

MONTHLY SWIM PASSES: PRICES DO INCLUDE SALES TAX.

	1 Admission		Monthly	6-Month	w/locker	12-month	w/locker
	Resident	Non-Resident					
YOUTH (3-17)	\$5.50	\$6.00	\$45.00	\$224.00	\$288.00	\$369.00	\$482.00
ADULT (18-59)	\$6.50	\$7.00	\$55.00	\$280.00	\$343.00	\$462.00	\$573.00
SR. CITIZENS	\$5.50	\$6.00	\$45.00	\$224.00	\$288.00	\$369.00	\$482.00
FAMILY			\$89.00	\$454.00	\$514.00	\$748.00	\$854.00
SENIOR/YOUTH EXERCISE	\$7.00	\$7.00					
ADULT EXERCISE	\$8.00	\$8.00					
	Youth/ Sr. Swim	Adult Swim	Locker				
10 Admission	\$45.00	\$55.00	\$10.00				
20 Admission	\$80.00	\$100.00	\$20.00				

AQUATIC EXERCISE PASS

	Youth/Sr	Adult
10 classes	\$79.00	\$94.00
20 classes	\$125.50	\$165.50

For 30-Day options go to page 69

****Non-Resident \$5.00 charge will be added to Monthly Swim Passes, 10-and 20-Swim Pass options****

Parent and Child Tot Pool Fee: Total admission for both is \$5.00 during lesson time if available. Children **2 and under** FREE admission

SWIM PASSES. Monthly Swim Passes — These passes are good for unlimited swimming during all our general swim hours. Monthly Swim Passes are non-transferable, non-refundable and have no guest privileges. Family passes are good for a household. Monthly Swim Pass holders do not get a discount on classes. **10- and 20-Time Passes** — These passes are available for general swims and lockers. **10- and 20 Time Exercise Passes** — These passes are available for aqua exercise classes. **No passes can be used for special events.**



DON NAKATA POOL



RAY WILLIAMSON POOL

FALL SCHEDULE 2019

9/14	Spartan Relays Ray Closed 12:00-4:00p	12/24	Christmas Eve Facility Closing at 3:00p
10/12	BAM Fest Ray Closed	12/24	Christmas Eve Open Swim 12:00-3:00p
10/18	Float & Float 5:00-7:00p, \$7.00	12/25	Christmas Facility Closed
10/27	Pumpkin 500 Ray Closed 8:00a-2:00p	12/26	Winter Break Open Swim 2:30-4:30p
11/2	Facility Closed BISC Meet	12/27	Winter Break Open Swim 2:30-4:30p ONLY
11/3	Facility Closed BISC Meet	12/30	Winter Break Open Swim 2:30-4:30p
11/11	Regular Schedule	12/31	New Year's Eve Facility Closing at 5:00p
11/15	Float & Float 5:00-7:00p, \$7.00	12/31	Winter Break Open Swim 2:30-4:30p
11/28	Lap & Family Swim 12:00-3:00p	1/1	Family Swim 10:00-12:00p; Open Swim 12:00-3:00p
11/29	Family Swim 10:00-12:00p; Open Swim 12:00-3:00p	1/1	Lap Swim 10:00a-12:00p Nakata ; 10:00-3:00p Ray
11/29	Lap Swim 10:00-12:00p Nakata ; 10:00a-3:00p Ray	1/2-3	Winter Break Open Swim 2:30-4:30p
12/23	Winter Break Open Swim 2:30-4:30p		Winter/Spring Schedule Begins 1/6

FALL 2019

Swim Descriptions & Schedules

September 9-January 5
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-3:30p 7:00-8:00p	5:00a-3:30p	5:00a-3:30p 7:00-8:00p	5:00a-3:30p	5:00a-3:30p 7:00-8:00p	8:30-10:00a 2:00-4:00p	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 6:30-8:30p	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

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
10:00a-12:00p	10:00a-12:00p	10:00a-12:00p	10:00a-12:00p	10:00a-12:00p		

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 9:00-10:00 am, MWF 12:00-1:00 pm and Sat 10:00-11:00 am, 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	5:00a-12:00p 1:00-3:00p 6:30-8:30p	5:00-7:00a 9:00a-3:00p	5:00a-12:00p 1:00-3:00p 6:30-8:30p	5:00-7:00a 9:00a-3:00p	7:30-10:00a	8:00a-12:00p

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 and older whenever the facility is open to the public. The sauna and steam room are open to those 16 and 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. Older 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

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!



