

AQUATIC CENTER ADMISSION FEES WINTER/SPRING 2018

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	Locker
10 Times	\$45.00	\$55.00	\$10.00
20 Times	\$80.00	\$100.00	\$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.**



WINTER/SPRING SCHEDULE 2018

- 1/15** **Holiday Schedule** Lap & Family Swim 12:00-3:00p
- 1/19** **Float & Float** 5:00-7:00p, \$7.00
- 1/24-26** **Extended Family Swim** 11:00a-2:00p
- 2/10** **BISC Meet**, Facility Closed
- 2/11** **BISC Meet**, Facility Closed
- 2/16** **Float & Float** 5:00-7:00p, \$7.00
- 2/17-21** **American Red Cross** Instructor Academy see schedule
- 2/19** **Holiday Schedule Family Swim** 12:00-2:00p
Lap Swim RAY only 12:00-3:00p

- 3/16** **Float & Float** 5:00-7:00p, \$7.00
- 4/1** **Holiday Schedule Lap & Family Swim** 12:00-3:00p
- 4/2-6** **Spring Break** Open Swims 2:30-4:30p
- 4/20** **Float & Float** 5:00-7:00p, \$7.00
- 5/18** **Float & Float** 5:00-7:00p, \$7.00
- 5/28** **Holiday Schedule** Lap & Family Swim 12:00-3:00p
- 6/15** **Float & Float** 5:00-7:00p, \$7.00

END OF SCHOOL PARTIES 6/15, 6/18, 6/19 Nakata Closed 9:00a-1:00p
Summer Schedule begins 6/21

WINTER/SPRING 2018

Swim Descriptions & Schedules

January 2 - June 20

Visit our website for a detailed schedule www.biaquatics.org

LAP SWIM RAY WILLIAMSON POOL ***NEW TIME***

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-3:30p 7:00-8:00p	5:00a-3:00p	5:00a-3:30p 7:00-8:00p	5:00a-3:00p	5:00a-3:30p 7:00p-8:30p	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
5:00a-3:00p 6:30-8:30p	5:00a-3:00p 6:30-8:30p	5:00a-3:00p 6:30-8:30p	5:00a-3:00p 6:30-8:30p	5:00a-3:00p 7:00-8:30p	7:30-10:00a	8:00a-12:00p

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
				5:00-7:00p	1:00-4:00p	1:00-4:00p

SENIOR/SPECIAL NEEDS DON NAKATA POOL ***NEW TIMES***

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
10:00-11:30a	10:00-11:30a	10:00-11:30a	10:00-11:30a	10:00-11:30a		

FAMILY SWIM DON NAKATA POOL ***NEW TIMES***

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
12:00a-2:00p 6:30-8:00p	12:00a-2:00p	12:00a-2:00p 6:30-8:00p	12:00a-2:00p	12:00a-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-3:00p 6:30-8:30p	5:00a-3:00p 6:30-8:30p	5:00-7:00a 9:00a-3:00p 6:30-8:30p	5:00a-3:00p 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 our party packages to get the party experience that you want. Please call to reserve your party two weeks in advance!%



NAKATA ROOM



CABANA

Package A: Your choice of room for 1 hour of party time, 12 child swim passes and 3 adult swim passes included.

Package B: 1 hour of party room time, 12 child swim passes and 3 adult passes. We will pick up the cake, ice cream, juice, paper, utensils and balloons.

Package C: Package B plus 45 minutes of reserved pool space with your choice of the Rock, Log Roll or inner tubes.

Package D: Package C plus your choice of themed place settings.

Package	A	B	C	D
Nakata Room	\$100.00	\$159.00	\$189.75	\$218.50
Cabana	\$117.25	\$177.00	\$207.00	\$235.75

Additional kids up to 20 add:	\$3.00ea	\$4.75ea	\$5.25ea	\$5.75ea
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TUBES



LOG ROLL

RENTALS

Would you like to enjoy the pool with your friends, family or co-workers without all the extra people? Would you like to have a private showing of a movie or use the waterpark? 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 842-2302 for pricing and availability. Schedule a minimum of two weeks in advance!%

RENTAL INFORMATION

DON NAKATA POOL RENTAL \$210/HR

Includes: slide, river, beach, diving boards, rope swing and the spa (hot tub)

