

AQUATIC CENTER ADMISSION FEES SUMMER 2017

MONTHLY SWIM PASSES PRICES DO INCLUDE SALES TAX.

Parent and Child Tot Pool Fee: Total admission for both is \$4.50 during lesson time only. **Children 2 and under FREE** admission

	1 Admiss	Monthly	6-Month	w/locker	12-month	w/locker
YOUTH (3-17)	\$5.50	\$45.00	\$224.00	\$288.00	\$369.00	\$482.00
ADULT (18-59)	\$6.50	\$55.00	\$280.00	\$343.00	\$462.00	\$573.00
SR. CITIZENS	\$5.50	\$45.00	\$224.00	\$288.00	\$369.00	\$482.00
FAMILY		\$89.00	\$454.00	\$514.00	\$748.00	\$854.00

	Youth/ Sr. Swim	Adult Swim	Youth/Sr. Exercise	Adult Exercise	Locker
10 Times	\$45.00	\$55.00	\$61.00	\$72.25	\$10.00
20 Times	\$80.00	\$100.00	\$96.50	\$127.25	\$20.00

SWIM PASSES. Season Passes - These passes are good for unlimited swimming during all of our general swim hours. Season passes are non-transferable, non-refundable and have no guest privileges. Family passes are good for a household. Season pass holders do not get a discount on classes. Season passes cost an additional \$5 for off-island residents. **10- and 20- Time Passes** - These passes are available for general swims, exercise classes and lockers. **Passes cannot be used for special events.**



SUMMER SCHEDULE

5/29-6/9 Nakata Pool Closed for Maintenance

5/29 Holiday Schedule Lap Swim (RAY Pool Only) 12:00-3:00p

End-of-School Parties 6/12, 6/13, 6/14 Nakata Closed 9:00a-1:00p

6/16 Float & Float 5:00-7:00p, \$7.00

7/4 Closed for Independence Day

7/7 First Friday Open Swim 5:00-7:00p

7/21 Float & Float 5:00-7:00p, \$7.00

7/23 No Family Swim

7/23 Lap Swim 8:00a-12:00p both pools

7/23 JULY WINTERFEST Pool Party 1:00-4:00p, \$7.00

8/4 First Friday Open Swim 5:00-7:00p

8/18 Float & Float 5:00-7:00p, \$7.00

9/1 First Friday Open Swim 5:00-7:00p

9/4 Holiday Schedule Lap & Family Swim Plus+* NEW 12:00-3:00p

9/15 Float & Float 5:00-7:00p, \$7.00

*Dive well open for swimmers. Children must be accompanied by an adult in the water.

SUMMER 2017

Swim Descriptions & Schedules

June 19-September 4
Visit our website for a detailed schedule www.biaquatics.org

LAP SWIM RAY WILLIAMSON POOL

6 lanes in Williamson Pool are kept at 79°F. Lap swimmers must be 8 years old and have level 4 swimming skills.

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00a-3:00p 6:30-8:00p	5:00a-3:00p	5:00a-3:00p 6:30-8:00p	5:00a-3:00p	5:00a-3:00p 7:00p-8:00p	8:30a-10:00a 2:00p-4:00p	8:00a-4:00p

LAP SWIM DON NAKATA POOL

4 Nakata Pool lanes are in the 86°F range. Lap swimmers must be 8 years old and have level 4 swimming skills.

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00-9:00a 12:00-2:30p 6:30-8:30p	5:00-9:00a 12:00-2:30p 6:30-8:30p	5:00-9:00a 12:00-2:30p 6:30-8:30p	5:00-9:00a 12:00-2:30p 6:30-8:30p	5:00a-2:30p* 7:00-8:30p	7:30-10:00a	8:00a-12:00p

*6/23, 6/30, 7/7, 7/14 lap swim will end at 9:00a due to swim lesson holiday schedule

OPEN SWIM DON NAKATA POOL

All parts of the Nakata Pool are open to recreational swimming, including spa, tot pool, sauna, lazy river, diving area and water slide. The party room is also available to rent at this time. All children under 15 must have a swim license to use the lap area and deep end. All children under 7 without a swim license must have an adult within arm's reach. WATER SLIDE requirements: Those under 7 yrs. and/or under 36" tall must go down with an adult.*

MON	TUE	WED	THURS	FRI	SAT	SUN
2:30-4:30p	2:30-4:30p	2:30-4:30p	2:30-4:30p	2:30-4:30p 5:00-7:00p	1:00-4:00p	1:00-4:00p

SENIOR/SPECIAL NEEDS DON NAKATA POOL

A quieter time where the dive well, beach area and a lane are designated for our users with special accommodations and needs.