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 Log Roll or inner tubes.

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

Package	A	B	C	D
Nakata Room	\$120.00	\$191.00	\$228.00	\$262.50
Cabana	\$141.00	\$212.50	\$248.50	\$283.00
Extra Child up to 20:	\$4.00ea	\$6.00ea	\$7.00ea	\$8.00ea

OTHER RENTAL OPTIONS

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 206-842-2302 for pricing and availability. Schedule a minimum of two weeks in advance!

SPACE	OCCUPANCY	NON-PROFIT/ PRIVATE RATE	COMMERCIAL RATE	AMENITIES INCLUDED
Nakata Pool Open Swim	Up to 60 people *surcharge for additional people	\$226.00/hr	\$452.00/hr	Diving boards, river, rope swing, beach area, hot tub, slide
Private Movie Rental	Up to 40 people *surcharge for additional people up to 180 max	\$134.50/hr		Movie equipment Innertubes Movie must be pre-approved
Nakata A Room	39 people	\$43.00/hr	\$86.00/hr	Chairs and tables
Nakata B Room	136 people	\$54.00/hr	\$108.00/hr	Chairs and tables





AQUATIC CENTER



BECOME A BAINBRIDGE ISLAND MERMAID

**DO YOU HAVE A SWIM LICENSE? YES!
DO YOU HAVE A FIN FUN TAIL? YES**

Great, sign up for our Bainbridge Island Mermaid Safety Class to wear your tail on Friday night Open Swims in Mermaid Cove! Mermaid Safety Classes

#500505 F 4:00-5:00p 9/6, 10/4, 11/1, 12/6 \$20



FLOAT & FLOAT MOVIE NIGHTS AT THE POOL

Our staff turns down the lights, inflates the inner tubes, serve and make sweets. A family fun atmosphere for your group to watch a movie while relaxing in the water. If you have never joined us for a movie night, 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
10/18, 11/15 5:00-7:00p



WINTER BREAK OPEN SWIMS

Get the kids to the pool to burn off energy swimming, going down the slide and diving off the boards.

Regular admission.

12/23, 12/26, 12/27, 12/30, 12/31, 1/2, 1/3 **2:30-4:30p**
12/24, 1/1 **12:00-3:00p**



Come in for the full waterpark experience for the family!

Friday **5:00-7:00p**

(Bainbridge Island Mermaids Welcome)

Saturday & Sunday **1:00-4:00p**

For detailed schedule biaquatics.org



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 Aquatic Center for more information at 206-842-2302 #106 and ask for head coach Carolyn Acklerley, 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

SILVER (LEVEL 2) monthly dues, plus additional meet fees

COPPER (LEVEL 3) monthly dues, plus additional meet fees

GOLD (LEVEL 4) monthly dues, plus additional meet fees

CHAMPS (LEVEL 5) monthly dues, plus additional meet fees

REGIONAL (LEVEL 6) monthly dues, plus additional meet fees

SECTIONAL (LEVEL 7) monthly dues, plus additional meet fees

JR. NATIONAL (LEVEL 8) monthly dues, plus additional meet fees



Coach of the Year 2018 PNS Carolyn Acklerly

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 \$115.50 per month

3 practices a week TTh 5:30-7:30p; Sa 8:00-10:30a

All divers must hand in Team and Park District paperwork prior to attending practice.

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+ 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



WET WORKOUT TIMES

M 9:00-10:30a; 12:00-1:15p
TTh 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. 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.

DRY LAND WORKOUTS ARE SCHEDULED EACH WEEK CONTACT COACH FOR APPROVAL AND AVAILABILITY.