Add a game for your guests for an additional \$35/hr

PRIVATE MOVIE NIGHT IN THE POOL \$125/HR

Includes: shallow end, river, spa (hot tub), innertubes, audio visual equipment

Do you want to rent a room to have cake and ice cream after your pool time, no problem! \$30/hr





AQUATIC CENTER



FLOAT & FLOAT MOVIE NIGHTS

Our staff turns down the lights, inflates the inner tubes, serves root beer floats providing a fun and safe atmosphere for your family to watch a movie while relaxing in the water. 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
1/19, 2/16, 3/16, 4/20, 5/18, 6/15 5:00-7:00p



BABYSITTER CAMP (AMERICAN RED CROSS)

Ages 11 and older. Gain all the skills to work as 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.
102536-03 M-Th 9:00a-2:00p 4/2-4/5 \$275

SUMMER IS Calling

END-OF-YEAR SCHOOL PARTIES

Celebrate the end of the school year with a pool party for your class or school. We have the entire pool for your group – slide down the water slide, play in the river, or go off the rope swing. Kick off summer the right way! Call 206-842-2302 to register. Dates available: 6/15, 6/18, 6/19 9:00a-1:00p



NO-SCHOOL EXTENDED FAMILY SWIM

On conference days, we have extended family swim to accommodate some fun time in the pool! Please remember that all minors must be accompanied in the water by an adult to participate.

Dates: 1/24, 1/25, 1/26 11:00a-2:00p

Regular Admission

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 842-2302 x 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 (LEVEL 1)** 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)** monthly dues, plus additional meet fees
4 practices per week and scheduled meets
- GOLD (LEVEL 3)** monthly dues, plus additional meet fees
5 practices per week and scheduled meets
- CHAMPS (LEVEL 4)** monthly dues, plus additional meet fees
6 practices per week and scheduled meets
- REGIONAL (LEVEL 5)** monthly dues, plus additional meet fees
7 practices per week and scheduled meets
- SECTIONAL (LEVEL 6)** monthly dues, plus additional meet fees
7 practices per week and scheduled meets
- JR. NATIONAL (LEVEL 7)** 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 \$100.00 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+	\$51	\$60	\$67	\$83
Adult	\$58	\$70	\$78	\$101

Optional 10-workout pass \$142



ADULT AQUA EXERCISE CLASSES

THIS SCHEDULE BEGINS 1/2

	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 8:45-9:45a Baby & Me Water Fit 10:00-10:45a	River Fit 8:00-9:00a Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a	Aqua Fit 8:45-9:45a Baby & Me Water Fit 10:00-10:45a Twinges & Hinges 11:00-11:45a	River Fit 7:00-8:00a Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a Aqua Arthritis 10:00-10:45a	River Fit 8:30-9:30a Hydro Fit 10:30-11:30a	Hydro Fit 10:00-11:00a
Afternoon Classes	Motion Meditation 12:00-12:45p	Noon Time Aqua Motion 12:00-1:00p	Motion Meditation 12:00-12:45p	Noon Time Aqua Motion 12:00-1:00p			
Evening Classes		Hydro Fit 7:30-8:30p		Hydro Fit 7:30-8:30p			

****No classes on 1/1, 1/15, 2/19, 2/20, 2/21, 3/31, 4/1-6, 5/28**** No classes 9:00a-1:00p 6/15, 6/18, 6/19 End of School Year Parties

WATER FITNESS

	1 x Week	2 x Week	Unlimited	Unlimited w/ Monthly Pass
Senior 60+	\$36	\$60	\$70	\$85
Adult	\$40	\$68	\$80	\$95

Optional 10-workout pass Senior \$100 Adult \$110

BABY & ME WATER FIT

Join an instructor while you work out with your child in the water. Learn how to make the water your fitness zone while you and your child play. Splash on in and try it out today. To participate, please wear water tennis shoes and your child must be 6 months old and able to hold their head up independently. **Instructor: Gina Weibel**

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: Gina Weibel**

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: Sherry Schweizer, Angie Bickerton, Gina Weibel, Megan Pleli**

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 and Liz Field**

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, Kate Sharafanowich**

NOON TIME AQUA MOTION

Energize yourself with a combo workout in the river or shallow water and then move to the deep! This class is challenging with high-energy music to keep you moving and grooving. Water shoes and water bottles are recommended. **Instructor: Gina Weibel**

AQUA ARTHRITIS AND TWINGES & HINGES

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 and Gina Weibel**

**WE ARE LOOKING FOR INSTRUCTORS
TO HIRE AND TRAIN**



AQUATIC CENTER



ADULT & TEEN 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.

