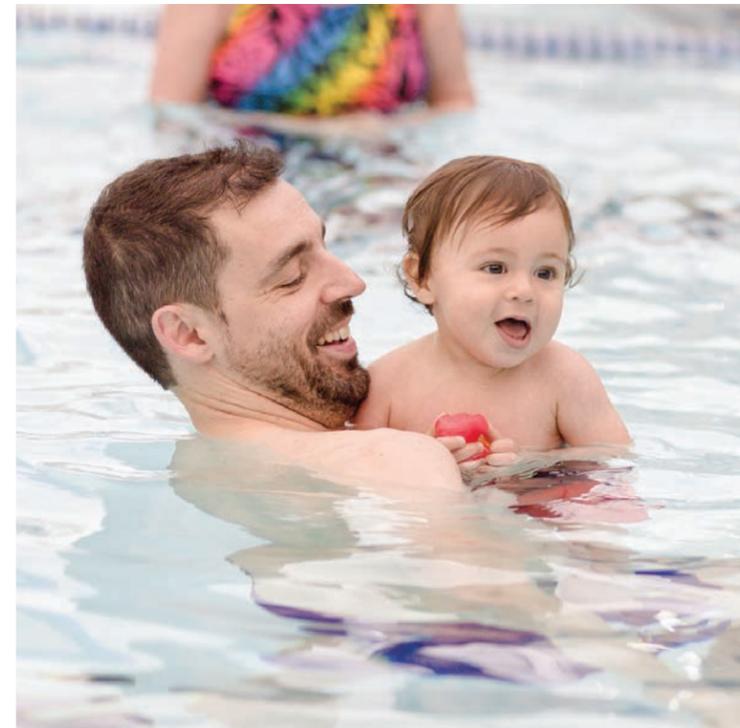
## PRESCHOOL AQUATICS LEVEL 3

**Course Fee:** \$39

#198298	Feb 11-Mar 4	Sa	10:50 AM-11:20 AM
#198299	Feb 11-Mar 4	Sa	11:30 AM-12:00 PM
#198301	Mar 18-Apr 8	Sa	10:50 AM-11:20 AM
#198302	Mar 18-Apr 8	Sa	11:30 AM-12:00 PM
#198305	Apr 22-May 13	Sa	10:50 AM-11:20 AM
#198306	Apr 22-May 13	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#198297	Jan 31-Feb 16	Tu, Th	5:50 PM-6:20 PM
#198300	Feb 28-Mar 16	Tu, Th	5:50 PM-6:20 PM
#198303	Mar 21-Apr 6	Tu, Th	11:30 AM-12:00 PM
#198304	Mar 21-Apr 6	Tu, Th	5:50 PM-6:20 PM



# LESSON SCHEDULES

## SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

**Course Fee:** \$39

#198308	Feb 11-Mar 4	Sa	10:10 AM-10:40 AM
#198310	Mar 18-Apr 8	Sa	10:10 AM-10:40 AM
#198312	Apr 22-May 13	Sa	10:10 AM-10:40 AM

**Course Fee:** \$54

#198307	Jan 31-Feb 16	Tu, Th	5:50 PM-6:20 PM
#198309	Feb 28-Mar 16	Tu, Th	5:50 PM-6:20 PM
#198311	Mar 21-Apr 6	Tu, Th	5:50 PM-6:20 PM

## SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

**Course Fee:** \$39

#198314	Feb 11-Mar 4	Sa	10:50 AM-11:20 AM
#198315	Feb 11-Mar 4	Sa	11:30 AM-12:00 PM
#198317	Mar 18-Apr 8	Sa	10:50 AM-11:20 AM
#198318	Mar 18-Apr 8	Sa	11:30 AM-12:00 PM
#198320	Apr 22-May 13	Sa	10:50 AM-11:20 AM
#198321	Apr 22-May 13	Sa	11:30 AM-12:00 PM

**Course Fee:** \$54

#198313	Jan 31-Feb 16	Tu, Th	6:30 PM-7:00 PM
#198316	Feb 28-Mar 16	Tu, Th	6:30 PM-7:00 PM
#198319	Mar 21-Apr 6	Tu, Th	6:30 PM-7:00 PM

## SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

**Course Fee:** \$39

#198323	Feb 11-Mar 4	Sa	10:50 AM-11:20 AM
#198325	Mar 18-Apr 8	Sa	10:50 AM-11:20 AM
#198327	Apr 22-May 13	Sa	10:50 AM-11:20 AM