MON	TUE	WED	THURS	FRI	SAT	SUN
1:30-2:30p	1:30-2:30p	1:30-2:30p	1:30-2:30p	1:30-2:30p		

FAMILY SWIM DON NAKATA POOL

For adults or adults with children. All children must have an adult in the water with them. Limited areas of the pool are open; those include primarily the shallow areas, tot pool and lazy river.

MON	TUE	WED	THURS	FRI	SAT	SUN
12:00-2:00p 6:30-8:00p	12:00-2:00p	12:00-2:00p 6:30-8:00p	12:00-2:00p	12:00-2:00p	12:00-1:00p	12:00-1:00p

LAZY RIVER DON NAKATA POOL

The lazy river is turned on for all Open & Family swims for patrons to go with the current. Mon-Fri 9:00a-10:00a, MWF 12:00p-1:00p and Sat 10:00a-11:00a the river will be open for unstructured "against the current" exercise as part of the lap swim.

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00-7:00a 9:00a-4:30p 6:30-8:30p	5:00a-4:30p 6:30-8:30p	5:00-7:00a 9:00a-4:30p 6:30-8:30p	5:00a-4:30p 6:30-8:30p	5:00-7:00a 10:00a-8:30p	7:30a-4:00p	8:00a-4:00p

SWIRL POOL/SPA & SAUNA AND STEAM ROOM & TOT POOL DON NAKATA POOL

The Swirl Pool or Spa is kept at 101-103°F. It is open to those 16 & older whenever the facility is open to the public. The sauna and steam room are open to those 16 & over whenever the facility is open to the public. Sauna and steam room admission are the same as regular pool admission. Those who are pregnant or suffer from a medical condition that makes exposure to intense heat/hot water dangerous are discouraged from using the spa, sauna and steam room. The Tot Pool is kept at 86°F and is open to those 6 and younger. Children may use the tot pool if they are not disruptive and it is not too crowded. Parents (in a swim suit) must be in the water with children using the tot pool.*

MON	TUE	WED	THURS	FRI	SAT	SUN
5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	5:00a-8:30p	7:30a-4:00p	8:00a-4:00p

*Schedule is subject to change

AQUATIC CENTER



BIRTHDAY PARTIES

Let our staff help plan your special day from the food to the games! Pick from one of the three party packages to get the party experience that you want. Each package will include 60 minutes of party time in your private party room, up to two hours of swim time during open swim for twelve kids and three free adult admissions. Please call to reserve your party two weeks in advance!



NAKATA ROOM



CABANA

Package A: Bare bones bring your own

Package B: Cake, ice cream, juice, paper, utensils and balloons are included

Package C: Package B plus 45 minutes of reserved pool space with your choice of a blow-up toy or game included.

Package D: Package C plus your choice of themed place settings. Princesses, Star Wars, Pirates (traditional or pink)

Package	A	B	C	D
Nakata Room	\$87.00	\$139.00	\$165.00	\$190.00
Cabana	\$102.00	\$154.00	\$180.00	\$205.00

Additional kids up to 20 add:	\$2.75ea	\$4.00ea	\$4.50ea	\$5.00ea
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TUBES



LOG ROLL

RENTALS

Would you like to enjoy the pool with your friends and family without all the extra people? Would you like to have a private showing of a movie or use the waterpark without other people around? Then our after-hours facility rental may be the right thing for you! After-hour rentals are scheduled on Saturdays and Sundays. Go to our website biaquatics.org to find all your options and see the rooms available for your special event. Please call Megan Pleli at 206-842-2302 for pricing and availability. Schedule two weeks in advance!



ROCK





AQUATIC CENTER

JULY WINTERFEST

Come on in and cool off with a day of fun winter holiday games. Santa will be making an appearance on his summer vacation.



7/23 1:00-4:00p \$7.00



FLOAT & FLOAT MOVIE NIGHTS

Our staff turns down the lights, inflates the inner tubes, serves root beer floats and lowers the hot tub temperature which provides a fun and safe atmosphere for your family to watch a movie while relaxing in the water. If you have never joined us for a Float & Float, families are encouraged to enjoy the beach area, hot tub, tot pool and river while watching a family-friendly movie. Children under the age of 7 or non-swimmers must be accompanied in the water by an adult (so please bring your suit!) Cost: \$7 Max 180 people

6/16, 7/21, 8/18, 9/15 5:00-7:00p



FIRST FRIDAY OPEN SWIM

Come in as we celebrate our community. We are going to have a special open swim where we put out a toy and have a game or activity for the younger swimmers. These events will be the first Friday of the month so mark your calendar. Regular admission.