SEE BIAQUATICS.ORG OR THE AQUATIC CENTER FRONT DESK FOR MONTHLY FEES AND PUNCH PASS OPTIONS.



ADULT AQUA EXERCISE CLASSES

THIS SCHEDULE BEGINS 9/9

	MON	TUE	WED	THURS	FRI	SAT	SUN
Morning Classes	Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a Aqua Arthritis 9:00-10:00a Boot Camp 10:30-11:30a	Hydro Fit 9:00-10:00a	River Fit 8:00-9:00a Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a	Hydro Fit 9:00-10:00a	Weekday Core 8:00-9:00a Hydro Fit 9:00-10:00a Aqua Arthritis 10:00-11:00a	River Fit 8:30-9:30a Hydro Fit Running 9:00-10:00a	Hydro Fit 8:30-9:30a
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 12:00-1:00p			
Evening Classes		Hydro Fit 7:30-8:30p		Hydro Fit 7:30-8:30p			

****No classes on 11/28, 11/29, 12/23-29, 1/1****

30-DAY PASS OPTION

	1 x Week	2 x Week	Unlimited	Unlimited w/ Monthly Pass
Senior 60+	\$28	\$56	\$65	\$75
Adult	\$34	\$68	\$75	\$85

AQUATIC EXERCISE

	YOUTH/SENIOR	ADULT
10 Classes	\$79.00	\$94.00
20 Classes	\$125.50	\$165.50

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: Angie, Gina, Martha

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

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: Liz, Sherry**

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, Gina, Ivy, Liliana, Liz, Kate, Sherry**

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.

Instructors: Alex, Martha

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**

HYDRO FIT RUNNING **NEW!**

Get a heart-pounding run in the water without the impact while mixing in the best of Hydro Fit. Get the same cardio and muscular endurance work without pounding the asphalt and engage your core at the same time! Join us in the pool, no swimming required. **Instructor: Liliana**



BOOT CAMP

Want more from your workout, but running or what you're doing now needs some spice? Want to sweat and get a heart-pounding workout in the water? Then try our NEW HIT-style boot camp class. HIT stands for High Intensity Training. This is a 60-minute booty-kickin' workout in the Ray pool. This is a registration required class. **NEW TIMES!**

500510-01	Th	8:00-9:00a	9/5-9/26	\$32
02	Th	8:00-9:00a	10/3-10/31	\$40
03	Th	8:00-9:00a	11/7-12/19*	\$48

*No class 11/28



AQUATIC CENTER



ADULT & TEEN SWIM CLASSES

YES, YOU CAN SWIM! ★

Our instructors will help you overcome your fear and feel comfortable in the water. Let us help you cross learning how to swim off of your bucket list in a warm and supportive environment.

502519-01	Th	6:30-7:10p	9/12-11/14	\$95
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I SWAM A LONG TIME AGO ★

This class is a refresher for the swimmer who has been out of the water for many years and would like to explore swimming for exercise and enjoyment.

502517-01	Th	7:10-7:50p	9/12-11/14	\$95
02	Th	7:50-8:30p	9/12-11/14	\$95



ADULT SKILL BUILDER ★

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.

502516-01	TTh	1:20-2:00p	9/10-10/10	\$95
02	TTh	1:20-2:00p	10/15-11/14	\$95

BECOME PART OF OUR TEAM!

AS A LIFEGUARD, SWIM INSTRUCTOR
OR WATER FITNESS INSTRUCTOR.

CALL MEGAN PLELI
206-842-2302

SPECIALTY CLASSES

LIFEGUARD & WATERPARK LIFEGUARD (AMERICAN RED CROSS) ★

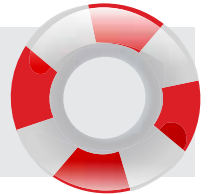
Through a blended learning style class, you will learn skills to gain employment as a lifeguard in a waterpark or pool setting. You must be 15 years old and pass a swimming skill assessment. Skill assessments will be given on the first day of class. For more information go to www.biaquatics.org.