102519-01	Th	6:30-7:30p	1/18-3/15	\$157.50
02	Th	6:30-7:30p	4/12-5/24	\$122.50

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.

102517-01	Th	7:30-8:30p	1/18-3/15	\$157.50
02	Th	7:30-8:30p	4/12-5/24	\$122.50



ADULT SKILL BUILDER I/II ★

Whether it's a flip turn you have wanted to try or a more advanced stroke you'd like to learn, this class is for you! Our instructors want to take those foundations you have been acquiring and now refine your strokes and build endurance and more intricate swimming techniques.

102516-01	TTh	10:30-11:30a	1/16-2/15	\$175.00
02	TTh	10:30-11:30a	2/27-3/29	\$175.00
03	TTh	10:30-11:30a	4/10-5/10	\$175.00

SPECIALTY CLASSES



LIFEGUARD & WATERPARK LIFEGUARD (AMERICAN RED CROSS) ★

Through a blended learning style class you will learn skills to gain em-

ployment 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.

102520-01	FSa	F 5:00-8:30p, Sa 8:00a-5:00p	3/16-3/31	\$290
Min 5/Max 10				

HIGH SCHOOL LIFEGUARD & WATER SAFETY PHYSICAL EDUCATION CLASS (AMERICAN RED CROSS) ★

Gain your Physical Education credit and take a Lifeguard and Water Safety Instructor course with the Bainbridge Island High School class. Offered for a full semester. Gain the knowledge and skills to obtain the American Red Cross certification that will prepare you to work as a lifeguard or swim instructor.

102520-02	MTTh	M 8:30-9:30a; TTh 8:30-10:30a	1/29-6/19	\$250
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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. Min 6/ Max 12

102522-01	W	9:00-11:00a	4/25	\$63.25
02	Th	6:00-8:00p	5/31	\$63.25
03	W	1:00-3:00p	6/6	\$63.25

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

102536-01	WTh	12:00-4:00p	1/24-1/25	\$115
02	Sa	12:00-4:00p	3/3, 3/10	\$115



CHECK OUT OUR BABYSITTER CAMP ON PAGE 17



AQUATIC CENTER

YOUTH SPECIALTY CLASSES

PLEASE SEE SWIM LESSON SCHEDULE ON PAGE 72-73 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 I

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.

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.

**BECOME PART OF
OUR TEAM!**

**CALL MEGAN PLELI TODAY
AT 206-842-2302**

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!

STARFISH (K1) #102502

Sec #29	M	3:30-4:00p	\$100.00	1/22-2/12
30	M	3:30-4:00p	\$125.00	4/9-5/7

BETA FISH (K3) #102504

Sec #18	Th	3:30-4:00p	\$125.00	1/18-2/15
19	Th	5:15-5:45p	\$125.00	1/18-2/15
20	Th	3:30-4:00p	\$125.00	3/1-3/29
21	Th	5:15-5:45p	\$125.00	3/1-3/29
22	Th	3:30-4:00p	\$125.00	4/12-5/10
23	Th	5:15-5:45p	\$125.00	4/12-5/10

MINNOW #102507

Sec #14	M	3:30-4:00p	\$100.00	1/22-2/12
15	M	3:30-4:00p	\$125.00	4/9-5/7
16	T	5:15-5:45p	\$125.00	1/16-2/13
17	T	5:15-5:45p	\$125.00	2/27-3/27
18	T	5:15-5:45p	\$125.00	4/10-5/8

FISH #102508

Sec#17	M	3:30-4:00p	\$100.00	1/22-2/12
18	M	4:40-5:10p	\$125.00	2/26-3/26
19	M	3:30-4:00p	\$125.00	4/9-5/7
20	T	3:30-4:00p	\$125.00	1/16-2/13
21	T	3:30-4:00p	\$125.00	2/27-3/27
22	T	3:30-4:00p	\$125.00	4/10-5/8

FLYING FISH #102509

Sec #12	M	3:30-4:00p	\$100.00	1/22-2/12
13	M	3:30-4:00p	\$125.00	4/9-5/7

STING RAY #102510

Sec #13	M	4:05-4:45p	\$100.00	1/22-2/12
14	W	4:40-5:20p	\$125.00	2/28-3/28
15	M	4:05-4:45p	\$125.00	4/9-5/7