7/7, 8/4, 9/1 5:00-7:00p

CAMPS



SPLISH 'N' SPLASH ADVENTURES

Ages 7-12. Join Coach Kate for a day camp full of fun adventures. Dive into the pool each day for a focused stroke clinic then head outside for field games or a hike. Camp is for swimmers who want to develop their strokes with the help of an expert coach, but also want the fun that summer camps provide. Drop the kids off at 8:30a and pick them up tired at 2:00p. Campers should be 7-12 years old and at a swim team or splash level to participate. Please fill out the mini questionnaire attached to this camp so we can ensure your camper has a wonderful, safe time!

400511-01 M-Th 8:30a-2:00p 6/26-6/29 \$250



BABYSITTER TRAINING CAMP (AMERICAN RED CROSS)

Ages 11 and older. Gain all of the skills to be a babysitter in addition to becoming American Red Cross CPR/AED and First Aid certified. Our talented instructors will also spend time with babysitters teaching them games, crafts and projects to do with each age group. Put together your own Babysitter Survival Bag and feel confident when you are babysitting and earning money.

402536-03 M-Th 12:00-4:00p 7/10-13 \$250



PROGRAMS FOR TEENS AGES 13-17

AQUATIC CENTER



TEAMS

BAINBRIDGE ISLAND SWIM CLUB (BISC)

Our club is a team offering high-quality, professional coaching for children of ranging abilities from 7-18 years of age. The goal of our club is to provide every member opportunity to improve technical skills and achieve success commensurate with his or her ability and commitment. Kids will be in a safe team environment in which they may experience personal growth from their experiences. All swimmers must also register with USA Swimming. Call the pool for more information at 206-842-2302 #106 and ask for Head Coach Carolyn Ackerley, or Assistant Coaches Kate Carr and Leilani Tonsmann.

For more information go to: www.biswimclub.org



BRONZE I (LEVEL 1) \$54.50 monthly dues, plus additional meet fees. Must be 7 years or older and able to swim four competitive strokes legally. 3 practices per week and scheduled meets.

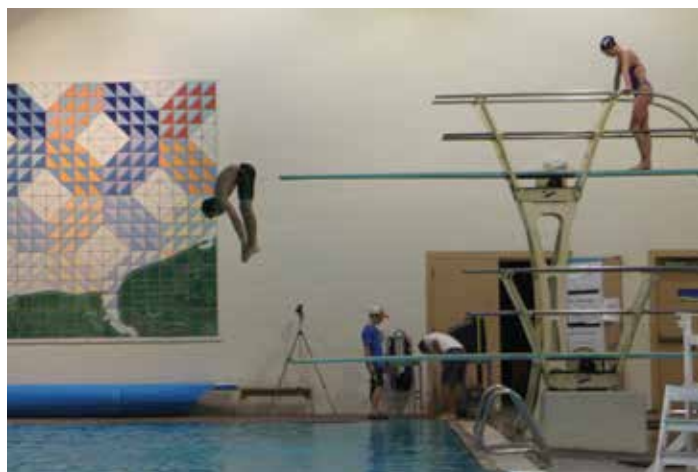
SILVER (LEVEL 2) \$88.00 monthly dues, plus additional meet fees. 4 practices per week and scheduled meets.

GOLD (LEVEL 3) \$112.50 monthly dues, plus additional meet fees. 5 practices per week and scheduled meets.

CHAMPS (LEVEL 4) \$123.00 monthly dues, plus additional meet fees. 6 practices per week and scheduled meets.

REGIONAL (LEVEL 5) \$132.00 monthly dues, plus additional meet fees. 7 practices per week and scheduled meets.

JR. NATIONAL (LEVEL 6) \$155.00 monthly dues, plus additional meet fees. 8 practices per week and scheduled meets.