**Course Fee:** \$54

#198322	Jan 31-Feb 16	Tu, Th	6:30 PM-7:00 PM
#198324	Feb 28-Mar 16	Tu, Th	6:30 PM-7:00 PM
#198326	Mar 21-Apr 6	Tu, Th	6:30 PM-7:00 PM

## SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

**Course Fee:** \$39

#198329	Feb 11-Mar 4	Sa	9:30 AM-10:00 AM
#198331	Mar 18-Apr 8	Sa	9:30 AM-10:00 AM
#198333	Apr 22-May 13	Sa	9:30 AM-10:00 AM

**Course Fee:** \$54

#198328	Jan 31-Feb 16	Tu, Th	7:10 PM-7:40 PM
#198330	Feb 28-Mar 16	Tu, Th	7:10 PM-7:40 PM
#198332	Mar 21-Apr 6	Tu, Th	7:10 PM-7:40 PM

## SWIM LESSON - LEVEL 5 STROKE REFINEMENT

**Course Fee:** \$39

#198337	Feb 11-Mar 4	Sa	9:30 AM-10:00 AM
#198339	Mar 18-Apr 8	Sa	9:30 AM-10:00 AM
#198342	Apr 22-May 13	Sa	9:30 AM-10:00 AM

**Course Fee:** \$54

#198335	Jan 31-Feb 16	Tu, Th	7:10 PM-7:40 PM
#198338	Feb 28-Mar 16	Tu, Th	7:10 PM-7:40 PM
#198341	Mar 21-Apr 6	Tu, Th	7:10 PM-7:40 PM

## ADULT LEARNING THE BASICS SWIM CLASS

**Course Fee:** \$45

#198344	Feb 11-Mar 4	Sa	9:20 AM-10:00 AM
#198345	Mar 18-Apr 8	Sa	9:20 AM-10:00 AM
#198346	Apr 22-May 13	Sa	9:20 AM-10:00 AM

## ADULT REFINING SWIM STROKES CLASS

**Course Fee:** \$45

#198347	Feb 11-Mar 4	Sa	9:20 AM-10:00 AM
#198348	Mar 18-Apr 8	Sa	9:20 AM-10:00 AM
#198349	Apr 22-May 13	Sa	9:20 AM-10:00 AM

## PULLEN AQUATIC CENTER

Non-residents: Add \$15 to course fee

## PARENT & CHILD AQUATICS LEVEL 1

**Course Fee:** \$39

#198704	Jan 7-28	Sa	11:30 AM-12:00 PM
#198706	Feb 4-25	Sa	11:30 AM-12:00 PM

**Course Fee:** \$70

#198705	Jan 10-Feb 2	Tu, Th	5:10 PM-5:40 PM
#198707	Feb 14-Mar 9	Tu, Th	5:10 PM-5:40 PM
#198708	Mar 14-Apr 6	Tu, Th	11:30 AM-12:00 PM
#198709	Mar 14-Apr 6	Tu, Th	5:10 PM-5:40 PM

**Course Fee:** \$70

#198711	Apr 18-May 11	Tu, Th	11:30 AM-12:00 PM
#198712	Apr 18-May 11	Tu, Th	5:10 PM-5:40 PM

## PARENT & CHILD AQUATICS LEVEL 2

**Course Fee:** \$70

#198713	Jan 10-Feb 2	Tu, Th	5:50 PM-6:20 PM
#198714	Feb 14-Mar 9	Tu, Th	5:50 PM-6:20 PM
#198715	Mar 14-Apr 6	Tu, Th	5:50 PM-6:20 PM
#198716	Apr 18-May 11	Tu, Th	11:30 AM-12:00 PM

**Course Fee:** \$70

#198717	Apr 18-May 11	Tu, Th	5:50 PM-6:20 PM
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# LESSON SCHEDULES

## PRESCHOOL AQUATICS LEVEL 1

**Course Fee:** \$39

#198718	Jan 7-28	Sa	11:30 AM-12:00 PM
#198720	Feb 4-25	Sa	11:30 AM-12:00 PM

**Course Fee:** \$70

#198719	Jan 10-Feb 2	Tu, Th	5:10 PM-5:40 PM
#198721	Feb 14-Mar 9	Tu, Th	5:10 PM-5:40 PM
#198722	Mar 14-Apr 6	Tu, Th	10:50 AM-11:20 AM
#198723	Mar 14-Apr 6	Tu, Th	5:10 PM-5:40 PM
#198724	Apr 18-May 11	Tu, Th	10:50 AM-11:20 AM
#198725	Apr 18-May 11	Tu, Th	5:10 PM-5:40 PM