Required Pre-Course Skill Assessment is 11/1 6:00-8:00p

502520-01	FSu	F 5:30-8:00p, Su 8:00-3:00p	11/8-11/24	\$315
Min 5/Max 10				

Due to blended learning, registration will end 1 week prior to the in-person class date. The online portion must be completed and report presented to the instructor on the class date specified in the syllabus; if NOT you will not be able to participate in the class session nor refunded the cost of the class.

Need a private CPR class?
Call us at 206-842-2302.



ADULT/CHILD & PEDIATRIC CPR/AED & FIRST AID CLASS (AMERICAN RED CROSS) ★

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 a blended learning style which incorporates online learning with instructor-led in-class time for the busy student. Min 8/Max 12

502522-01	W	9:00-11:00a	10/23	\$70
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Due to blended learning, registration will end 1 week prior to the in-person class date. The online portion must be completed and a certificate of completion presented to the instructor on the class date; if NOT you will not be able to participate in the class session nor refunded the cost of 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

502536-01	Su	12:00-4:00p	10/6, 10/13	\$124
02	Su	12:00-4:00p	11/10, 11/17	\$124



AQUATIC CENTER

YOUTH SPECIALTY CLASSES

SEE LESSON GRID FOR DATES AND TIMES 73

STROKE TECHNIQUE CLINICS

Clinics are for swimmers Sting Ray 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 skills challenge our swimmers most often.

SPLASH INTO FITNESS 1

Ages 11 and under. This class is for the younger swimmer who has passed Dolphin and wants to keep swimming for exercise. The emphasis for the younger, smaller swimmer is developing endurance and pacing with shorter repeat sets. Swimmers must be able to swim front crawl 2 pool lengths with good side-breathing the entire distance.

SPLASH INTO FITNESS 2

Ages 11-17. This class is for the older swimmer who is capable of swimming front crawl for 8 pool lengths continuously. Emphasis is on training which will enhance fitness, conditioning and pacing. Personal goals may include developing swimming into a lifelong fitness sport or conditioning for high school swim team.

WATER POLO SWIMMING SKILLS

Ages 8-13. Participants must be at a Sting Ray level and above. This class is focused on developing a correct front crawl stroke and modifying it into a fast and efficient water polo crawl stroke. Participants will work on their egg beater kicks and how to move the ball down the pool, and quickly change directions.

WATER POLO CLASS

Ages 8-13. Participants will learn the fundamentals of this fast-growing and exciting sport in a 1½ hour class. 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. Participants will have the opportunity to play scrimmage games during class.



PREMIUM SWIM CLASSES

SEMI-PRIVATE PREMIUM CLASSES
MAX 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!

ANGELFISH (K2) #502503

Sec#21	M	3:30-4:00p	\$135.00	9/9-10/7
22	M	3:30-4:00p	\$135.00	11/18-12/16
23	W	3:30-4:00p	\$135.00	9/11-10/9
24	W	3:30-4:00p	\$135.00	11/20-12/18

BETA FISH (K3) #502504

Sec#17	Th	3:30-4:00p	\$135.00	9/12-10/10
18	Th	3:30-4:00p	\$135.00	10/17-11/14
19	Th	3:30-4:00p	\$108.00	11/21-12/19*

MINNOW #502507

Sec#11	T	3:30-4:00p	\$135.00	9/10-10/8
12	T	3:30-4:00p	\$135.00	10/15-11/12
13	T	3:30-4:00p	\$135.00	11/19-12/17

FISH #502508

Sec#17	M	4:40-5:10p	\$135.00	10/14-11/11
18	T	3:30-4:00p	\$135.00	9/10-10/8
19	T	3:30-4:00p	\$135.00	10/15-11/12
20	T	3:30-4:00p	\$135.00	11/19-12/17
21	W	3:30-4:00p	\$135.00	9/11-10/9
22	W	3:30-4:00p	\$135.00	11/20-12/18

FLYING FISH #502509

Sec#14	M	3:30-4:00p	\$135.00	9/9-10/7
15	M	3:30-4:00p	\$135.00	11/18-12/16
16	W	4:40-5:10p	\$135.00	10/16-11/13
17	Th	3:30-4:00p	\$135.00	9/12-10/10
18	Th	3:30-4:00p	\$135.00	10/17-11/14
19	Th	3:30-4:00p	\$108.00	11/21-12/19*