DIVING CLUB

For the experienced diver who has completed Intermediate Diving and who wishes to dive in competition. Cost associated with competition and U.S. Diving Membership not included in the club fee. Instructor approval required to join. Coach: Chris Miller

Diving Club \$95.50 per month
3 practices a week T/Th 5:30-7:30p; Sa 8:30-10:30a

MASTERS SWIM TEAM (BAM)

The Bainbridge Aquatic Masters (BAM) is a year-round workout group within the Pacific Northwest Association of the United States Masters Swimming (USMS), a program for adults that exists to benefit all interested adult swimmers. The program is for swimmers ages 18+ and of any abilities, who want conditioning and stroke technique enhancement. It's great fun for lap swimmers who want to add a new dimension to their routine. Swim meets, triathlons, and open-water competitions are available for those who want to compete. The overriding philosophy of Masters Swimming is that participation in sports can and should be a life-enhancing experience. Our program emphasizes structure and continuous instruction. We are a true community program and serve over 130 team members. We look forward to seeing you at the pool! For more information, email April Cheadle at april@biparks.org or www.bainbridgeaquaticmasters.com.



For beginners or those returning to the sport after an absence be sure to try the **Wednesday 10:30a workout**. For those interested in **Race Pace Training**, starts from the blocks or meet prep, stop by the **Wednesday 12:00p workout**.

WET WORKOUT TIMES

M 9:00-10:30a; 12:00-1:15p
T/Th 5:15-6:30a, 9:00-10:15a, 12:00-1:15p
W 9:00-10:15a, 10:30-11:45a, 12:00-1:15p
F 6:30-7:45a, 9:00-10:15a
Sa* 5:30-7:00a, 7:00-8:30a

*Specialized workout groups change weekly. Contact Coach April for group assignments.



DRY LAND WORKOUT TIMES (with Coach Approval)

T/Th 11:15-11:45a
W/F 8:15-8:45a

	1 x Week	2 x Week	Unlimited	Unlimited w/ Season Pass
Senior 60+	\$44	\$52	\$58	\$72
Adult	\$50	\$61	\$68	\$88

Optional 10-workout pass \$124



ADULT AQUA EXERCISE CLASSES

THIS SCHEDULE BEGINS 6/12

****No classes on 7/4, 9/4****
No Classes 6/12, 6/13, 6/14 9:00a-1:00p Due to End-of-School Parties

	MON	TUE	WED	THURS	FRI	SAT	SUN
Morning Classes	River Fit 7:00-8:00a Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a	Aqua Fit 8:45-10:00a	Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a	Aqua Fit 8:45-10:00a	River Fit 7:00-8:00a Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a Aqua Arthritis 10:00-10:45a	Aqua Zumba 7:30-8:15a River Fit 8:30-9:30a	Morning Yoga 9:00-10:00a NEW
Afternoon Classes	Motion Meditation 12:00-1:00p	Noon Time Aqua Motion 12:00-1:00p	Motion Meditation 12:00-1:00p	Noon Time Aqua Motion 1:00-2:00p			
Evening Classes		Hydro Fit 7:30-8:30p		Hydro Fit 7:30-8:30p			

AQUA FIT

Are you tight and tired from sitting at a desk? Come join in our full-body workout class that will relax you while strengthening your body! The Aqua FIT instructors utilize many tools, including both shallow and deep water to tone and strengthen your muscles while being kind to your joints. **Instructor: Dana Rosenbaum**

RIVER FITNESS

Using the natural resistance of the river, our instructors will challenge you with a series of exercises. Exercises will combine cardio with muscle conditioning, stretching and toning to engage each participant in a comprehensive workout. This class will be limited to the first 10 participants and requires aquatic shoes. **Instructors: Pamela McCann, Sherry Schweizer, Angie Bickerton**

SUNDAY MORNING YOGA

Come on in and center yourself from a busy week. Perform yoga movements in the water while receiving the compression of the water to improve circulation, calm the mind and body and restore ranges of motion. This class is for everyone from the most extreme athlete to people working on balance. **Instructor: Liliana Grip**

MOTION MEDITATION

Restore balance and motion to the body and soul, using movements based on tai chi and qigong. Non-swimmers and those with limited mobility welcome. **Instructor: Lynn Arthur**

WEEKDAY CORE WORKOUT

Change up your workout routine by taking it to the water! This unique workout combines the best of deep and shallow water to strengthen your body from the core up! **Instructors: Sherry Schweizer, Gina Weibel**

HYDRO FIT

Deep water classes are non-impact workouts, which allow participants to increase their intensity without negatively impacting their joints. Floatation devices are utilized and provided for this class. New students should plan to arrive 10 minutes early for their first class, for orientation. **Instructors: Angie Bickerton, Ivy Stevens, Liliana Grip, Liz Field**