## PRESCHOOL AQUATICS LEVEL 2

**Course Fee:** \$39

#198726	Jan 7-28	Sa	10:50 AM-11:20 AM
#198741	Feb 4-25	Sa	10:50 AM-11:20 AM

**Course Fee:** \$70

#198740	Jan 10-Feb 2	Tu, Th	5:50 PM-6:20 PM
#198742	Feb 14-Mar 9	Tu, Th	5:50 PM-6:20 PM
#198745	Mar 14-Apr 6	Tu, Th	10:10 AM-10:40 AM
#198746	Mar 14-Apr 6	Tu, Th	5:50 PM-6:20 PM
#198747	Apr 18-May 11	Tu, Th	10:10 AM-10:40 AM
#198748	Apr 18-May 11	Tu, Th	5:50 PM-6:20 PM

## PRESCHOOL AQUATICS LEVEL 3

**Course Fee:** \$39

#198771	Jan 7-28	Sa	10:10 AM-10:40 AM
#198772	Feb 4-25	Sa	10:10 AM-10:40 AM

**Course Fee:** \$70

#198773	Mar 14-Apr 6	Tu, Th	5:50 PM-6:20 PM
#198774	Apr 18-May 11	Tu, Th	10:50 PM-11:20 PM
#198775	Apr 18-May 11	Tu, Th	5:50 PM-6:20 PM

## SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

**Course Fee:** \$39

#198776	Jan 7-28	Sa	10:50 AM-11:20 AM
#198778	Feb 4-25	Sa	10:50 AM-11:20 AM

**Course Fee:** \$70

#198777	Jan 10-Feb 2	Tu, Th	6:30 PM-7:00 PM
#198779	Feb 14-Mar 9	Tu, Th	6:30 PM-7:00 PM
#198780	Mar 14-Apr 6	Tu, Th	6:30 PM-7:00 PM
#198781	Apr 18-May 11	Tu, Th	6:30 PM-7:00 PM

## SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

**Course Fee:** \$39

#198782	Jan 7-28	Sa	10:10 AM-10:40 AM
#198784	Feb 4-25	Sa	10:10 AM-10:40 AM

**Course Fee:** \$70

#198783	Jan 10-Feb 2	Tu, Th	6:30 PM-7:00 PM
#198785	Feb 14-Mar 9	Tu, Th	6:30 PM-7:00 PM
#198786	Mar 14-Apr 6	Tu, Th	6:30 PM-7:00 PM
#198787	Apr 18-May 11	Tu, Th	6:30 PM-7:00 PM

## SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

**Course Fee:** \$39

#198788	Jan 7-28	Sa	9:30 AM-10:00 AM
#198789	Feb 4-25	Sa	9:30 AM-10:00 AM

**Course Fee:** \$70

#198790	Mar 14-Apr 6	Tu, Th	6:30 PM-7:00 PM
#198791	Apr 18-May 11	Tu, Th	6:30 PM-7:00 PM

## SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

**Course Fee:** \$70

#198792	Mar 14-Apr 6	Tu, Th	7:10 PM-7:40 PM
#198793	Jul 18-Aug 10	Tu, Th	7:10 PM-7:40 PM

## ADULT LEARNING THE BASICS SWIM CLASS

**Course Fee:** \$45

#198794	Jan 7-28	Sa	9:30 AM-10:10 AM
#198796	Feb 4-25	Sa	9:30 AM-10:10 AM

**Course Fee:** \$76

#198795	Jan 10-Feb 2	Tu, Th	7:10 PM-7:50 PM
#198797	Feb 14-Mar 9	Tu, Th	7:10 PM-7:50 PM
#198798	Mar 14-Apr 6	Tu, Th	7:10 PM-7:50 PM
#198799	Apr 18-May 11	Tu, Th	7:10 PM-7:50 PM

## ADULT REFINING SWIM STROKES CLASS

**Course Fee:** \$76

#198800	Jan 10-Feb 2	Tu, Th	7:10 PM-7:50 PM
#198801	Feb 14-Mar 9	Tu, Th	7:10 PM-7:50 PM
#198802	Mar 14-Apr 6	Tu, Th	7:10 PM-7:50 PM
#198803	Apr 18-May 11	Tu, Th	7:10 PM-7:50 PM

## SPECIALTY CLASSES

### SWIM TEAM - INTRA-CITY SWIM ASSOCIATION

Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Prerequisite - participants must be able to swim 25 yards unassisted.