MANTA RAY #102511

Sec# 10	W	4:05-4:45p	\$125.00	1/17-2/14
11	M	4:40-5:20p	\$125.00	2/26-3/26
12	W	4:05-4:45p	\$125.00	4/11-5/9

SWIM LESSONS

See Quick Guide to Progression on page 74

TINY TOTS #102501

Monday/Wednesday			
Sec #01	5:50-6:20p	\$78.75	1/17-2/14
02	5:50-6:20p	\$87.50	4/9-5/9
Tuesday/Thursday			
03	10:05-10:35a	\$87.50	1/16-2/15
04	10:05-10:35a	\$87.50	2/27-3/29
05	10:05-10:35a	\$87.50	4/10-5/10
Saturday			
06	9:05-9:35a	\$87.50	1/13-3/17*
07	10:30-11:00a	\$87.50	1/13-3/17*
08	9:05-9:35a	\$70.00	3/24-5/19*
09	10:30-11:00a	\$70.00	3/24-5/19*

TINY STARFISH #102542

Monday/Wednesday			
Sec #01	5:50-6:20p	\$87.50	2/26-3/28
Saturday			
02	9:40-10:10a	\$78.75	1/13-3/17*
03	11:05-11:35a	\$78.75	1/13-3/17*
04	9:40-10:10a	\$70.00	3/24-5/19*
05	11:05-11:35a	\$70.00	3/24-5/19*

STARFISH (K1) #102502

Monday/Wednesday			
Sec #01	9:30-10:00a	\$78.75	1/17-2/14
02	11:15-11:45a	\$78.75	1/17-2/14
03	4:40-5:10p	\$78.75	1/17-2/14
04	5:15-5:45p	\$78.75	1/17-2/14
05	9:30-10:00a	\$87.50	2/26-3/28
06	11:15-11:45a	\$87.50	2/26-3/28
07	4:05-4:35p	\$87.50	2/26-3/28
08	5:15-5:45p	\$87.50	2/26-3/28
09	9:30-10:00a	\$87.50	4/9-5/9
10	11:15-11:45a	\$87.50	4/9-5/9
11	4:40-5:10p	\$87.50	4/9-5/9
12	5:15-5:45p	\$87.50	4/9-5/9
Tuesday/Thursday			
Sec #13	9:30-10:00a	\$87.50	1/16-2/15
14	4:05-4:35p	\$87.50	1/16-2/15
15	4:40-5:10p	\$87.50	1/16-2/15
16	5:15-5:45p	\$87.50	1/16-2/15
17	9:30-10:00a	\$87.50	2/27-3/29
18	4:05-4:35p	\$87.50	2/27-3/29
19	4:40-5:10p	\$87.50	2/27-3/29
20	5:15-5:45p	\$87.50	2/27-3/29
21	9:30-10:00a	\$87.50	4/10-5/10
22	4:05-4:35p	\$87.50	4/10-5/10
23	4:40-5:10p	\$87.50	4/10-5/10
24	5:15-5:45p	\$87.50	4/10-5/10
Saturday			
25	9:05-9:35a	\$78.75	1/13-3/17*
26	9:40-10:10a	\$78.75	1/13-3/17*
27	9:05-9:35a	\$70.00	3/24-5/19*
28	9:40-10:10a	\$70.00	3/24-5/19*

ANGELFISH (K2) #102503

Monday/Wednesday			
Sec #01	11:50a-12:20p	\$78.75	1/17-2/14
02	4:05-4:35p	\$78.75	1/17-2/14
03	4:40-5:10p	\$78.75	1/17-2/14
04	11:50a-12:20p	\$87.50	2/26-3/28
05	3:30-4:00p	\$87.50	2/26-3/28
06	4:05-4:35p	\$87.50	2/26-3/28