AQUA ZUMBA

Aqua Zumba integrates the winning formula of Latin and International dance music with a water-based workout. The music is energizing and you'll have fun burning the calories! **Instructor: Pamela McCann**

NOON TIME AQUA MOTION

Energize yourself with a combo workout in the river or shallow water and then move to the deep! Water shoes and water bottles are recommended. **Instructor: Gina Weibel**

AQUA ARTHRITIS

The Arthritis Foundation Aquatic Workout is a warm-water exercise program shown to reduce pain and improve overall health. If arthritis is keeping you from moving the way you want to or you need to unlock some of those stiff joints, come enjoy the healing powers of the water. Water shoes and a water bottle are required for this class. **Instructor: Sherry Schweizer**

403105-01	F	10:00-10:45a	6/16-7/21	\$72
02	F	10:00-10:45a	7/28-9/1	\$72

AQUATIC CENTER



ADULT SWIM CLASSES

YES, YOU CAN SWIM!

Our instructors will help you become comfortable in the water and release your inner child! During this class, you work on all the basics from being comfortable submerging to floating on the water.

402519-01 Th 6:30-7:30p 6/15-8/3 \$128
Max 4

SWIMMING FOUNDATIONS

The focus of the foundations course is to increase each swimmer's skills from the basic to progressing and refining the basic strokes. Our instructors will focus on building each swimmer's confidence as they reach for their goals.

402517-01 Th 7:30-8:30p 6/15-8/3 \$128
Max 5



TRIM THAT TRI

A class for adult athletes interested in competing in triathlons, but for whom swimming is a challenge. Build your skills, endurance and speed in the front crawl, as well as touch on other strokes to use in a triathlon. There will be additional training ideas for practice outside of class.

102518-01 W 7:00-8:00p 6/14-8/2 \$128

BABYSITTER TRAINING CAMP (AMERICAN RED CROSS)

For further information on our Babysitter Training Camp reference page 71.



SPECIALTY CLASSES

LIFEGUARD & WATERPARK LIFEGUARD (AMERICAN RED CROSS) ★

Through an in-person style class you will learn skills to gain employment as a lifeguard in a waterpark or pool setting. You must be 15 years old and pass a swimming skill assessment. Skill assessments will be given on the first day of class. For more information, go to www.biparks.org.

402520-01 M-F 6/23 7:00-8:30p; 6/26-6/30 8:00a-5:00p \$300
Min 5/Max 10

WATER SAFETY INSTRUCTOR COURSE (AMERICAN RED CROSS) ★

Through a blended learning style course, gain your professional certification to become a swim instructor. Learn techniques and skills that will prepare you to teach participants from 6 months to adults' valuable swimming and safety skills. You must be at least 16 years old and have level 4 swimming skills to participate in this course. Instructor candidates will need to come prepared for a swimming assessment on the first day of class.

402521-01 T, Th, Sa 6/13-6/24 T/Th 5:00-8:00p, Sa 9:00a-12:00p \$250
Min 4/Max 10

ADULT/CHILD & PEDIATRIC CPR/AED & FIRST AID CLASS ★

Would you like to feel confident that you could help a neighbor or family member in an emergency? If so, one of the first and most important steps is becoming certified in basic CPR and First Aid. Our classes are blended learning for the busy students.

402522-01	Th	12:00-2:00p	8/10	\$55
02	Sa	9:00-11:00a	8/12	\$55
03	W	6:00-8:00p	8/23	\$55
04	Sa	9:00-11:00a	8/26	\$55

Min 4/ Max 10

**Due to blended learning, registration will cut off 1 week prior to the class date. The online portion must be completed and a certificate of completion present before the class date, if NOT you will not be refunded or allowed to take the class. **

BABYSITTER TRAINING (AMERICAN RED CROSS) ★

Ages 11 and older. Invest some time to jumpstart your money-earning ability and knowledge of younger children: so many families appreciate a trained sitter! Join our Red Cross instructor in basic first aid and safety skills, age-appropriate activities, infant handling, basic CPR, marketing your services and more. Students who successfully complete the course will receive their Red Cross certificate. Class size is limited. Min 5/Max 12. Aquatic Center

402536-01	Th, F	12:00-4:00p	6/22-23	\$100
02	M, W	12:00-4:00p	8/7, 8/9	\$100



AQUATIC CENTER

YOUTH SPECIALTY CLASSES

PLEASE SEE SWIM LESSON SCHEDULE ON PAGE 77 FOR DATES AND TIMES

STROKE TECHNIQUE CLINICS

Clinics are for swimmers Stingray level or above that need to improve their strokes for swim team or advance to the next level. We offer clinic instruction for each stroke, but focus on butterfly and breaststroke improvement as these challenge our swimmers most often.