STING RAY #502510

Sec#12	M	4:05-4:45p	\$135.00	9/9-10/7
13	M	4:05-4:45p	\$135.00	11/18-12/16
14	T	3:20-4:00p	\$135.00	9/10-10/8
15	T	3:20-4:00p	\$135.00	10/15-11/12
16	T	3:20-4:00p	\$135.00	11/19-12/17
17	W	3:20-4:00p	\$135.00	10/16-11/13
18	W	4:40-5:20p	\$135.00	10/16-11/13

MANTA RAY #502511

Sec#12	M	3:20-4:00p	\$135.00	10/14-11/11
13	M	4:40-5:20p	\$135.00	10/14-11/11
14	W	4:05-4:45p	\$135.00	9/11-10/9
15	W	4:05-4:45p	\$135.00	11/20-12/18
16	Th	3:20-4:00p	\$135.00	9/12-10/10
17	Th	3:20-4:00p	\$108.00	11/21-12/19*

SWIM LESSONS

See Quick Guide to Progression on page 74

MON/WED TUES/THURS SATURDAY

TINY TOTS #502501

Monday/Wednesday			
Sec# 01	5:50-6:20p	\$95.00	9/9-10/9
02	5:50-6:20p	\$95.00	11/18-12/18
Tuesday/Thursday			
03	9:30-10:00a	\$95.00	9/10-10/10
04	9:30-10:00a	\$95.00	10/15-11/14
05	9:30-10:00a	\$85.50	11/19-12/19*
Saturday			
06	9:10-9:40a	\$95.00	9/14-11/23*
07	10:35-11:05a	\$95.00	9/14-11/23*

TINY STARFISH #502542

Monday/Wednesday			
Sec# 01	5:50-6:20p	\$95.00	10/14-11/13
Saturday			
02	10:00-10:30a	\$95.00	9/14-11/23*
03	11:10-11:40a	\$95.00	9/14-11/23*

STARFISH (K1) #502502

Monday/Wednesday			
Sec# 01	4:40-5:10p	\$95.00	9/9-10/9
02	5:15-5:45p	\$95.00	9/9-10/9
03	4:05-4:35p	\$95.00	10/14-11/13
04	5:15-5:45p	\$95.00	10/14-11/13
05	4:40-5:10p	\$95.00	11/18-12/18
06	5:15-5:45p	\$95.00	11/18-12/18
Tuesday/Thursday			
Sec# 07	9:30-10:00a	\$95.00	9/10-10/10
08	4:05-4:35p	\$95.00	9/10-10/10
09	4:40-5:10p	\$95.00	9/10-10/10
10	5:15-5:45p	\$95.00	9/10-10/10
11	9:30-10:00a	\$95.00	10/15-11/14
12	3:30-4:00p	\$95.00	10/15-11/14
13	4:05-4:35p	\$95.00	10/15-11/14
14	4:40-5:10p	\$95.00	10/15-11/14
15	9:30-10:00a	\$85.50	11/19-12/19*
16	4:05-4:35p	\$85.50	11/19-12/19*
17	4:40-5:10p	\$85.50	11/19-12/19*
18	5:15-5:45p	\$85.50	11/19-12/19*
Saturday			
19	9:30-10:00a	\$95.00	9/14-11/23*
20	10:00-10:30a	\$95.00	9/14-11/23*

ANGELFISH (K2) #502503

Monday/Wednesday			
Sec# 01	4:05-4:35p	\$95.00	9/9-10/9
02	4:40-5:10p	\$95.00	9/9-10/9
03	3:30-4:00p	\$95.00	10/14-11/13
04	4:05-4:35p	\$95.00	10/14-11/13
05	4:40-5:10p	\$95.00	10/14-11/13
06	4:05-4:35p	\$95.00	11/18-12/18
07	4:40-5:10p	\$95.00	11/18-12/18