07	4:40-5:10p	\$87.50	2/26-3/28
08	11:50a-12:20p	\$87.50	4/9-5/9
09	4:05-4:35p	\$87.50	4/9-5/9
10	4:40-5:10p	\$87.50	4/9-5/9
Tuesday/Thursday			
Sec #11	10:40-11:10a	\$87.50	1/16-2/15
12	3:30-4:00p	\$87.50	1/16-2/15
13	4:05-4:35p	\$87.50	1/16-2/15
14	4:40-5:10p	\$87.50	1/16-2/15
15	5:15-5:45p	\$87.50	1/16-2/15
16	10:40-11:10a	\$87.50	2/27-3/29
17	3:30-4:00p	\$87.50	2/27-3/29
18	4:05-4:35p	\$87.50	2/27-3/29
19	4:40-5:10p	\$87.50	2/27-3/29
20	5:15-5:45p	\$87.50	2/27-3/29
21	10:40-11:10a	\$87.50	4/10-5/10
22	3:30-4:00p	\$87.50	4/10-5/10
23	4:05-4:35p	\$87.50	4/10-5/10
24	4:40-5:10p	\$87.50	4/10-5/10
25	5:15-5:45p	\$87.50	4/10-5/10
Saturday			
26	8:35-9:05a	\$78.75	1/13-3/17*
27	10:30-11:00a	\$78.75	1/13-3/17*
28	8:35-9:05a	\$70.00	3/24-5/19*
29	10:30-11:00a	\$70.00	3/24-5/19*

BETA FISH (K3) #102504

Monday/Wednesday			
Sec #01	12:30-1:00p	\$78.75	1/17-2/14
02	4:40-5:10p	\$78.75	1/17-2/14
03	5:50-6:20p	\$78.75	1/17-2/14
04	12:30-1:00p	\$87.50	2/26-3/28
05	4:05-4:35p	\$87.50	2/26-3/28
06	5:15-5:45p	\$87.50	2/26-3/28
07	12:30-1:00p	\$87.50	4/9-5/9
08	4:40-5:10p	\$87.50	4/9-5/9
09	5:50-6:10p	\$87.50	4/9-5/9
Tuesday/Thursday			
10	12:30-1:00p	\$87.50	1/16-2/15
11	4:40-5:10p	\$87.50	1/16-2/15
12	12:30-1:00p	\$87.50	2/27-3/29
13	4:40-5:10p	\$87.50	2/27-3/29
14	12:30-1:00p	\$87.50	4/10-5/10
15	4:40-5:10p	\$87.50	4/10-5/10
Saturday			
16	11:05-11:35a	\$78.75	1/13-3/17*
17	11:05-11:35a	\$70.00	3/24-5/19*

CLOWNFISH (K4) #102505

Monday/Wednesday			
Sec #01	12:30-1:00p	\$78.75	1/17-2/14
02	5:15-5:45p	\$78.75	1/17-2/14
03	12:30-1:00p	\$87.50	2/26-3/28
04	5:15-5:45p	\$87.50	2/26-3/28
05	12:30-1:00p	\$87.50	4/9-5/9
06	5:15-5:45p	\$87.50	4/9-5/9
Tuesday/Thursday			
07	12:00-12:30p	\$87.50	1/16-2/15
08	5:15-5:45p	\$87.50	1/16-2/15
09	12:00-12:30p	\$87.50	2/27-3/29
10	5:15-5:45p	\$87.50	2/27-3/29
11	12:00-12:30p	\$87.50	4/10-5/10
12	5:15-5:45p	\$87.50	4/10-5/10

LITTLE FISH (K5) #102540

Monday/Wednesday			
Sec #01	5:50-6:20p	\$78.75	1/17-2/14
02	5:50-6:20p	\$87.50	2/26-3/28
03	5:50-6:20p	\$87.50	4/9-5/9
Tuesday/Thursday			
04	11:30-12:00p	\$87.50	1/16-2/15
05	5:15-5:45p	\$87.50	1/16-2/15
06	11:30-12:00p	\$87.50	2/27-3/29
07	5:15-5:45p	\$87.50	2/27-3/29
08	11:30-12:00p	\$87.50	4/10-5/10
09	5:15-5:45p	\$87.50	4/10-5/10

GUPPY (LEVEL 1) #102506

Monday/Wednesday			
Sec #01	4:05-4:35p	\$78.75	1/17-2/14
02	4:40-5:10p	\$87.50	2/26-3/28
03	4:05-4:35p	\$87.50	4/9-5/9
Tuesday/Thursday			
04	4:40-5:10p	\$87.50	1/16-2/15
05	4:40-5:10p	\$87.50	2/27-3/29
06	4:40-5:10p	\$87.50	4/10-5/10
Saturday			
07	10:30-11:00a	\$78.75	1/13-3/17*
08	10:30-11:00a	\$70.00	3/24-5/19*