SPLASH 1

Splash Level 1 is for the swimmer who would like to be introduced to swim team, but is not quite ready to swim for the full hours. During this time our instructor will work on technique and basic aspects of swimming in a team environment. New participants must have passed Manta Ray.

SPLASH 2

The second level of Splash is for the swimmer who is not ready for swim team but is ready for competition and working on speed while maintaining technique. New participants must pass Splash 1.

SPLASH BALL

Splash Ball is designed to introduce children ages 5-8 to the sport of water polo in a fun and safe atmosphere. Participants will learn the basics of water polo in shallow-water environments, showcasing the fun and team experience for each child. Children will also be given the opportunity to experience deep water at the discretion of the instructor.

WATER POLO CLASS

Ages 8-13. Participants will learn the fundamentals of this fast-growing and exciting sport. Participants must be able to swim two pool lengths of front crawl and tread water for five minutes. No previous water polo experience is necessary.

PRIVATE LESSONS

Private Lessons are registered for online. Please complete the questionnaire as accurately as possible. The instructors will contact you when they have availability that matches your cited availability. Once you have an instructor and have scheduled your private lesson, please pay at the Aquatic Center front desk. Each time you come in for your lesson, please stop in and let us know you are here! Sign up for the waitlist #402560

This waitlist renews each brochure season

30-minute private lesson \$35

30-minute semi-private lesson \$25 per person (two swimmers at a time)



SEMI-PRIVATE PREMIUM SWIM CLASSES

Maximum of 3 students

In this premium swim class your child will receive specialized attention they would gain during a semi-private swim lesson. This individualized instruction will allow the instructor to challenge the swimmer and pique their interest, gaining confidence and the skills to progress at their own rate. These premium classes will be held during regular swim lessons and will be limited to three students. Sign up today, as class space is limited!

MINNOW #402507

Sec# 25	11:20-11:55a	\$140	6/22-6/30*
26	11:20-11:55a	\$160	7/5-7/14*
27	11:20-11:55a	\$160	7/17-7/27
28	11:20-11:55a	\$160	7/31-8/10
29	11:20-11:55a	\$160	8/14-8/24

FISH #402508

Sec# 24	12:05-12:35p	\$140	6/22-6/30*
25	12:05-12:35p	\$160	7/5-7/14*
26	12:05-12:35p	\$160	8/14-8/24

FLY FISH #402509

Sec# 29	12:05-12:35p	\$160	7/5-7/14*
30	12:05-12:35p	\$160	7/31-8/10

STING RAY #402510

Sec# 15	11:20-12:00p	\$140	6/22-6/30*
16	11:20-12:00p	\$160	7/5-7/14*
17	11:20-12:00p	\$160	7/17-7/27
18	11:20-12:00p	\$160	7/31-8/10
19	11:20-12:00p	\$160	8/14-8/24

MANTA RAY #402511

Sec# 13	11:20-12:00p	\$140	6/22-6/30*
14	11:20-12:00p	\$160	7/5-7/14*
15	11:20-12:00p	\$160	7/17-7/27
16	11:20-12:00p	\$160	7/31-8/10
17	11:20-12:00p	\$160	8/14-8/24

SWIM LESSON DATES

Session 1 Lessons*	Th-F, M-F	6/22-23, 6/26-6/30
Session 2 Lessons*	W-F, M-F	7/5-7/7, 7/10-7/14
Session 3 Lessons	M-Th, M-Th	7/17-7/20, 7/24-27
Session 4 Lessons	M-Th, M-Th	7/31-8/3, 8/7-10
Session 5 Lessons	M-Th, M-Th	8/14-17, 8/21-24



17	9:35-10:05a	\$64.00	7/31-8/10
18	10:10-10:40a	\$64.00	7/31-8/10
19	10:45-11:15a	\$64.00	7/31-8/10
20	12:05-12:35p	\$64.00	7/31-8/10
21	9:00-9:30a	\$64.00	8/14-8/24
22	9:35-10:05a	\$64.00	8/14-8/24
23	10:10-10:40a	\$64.00	8/14-8/24
24	10:45-11:15a	\$64.00	8/14-8/24
25	12:05-12:35p	\$64.00	8/14-8/24
Tuesday/Thursday			
26	4:30-5:00p	\$56.00	6/20-7/13*
27	4:30-5:00p	\$64.00	7/18-8/10
28	5:40-6:10p	\$64.00	7/18-8/10