Tuesday/Thursday

Sec# 08	10:05-10:35a	\$95.00	9/10-10/10
09	3:30-4:00p	\$95.00	9/10-10/10
10	4:05-4:35p	\$95.00	9/10-10/10
11	4:40-5:10p	\$95.00	9/10-10/10
12	10:05-10:35a	\$95.00	10/15-11/14
13	4:05-4:35p	\$95.00	10/15-11/14
14	4:40-5:10p	\$95.00	10/15-11/14
15	5:15-5:45p	\$95.00	10/15-11/14
16	10:05-10:35a	\$85.50	11/19-12/19*
17	3:30-4:00p	\$85.50	11/19-12/19*
18	4:05-4:35p	\$85.50	11/19-12/19*
19	4:40-5:10p	\$85.50	11/19-12/19*
Saturday			
20	10:35-11:05a	\$95.00	9/14-11/23*

BETA FISH (K3) #502504

Monday/Wednesday			
Sec# 01	3:00-3:30p	\$95.00	9/9-10/9
02	4:40-5:10p	\$95.00	9/9-10/9
03	5:50-6:20p	\$95.00	9/9-10/9
04	3:00-3:30p	\$95.00	10/14-11/13
05	4:05-4:35p	\$95.00	10/14-11/13
06	5:50-6:20p	\$95.00	10/14-11/13
07	3:00-3:30p	\$95.00	11/18-12/18
08	4:40-5:10p	\$95.00	11/18-12/18
09	5:50-6:20p	\$95.00	11/18-12/18
Tuesday/Thursday			
10	10:05-10:35a	\$95.00	9/10-10/10
11	4:40-5:10p	\$95.00	9/10-10/10
12	10:05-10:35a	\$95.00	10/15-11/14
13	4:40-5:10p	\$95.00	10/15-11/14
14	10:05-10:35a	\$85.50	11/19-12/19*
15	4:40-5:10p	\$85.50	11/19-12/19*
Saturday			
16	11:10-11:40a	\$95.00	9/14-11/23*

CLOWNFISH (K4) #502505

Monday/Wednesday			
Sec# 01	3:00-3:30p	\$95.00	9/9-10/9
02	5:15-5:45p	\$95.00	9/9-10/9
03	3:00-3:30p	\$95.00	10/14-11/13
04	5:15-5:45p	\$95.00	10/14-11/13
05	3:00-3:30p	\$95.00	11/18-12/18
06	5:15-5:45p	\$95.00	11/18-12/18
Tuesday/Thursday			
07	10:40-11:10a	\$95.00	9/10-10/10
08	3:00-3:30p	\$95.00	9/10-10/10
09	5:15-5:45p	\$95.00	9/10-10/10
10	10:40-11:10a	\$95.00	10/15-11/14
11	3:00-3:30p	\$95.00	10/15-11/14
12	5:15-5:45p	\$95.00	10/15-11/14
13	10:40-11:10a	\$85.50	11/19-12/19*
14	3:00-3:30p	\$85.50	11/19-12/19*
15	5:15-5:45p	\$85.50	11/19-12/19*
Saturday			
16	10:35-11:05a	\$95.00	9/14-11/23*

Tuesday/Thursday

07	10:40-11:10a	\$95.00	9/10-10/10
08	3:00-3:30p	\$95.00	9/10-10/10
09	5:15-5:45p	\$95.00	9/10-10/10
10	10:40-11:10a	\$95.00	10/15-11/14
11	3:00-3:30p	\$95.00	10/15-11/14
12	5:15-5:45p	\$95.00	10/15-11/14
13	10:40-11:10a	\$85.50	11/19-12/19*
14	3:00-3:30p	\$85.50	11/19-12/19*
15	5:15-5:45p	\$85.50	11/19-12/19*
Saturday			
16	10:35-11:05a	\$95.00	9/14-11/23*