MINNOW (LEVEL 2) #102507

Monday/Wednesday			
Sec #01	4:05-4:35p	\$78.75	1/17-2/14
02	5:15-5:45p	\$78.75	1/17-2/14
03	3:30-4:00p	\$87.50	2/26-3/28
04	4:05-4:35p	\$87.50	2/26-3/28
05	4:40-5:10p	\$87.50	2/26-3/28
06	5:15-5:45p	\$87.50	2/26-3/28
07	4:05-4:35p	\$87.50	4/9-5/9
08	5:15-5:45p	\$87.50	4/9-5/9
Tuesday/Thursday			
09	4:05-4:35p	\$87.50	1/16-2/15
10	4:05-4:35p	\$87.50	2/27-3/29
11	4:05-4:35p	\$87.50	4/10-5/10
Saturday			
12	11:05-11:35a	\$78.75	1/13-3/17*
13	11:05-11:35a	\$70.00	3/24-5/19*

FISH (LEVEL 3A) #102508

Monday/Wednesday			
Sec #01	4:05-4:35p	\$78.75	1/17-2/14
02	5:15-5:45p	\$78.75	1/17-2/14
03	5:50-6:20p	\$78.75	1/17-2/14
04	5:50-6:20p	\$87.50	2/26-3/28
05	3:30-4:00p	\$87.50	4/9-5/9
06	5:50-6:20p	\$87.50	4/9-5/9
07	5:15-5:45p	\$87.50	4/9-5/9
Tuesday/Thursday			
08	4:40-5:10p	\$175.00	1/16-3/29*
09	5:15-5:45p	\$87.50	1/16-2/15
10	5:15-5:45p	\$87.50	2/27-3/29
11	4:40-5:10p	\$87.50	4/10-5/10
12	5:15-5:45p	\$87.50	4/10-5/10
Saturday			
13	8:00-8:30a	\$78.75	1/13-3/17*
14	11:40a-12:10p	\$78.75	1/13-3/17*
15	8:00-8:30a	\$70.00	3/24-5/19*
16	11:40a-12:10p	\$70.00	3/24-5/19*

MON/WED TUES/THURS SATURDAY



FLYING FISH (LEVEL 3B) #102509

Monday/Wednesday			
Sec #01	4:40-5:10p	\$78.75	1/17-2/14
02	4:05-4:35p	\$90.00	2/26-3/28
03	5:15-5:45p	\$90.00	2/26-3/28
04	4:40-5:10p	\$87.50	4/9-5/9

Tuesday/Thursday			
05	4:05-4:35p	\$175.00	1/16-3/29*
06	5:15-5:45p	\$87.50	1/16-2/15
07	5:15-5:45p	\$87.50	2/27-3/29
08	4:05-4:35p	\$87.50	4/10-5/10
09	5:15-5:45p	\$87.50	4/10-5/10

Saturday			
10	8:35-9:05a	\$78.75	1/13-3/17*
11	8:35-9:05a	\$70.00	3/24-5/19*

STING RAY (LEVEL 4A) #102510

Monday/Wednesday			
Sec #01	4:50-5:30p	\$78.75	1/17-2/14
02	5:35-6:15p	\$78.75	1/17-2/14
03	3:20-4:00p	\$87.50	2/26-3/28
04	4:50-5:30p	\$87.50	4/9-5/9
05	5:35-6:15p	\$87.50	4/9-5/9

Tuesday/Thursday			
06	4:05-4:45p	\$135.00	1/16-3/29*
07	5:50-6:30p	\$87.50	1/16-2/15
08	5:50-6:30p	\$87.50	2/27-3/29
09	4:05-4:45p	\$87.50	4/10-5/10
10	5:50-6:30p	\$87.50	4/10-5/10

Saturday			
11	8:40-9:20a	\$78.75	1/13-3/17*
12	8:40-9:20a	\$70.00	3/24-5/19*

MANTA RAY (LEVEL 4B) #102511

Monday/Wednesday			
Sec #01	4:50-5:30p	\$78.75	1/17-2/14
02	5:25-6:05p	\$87.50	2/26-3/28
03	4:50-5:30p	\$87.50	4/9-5/9

Tuesday/Thursday			
04	5:50-6:30p	\$87.50	1/16-2/15
05	4:05-4:45p	\$87.50	2/27-3/29
06	5:50-6:30p	\$87.50	2/27-3/29
07	5:50-6:30p	\$87.50	4/10-5/10