STING RAY (LV4A) #402510

Monday-Thursday			
Sec#01	8:50-9:30a	\$56.00	6/22-6/30*
02	12:05-12:45p	\$56.00	6/22-6/30*
03	8:50-9:30a	\$64.00	7/5-7/14*
04	12:05-12:45p	\$64.00	7/5-7/14*
05	8:50-9:30a	\$64.00	7/17-7/27
06	12:05-12:45p	\$64.00	7/17-7/27
07	8:50-9:30a	\$64.00	7/31-8/10
08	12:05-12:45p	\$64.00	7/31-8/10
09	8:50-9:30a	\$64.00	8/14-8/24
10	12:05-12:45p	\$64.00	8/14-8/24
Tuesday/Thursday			
11	4:30-5:10p	\$56.00	6/20-7/13*
12	6:10-6:50p	\$56.00	6/20-7/13*
13	4:30-5:10p	\$64.00	7/18-8/10
14	6:10-6:50p	\$64.00	7/18-8/10

MANTA RAY (LV4B) #402511

Monday-Thursday			
Sec#01	8:50-9:30a	\$56.00	6/22-6/30*
02	10:20-11:00a	\$56.00	6/22-6/30*
03	8:50-9:30a	\$64.00	7/5-7/14*
04	10:20-11:00a	\$64.00	7/5-7/14*
05	8:50-9:30a	\$64.00	7/17-7/27
06	10:20-11:00a	\$64.00	7/17-7/27
07	8:50-9:30a	\$64.00	7/31-8/10
08	10:20-11:00a	\$64.00	7/31-8/10
09	8:50-9:30a	\$64.00	8/14-8/24
10	10:20-11:00a	\$64.00	8/14-8/24
Tuesday/Thursday			
11	5:20-6:00p	\$56.00	6/20-7/13*
12	5:20-6:00p	\$64.00	7/18-8/10

DOLPHIN (LV5) #402512

Monday-Thursday			
Sec#01	9:45-10:25a	\$56.00	6/22-6/30*
02	9:45-10:25a	\$64.00	7/5-7/14*
03	9:45-10:25a	\$64.00	7/17-7/27
04	9:45-10:25a	\$64.00	7/31-8/10
05	9:45-10:25a	\$64.00	8/14-8/24
Tuesday/Thursday			
06	6:15-6:55p	\$56.00	6/20-7/13*
07	6:15-6:55p	\$64.00	7/18-8/10

SPLASH 1 #400502

Monday-Thursday			
Sec#01	12:00-12:40p	\$56.00	6/22-6/30*
02	12:00-12:40p	\$64.00	7/5-7/14*
03	12:00-12:40p	\$64.00	7/17-7/27
04	12:00-12:40p	\$64.00	7/31-8/10
05	12:00-12:40p	\$64.00	8/14-8/24

SPLASH 2 #400503

Monday-Thursday			
Sec#01	8:00-8:45a	\$84.00	6/22-6/30*
02	8:00-8:45a	\$96.00	7/5-7/14*
03	8:00-8:45a	\$96.00	7/17-7/27
04	8:00-8:45a	\$96.00	7/31-8/10
05	8:00-8:45a	\$96.00	8/14-8/24
Tuesday/Thursday			
Sec#06	4:30-5:30p	\$112.00	6/20-7/13*
07	4:30-5:30p	\$128.00	7/18-8/10

DIVING FISH 1 #401101

Monday-Thursday			
Sec#01	10:10-10:40a	\$56.00	6/22-6/30*
02	10:10-10:40a	\$64.00	7/5-7/14*(6)
03	10:45-11:15a	\$64.00	7/5-7/14*(3)
04	10:10-10:40a	\$64.00	7/17-7/27(6)
05	10:10-10:40a	\$64.00	7/31-8/10(6)
06	10:45-11:15a	\$64.00	7/31-8/10(3)
07	10:10-10:40a	\$64.00	8/14-8/24(6)
08	10:45-11:15a	\$64.00	8/14-8/24(3)

DIVING FISH 2 #401102

Monday-Thursday			
Sec#01	10:45-11:15a	\$64.00	7/5-7/14*(3)
02	10:45-11:15a	\$64.00	7/31-8/10(3)
03	10:45-11:15a	\$64.00	8/14-8/24(3)