**Course Fee:** \$71

Non-residents: Add \$15 to course fee

#### Buffaloe Road Aquatic Center

#198644	Feb 13-Apr 19	M, W	5:15 PM-6:00 PM
#198645	Feb 13-Apr 19	M, W	6:15 PM-7:00 PM

#### Millbrook Aquatic Center

#198647	Feb 14-Apr 20	Tu, Th	6:00 PM-6:45 PM
#198648	Feb 14-Apr 20	Tu, Th	7:00 PM-7:45 PM

#### Optimist Aquatic Center

#198649	Feb 13-Apr 19	M, W	6:00 PM-6:45 PM
#198650	Feb 13-Apr 19	M, W	7:00 PM-7:45 PM

#### Pullen Aquatic Center

#198646	Feb 13-Apr 19	M, W	5:30 PM-6:15 PM
#198651	Feb 13-Apr 19	M, W	6:30 PM-7:15 PM

#### Swim Meet Dates:

2/25/17	Optimist Aquatic Center Check-in 12:15, Warm-ups 12:30, Start 1:00
3/17/17	Pullen Aquatic Center Check-in 5:15, Warm-ups 5:45, Start 6:00
4/22/17	Millbrook Aquatic Center Check-in 12:15, Warm-ups 12:30, Start 1:00



### TRIATHLON SWIM TRAINING

This class is designed for all types of triathletes from beginners to advanced. It is designed to help build endurance, refine and improve freestyle, and feel prepared for a race.

Non-residents: Add \$15 to course fee

#### Beginner

##### Millbrook Aquatic Center

**Course Fee:** \$45

#197613	Jan 7-28	Sa	7:00 AM-7:40 AM
#197614	Feb 4-25	Sa	7:00 AM-7:40 AM
#197615	Mar 11-Apr 1	Sa	7:00 AM-7:40 AM

**Course Fee:** \$60

#197603	Jan 17-Feb 2	Tu, Th	6:30 PM-7:10 PM
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#### Intermediate

##### Millbrook Aquatic Center

**Course Fee:** \$45

#197610	Jan 7-28	Sa	7:45 AM-8:25 AM
#197611	Feb 4-25	Sa	7:45 AM-8:25 AM
#197612	Mar 11-Apr 1	Sa	7:45 AM-8:25 AM

**Course Fee:** \$60

#197604	Jan 17-Feb 2	Tu, Th	7:15 PM-7:55 PM
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### JUNIOR LIFEGUARD

The City of Raleigh Junior Lifeguard Program provides youth ages 11-14 an introduction into the role of a professional lifeguard. The program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible future lifeguards. Lessons are grouped into four main areas: prevention, response, leadership and professionalism. For additional information please contact Millbrook Aquatic Center at 919-996-4130.

**Course Fee:** \$135

Non-residents: Add \$15 to course fee

#### Millbrook Aquatic Center

#198819	Apr 10-14	M-Fr	9:00AM-4:00PM
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## SPECIALTY CLASSES

### LIFEGUARDING – AMERICAN RED CROSS

Age: 15 yrs. and up

This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED for the Professional Rescuer. Participants must complete prerequisite skills test on the first class to remain in the class which includes 300 yard swim [freestyle and/or breaststroke], 2 minutes treading water without hands, and a timed brick retrieval using a 10lb brick.

**Course Fee:** \$200

Non-residents: Add \$15 to course fee

#### Optimist Aquatic Center

#198350	Jan 23-Feb 15	M, W	5:00 PM-8:30 PM
#198351	Jan 28-Feb 18	Sa	9:00 AM-5:00 PM
#198352	Mar 13-Apr 5	M, W	5:00 PM-8:30 PM
#198353	Apr 10-13	M-Th	9:00 AM-5:00 PM
#198354	Apr 17-May 10	M, W	5:00 PM-8:30 PM
#198355	Apr 22-May 13	Sa	9:00 AM-5:00 PM

#### Pullen Aquatic Center

#198804	Feb 4-25	Sa	9:00 AM-5:00 PM
#198805	Feb 13-Mar 8	M, W	5:00 PM-8:30 PM
#198806	Mar 13-Apr 5	M, W	5:00 PM-8:30 PM
#198807	Apr 17-May 10	M, W	5:00 PM-8:30 PM

### LIFEGUARDING INSTRUCTOR - AMERICAN RED CROSS

Age: 17yrs. and up

This American Red Cross program will train future lifeguard instructors. This includes teaching techniques for the lifeguarding course plus information on automated external defibrillators, oxygen administration and preventing disease transmission. Participants must be at least 17 years old and demonstrate proficiency in lifeguarding skills and knowledge.