Saturday			
08	8:00-8:40a	\$78.75	1/13-3/17*
09	8:00-8:40a	\$70.00	3/24-5/19*

DOLPHIN (LEVEL 5) #102512

Monday/Wednesday			
Sec #01	5:15-5:55p	\$78.75	1/17-2/14
02	5:15-5:55p	\$87.50	4/9-5/9

Tuesday/Thursday			
03	6:00-6:40p	\$87.50	1/16-2/15
04	6:00-6:40p	\$87.50	2/27-3/29
05	6:00-6:40p	\$87.50	4/10-5/10

Saturday			
06	8:00-8:40a	\$78.75	1/13-3/17*
07	8:00-8:40a	\$70.00	3/24-5/19*

SPLASH I #100502

Monday/Wednesday			
Sec #01	3:20-4:00p	\$78.75	1/17-2/14
02	3:20-4:00p	\$87.50	2/26-3/28
03	3:20-4:00p	\$87.50	4/9-5/9

SPLASH 2 #100503

Monday/Wednesday			
Sec #01	5:15-6:15p	\$157.50	1/17-2/14
02	5:15-6:15p	\$175.00	2/26-3/28
03	5:15-6:15p	\$175.00	4/9-5/9

DIVING FISH 1 #101101

Tuesday/ Thursday			
Sec #01	3:30-4:00p	\$87.50	1/16-2/15
02	4:05-4:35p	\$87.50	1/16-2/15
03	3:30-4:00p	\$87.50	2/27-3/29
04	4:05-4:35p	\$87.50	2/27-3/29
05	3:30-4:00p	\$87.50	4/10-5/10
06	4:05-4:35p	\$87.50	4/10-5/10

DIVING FISH 2 #101102

Tuesday/ Thursday			
Sec #01	3:30-4:00p	\$87.50	1/16-2/15
02	4:40-5:10p	\$87.50	1/16-2/15
03	3:30-4:00p	\$87.50	2/27-3/29
04	4:40-5:10p	\$87.50	2/27-3/29
05	3:30-4:00p	\$87.50	4/10-5/10
06	4:40-5:10p	\$87.50	4/10-5/10

MID-WINTER BREAK LESSONS 2/20-23

All Lessons \$35

STARFISH (K1) 102502-50

5:05-5:35p

ANGELFISH (K2) 102503-50

4:30-5:00p

BETA FISH (K3) 102504-50

5:40-6:10p

GUPPY 102506-50

4:30-5:00p

MINNOW 102507-50

4:30-5:00p

FISH 102508-50

5:05-5:35p

FLYING FISH 102509-50

5:05-5:35p

STING RAY 102510-50

5:40-6:20p

MANTA RAY 102511-50

5:40-6:20p

INTERMEDIATE DIVING FISH # 101103

Tuesday/Thursday			
Sec #01	4:40-5:10p	\$87.50	1/16-2/15
02	4:40-5:10p	\$87.50	2/27-3/2
03	4:40-5:10p	\$87.50	4/10-5/10

STROKE TECHNIQUE CLINICS #102532

Sec #01	2:00-2:30p	M	\$35.00	1/22-2/12
02	3:00-3:30p	F	\$43.75	1/19-2/16
03	2:00-2:30p	M	\$43.75	2/26-3/26
04	3:00-3:30p	F	\$43.75	3/2-3/30
05	2:00-2:30p	M	\$43.75	4/9-5/7
06	3:00-3:30p	F	\$43.75	4/13-5/11

WATER POLO CLASS #100501

Sec #01	6:30-7:45p	M	\$90.00	4/16-5/21
02	6:30-7:45p	W	\$90.00	4/18-5/23

* Additional early winter session TBD

SPRING SPECIALTY QUICK SESSION

All Lessons M-Th 5/14-5/24 \$70

STARFISH (K1) #102502

Sec #31	4:05-4:35p
32	5:15-5:45p

ANGELFISH (K2) #102503

Sec #30	4:40-5:10p
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BETA FISH (K3) #102504

Sec #24	4:40-5:10p
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CLOWNFISH (K4) #102505

Sec #15	5:50-6:20p
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GUPPY #102506

Sec #09	5:15-5:45p
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MINNOW #102507

Sec #19	4:40-5:10p
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FISH #102508

Sec #21	5:15-5:45p
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FLYING FISH #102509

Sec #14	5:50-6:20p
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STING RAY #102510

Sec #13	3:50-4:30p
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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