ALL SWIM LESSONS ARE ELIGIBLE FOR HELPLINE VOUCHERS

SWIM LESSON DATES

MORNING LESSONS

Session 1 Lessons*	Th-F, M-F	6/22-23, 6/26-6/30
Session 2 Lessons*	W-F, M-F	7/5-7/7, 7/10-7/14
Session 3 Lessons	M-Th, M-Th	7/17-7/20, 7/24-7/27
Session 4 Lessons	M-Th, M-Th	7/31-8/3, 8/7-8/10
Session 5 Lessons	M-Th, M-Th	8/14-8/17, 8/21-8/24

AFTERNOON LESSONS

Session 1 Lessons	T/Th	6/20-7/13* No class on 7/4
Session 2 Lessons	T/Th	7/18-8/10

WE ARE GOING BIG THIS SUMMER WITH NEW CAMPS, OFF ISLAND RIDING CAMPS, AND BIKE BACKPACKING CAMPS.

See page 23 for details.

SWIMMING LESSONS

A Quick Guide to the Progression

LEVEL & AGES	LENGTH	DESCRIPTION	CLASS SIZES
Tiny Tots Age: 6 mon-3 yr	30 Min	My Child... <ul style="list-style-type: none"> • Has little or no water experience • Can Hold up their own head 	Min 5/Max 12
Tiny Starfish Age: 2 -5 yr	30 Min	My Child... <ul style="list-style-type: none"> • Is ready to start floating and exploring the water but still needs support from a parent 	Min 5/Max 12
Starfish K1 Age: 3.5-5 yr	30 Min	My Child... <ul style="list-style-type: none"> • Has little or no water experience & is 3+ yrs. • Can follow directions • Can be in the water without a parent 	Min 3/Max 5
Angelfish K2 Age: 3.5-5 yr	30 Min	My Child... <ul style="list-style-type: none"> • Can face float for 5 seconds & bob 5 times • Feels comfortable in the water, on back, ears in 	Min 3/Max 5
Beta Fish K3 Age: 3.5-5 yr	30 Min	My Child... <ul style="list-style-type: none"> • Is comfortable with back floats • Is ready for deep water exposure • Can horizontally float & glide on front/back 	Min 3/Max 6
Clownfish K4 Age: 3.5-5 yr	30 Min	My Child... <ul style="list-style-type: none"> • Can glide into streamline by self • Can do 5 bobs while blowing bubbles under water • Is comfortable in deep water • Can jump in unassisted & swim 15 yards 	Min 3/Max 6
Little Fish K5 Age: 3.5-5 yr	30 Min	My Child... <ul style="list-style-type: none"> • Can swim front crawl for 10 yards • Can level off vertical to horizontal in deep water 	Min 3/Max 6
Guppy Age: 6-12 yr	30 Min	My Child... <ul style="list-style-type: none"> • Has little or no water experience • Can be in the water without a parent 	Min 3/Max 6
Minnow Age: 6-12 yr	30 Min-45 Min	My Child... <ul style="list-style-type: none"> • Can face float 5 sec. & blow bubbles for 3 sec. • Is comfortable in the water with a horizontal position • Is ready for deep water exposure 	Min 3/Max 6
Fish Age: 6-12 yr	30 Min-45 Min	My Child... <ul style="list-style-type: none"> • Can back float for 15 sec • Can swim 15 yards unassisted • Can do 10 bobs while blowing bubbles under water • Can tread water for 15 sec 	Min 3/Max 7
Flying Fish Age: 6-12 yr	30 Min-45 Min	My Child... <ul style="list-style-type: none"> • Can swim front crawl with rhythmic breathing 15 yards • Pushes off wall in streamlined position • Can move vertical to horizontal on front & back 	Min 3/Max 7
Sting Ray Age: 6-12 yr	30 Min-45 Min	My Child... <ul style="list-style-type: none"> • Can swim front crawl w/consistent side breathing • Can swim correct elementary backstroke for 15 yards • Can streamline off wall with dolphin kick & flutter kick on back 	Min 3/Max 8
Manta Ray Age: 6-12 yr	30 Min-45 Min	My Child... <ul style="list-style-type: none"> • Is familiar with butterfly arm strokes & timing • Performs correct breaststroke technique • Can streamline off wall on back 	Min 3/Max 8
Dolphin Age: 6-12 yr	30 Min-45 Min	My Child... <ul style="list-style-type: none"> • Has the timing & coordination for fly, breaststroke and sidestroke • Can swim front crawl 100 yards with good technique 	Min 3/Max 8