**Course Fee:** \$275

Non-residents: Add \$15 to course fee

#### Pullen Aquatic Center

#198808	Mar 14-Apr 6	Tu, Th	5:00 PM-9:00 PM
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### WATER SAFETY INSTRUCTOR - AMERICAN RED CROSS

Age: 16yrs. and up

This American Red Cross course will certify candidates to teach water safety, including Basic Water Rescue course, Learn to Swim program and Parent and Child classes. All course materials are included in price of the course. Participants must be able to demonstrate proficiency in Freestyle, Backstroke, Breaststroke, and Butterfly. Participants must be at least 16 years of age.

**Course Fee:** \$225

Non-residents: Add \$15 to course fee

#### Pullen Aquatic Center

#198809	Apr 18-May 11	Tu, Th	5:00 PM-9:00 PM
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# WATER EXERCISE

Passes can be purchased at any pool. No preregistration is required. This pass allows you to attend any 8 water exercise classes within 1 year. Classes are subject to change. For the most up to date information, brochures with class descriptions, locations & times are available at all pools and online at [raleighnc.gov](http://raleighnc.gov) search keyword: water exercise  
**Raleigh Resident:** Adult \$40 • Senior \$32  
**Non-Raleigh Resident:** Adult \$52 • Senior \$44

## WANT TO TRY JUST ONE CLASS?

Single classes can be purchased at the front desk.  
**Resident Adult** \$8  
**Non-Resident Adult** \$9  
**Resident Senior** \$6  
**Non-Resident Senior** \$7

## CLASS DESCRIPTIONS

Intensity Scale for all classes: 1-2 (easy), 3 (moderate), 4-5 (high intensity).

### SHALLOW WATER CLASSES

#### ARTHRITIS CLASS (Intensity level 1-2)

This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from a range of motion exercise.

#### AQUA – COMBO (Intensity Level 1-3)

Combo here refers to the water depth. This combo class allows an individual to place themselves in a water depth anywhere from chest to neck depth, depending on personal preference.

#### CURRENT CHANNEL CHALLENGE (Intensity Level 2-4)

Combination use of current channel, water resistance, shallow water area and exercise equipment. Offered only at Buffaloe Rd.

#### HYDRO-FUSION (Intensity Level 2-4)

Designed for all fitness levels, this class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

#### WATER WALKING (Intensity level 1-2)

Basic exercises for range of motion, with long movements and basic cardiovascular workout.

#### WATER WALKING PLUS (Level 1-3)

This class has a little more movement with some added cardiovascular activities to the basic water walking class.

### DEEP WATER CLASSES

#### INTERVALS (Intensity level 3)

Combination of high and low intensity exercises to keep your heart rate up

#### POWER HOUR (Intensity 4-5)

Quick, continuous and powerful movements with no impact for the advanced exerciser.

### SCHEDULE

#### Buffaloe Road Aquatic Center

Channel Challenge	Tu, Th	10:30 AM-11:30 AM
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#### Millbrook Aquatic Center

Deep Water Interval	Mon	6:00 PM-7:00 PM
	Th	6:00 PM-7:00 PM
Deep Water Power Hour	Tu	6:00 PM-7:00 PM
	Sat	8:00 AM-9:00 AM
Water Walking	M,W,F	9:00 AM-10:00 AM

#### Optimist Aquatic Center

Water Walking Plus	M,W,F	9:00 AM-10:00 AM
Hydrofusion	M,W,F	10:00 AM-11:00 AM
	Tu,Th	9:00 AM-10:00 AM
Deep Water Intervals	M,W,F	11:00 AM-12:00 PM

#### Pullen Aquatic Center

Deep Water Intervals	M,W,F	11:00AM-12:00PM
	W	6:00 PM-7:00 PM
Arthritis	M,W,F	9:45 AM-10:45 AM



## CELEBRATE A BIRTHDAY AT A CITY OF RALEIGH POOL!

Birthday Party reservations include a reserved party space and admission for party attendees. To register visit the facility where you wish to host the Birthday Party.

**Cost:** Reservation fee + Admission fee per attendee + \$50 refundable cleaning deposit.

Information on days, dates and times are available at the pool where you would like to register.

### Reservation fees:

Buffaloe Road Aquatic Center	Party Room \$90
Millbrook Aquatic Center	Pool Deck Area \$20
Optimist Aquatic Center	Classroom \$70
Pullen Aquatic Center	Classroom \$70
	Mezzanine \$50

Admission fees [see first page of brochure]



**Raleigh Parks, Recreation & Cultural Resources Department**  
**Aquatics Division**

2401 Wade Avenue  
Raleigh, NC 27607

**P&R 6513**  
**Aquatics Admin**

## LOCATIONS