LITTLE FISH (K5) #502540

Monday/Wednesday			
Sec# 01	5:50-6:20p	\$95.00	9/9-10/9
02	5:50-6:20p	\$95.00	10/14-11/13
03	5:50-6:20p	\$95.00	11/18-12/18
Tuesday/Thursday			
04	10:40-11:10a	\$95.00	9/10-10/10
05	3:00-3:30p	\$95.00	9/10/10/10
06	5:15-5:45p	\$95.00	9/10-10/10
07	10:40-11:10a	\$95.00	10/15-11/14
08	3:00-3:30p	\$95.00	10/15-11/14
09	5:15-5:45p	\$95.00	10/15-11/14
10	10:40-11:10a	\$85.50	11/19-12/19*
11	3:00-3:30p	\$85.50	11/19-12/19*
12	5:15-5:45p	\$85.50	11/19-12/19*
Saturday			
13	10:35-11:05a	\$95.00	9/14-11/23*

GUPPY (LEVEL 1) #502506

Monday/Wednesday			
Sec# 01	4:05-4:35p	\$95.00	9/9-10/9
02	4:40-5:10p	\$95.00	10/14-11/13
03	4:05-4:35p	\$95.00	11/18-12/18
Tuesday/Thursday			
04	4:40-5:10p	\$95.00	9/10-10/10
05	4:40-5:10p	\$95.00	10/15-11/14
06	4:40-5:10p	\$85.50	11/19-12/19*

MINNOW (LEVEL 2) #502507

Monday/Wednesday			
Sec# 01	4:05-4:35p	\$95.00	9/9-10/9
02	5:15-5:45p	\$95.00	9/9-10/9
03	4:05-4:35p	\$95.00	10/14-11/13
04	5:15-5:45p	\$95.00	10/14-11/13
05	4:05-4:35p	\$95.00	11/18-12/18
06	5:15-5:45p	\$95.00	11/18-12/18
Tuesday/Thursday			
07	4:05-4:35p	\$95.00	9/10-10/10
08	4:05-4:35p	\$95.00	10/15-11/14
09	4:05-4:35p	\$85.50	11/19-12/19*
Saturday			
10	11:10-11:40a	\$95.00	9/14-11/23*

FISH (LEVEL 3A) #502508

Monday/Wednesday			
Sec# 01	4:05-4:35p	\$95.00	9/9-10/9
02	5:50-6:20p	\$95.00	9/9-10/9
03	4:40-5:10p	\$95.00	10/14-11/13
04	5:50-6:20p	\$95.00	10/14-11/13
05	4:05-4:35p	\$95.00	11/18-12/18
06	5:50-6:20p	\$95.00	11/18-12/18
Tuesday/Thursday			
07	4:40-5:10p	\$95.00	9/10-10/10
08	5:15-5:45p	\$95.00	9/10-10/10
09	5:50-6:20p	\$95.00	9/10-10/10
10	4:40-5:10p	\$95.00	10/15-11/14

*No class 11/2, 11/28

ALL SWIM LESSONS ARE ELIGIBLE FOR HELPLINE VOUCHERS



11	5:15-5:45p	\$95.00	10/15-11/14
12	5:50-6:20p	\$95.00	10/15-11/14
13	4:40-5:10p	\$85.50	11/19-12/19*
14	5:15-5:45p	\$85.50	11/19-12/19*
15	5:50-6:20p	\$85.50	11/19-12/19*
Saturday			
16	8:00-8:30	\$95.00	9/14-11/23*

FLYING FISH (LEVEL 3B) #502509			
Monday/Wednesday			
Sec# 01	4:40-5:10p	\$95.00	9/9-10/9
02	5:15-5:45p	\$95.00	9/9-10/9
03	4:05-4:35p	\$95.00	10/14-11/13
04	5:15-5:45p	\$95.00	10/14-11/13
05	4:40-5:10p	\$95.00	11/18-12/18
06	5:15-5:45p	\$95.00	11/18-12/18
Tuesday/Thursday			
Sec# 07	4:05-4:35p	\$95.00	9/10-10/10
08	5:15-5:45p	\$95.00	9/10-10/10
09	4:05-4:35p	\$95.00	10/15-11/14
10	5:15-5:45p	\$95.00	10/15-11/14
11	4:05-4:35p	\$85.50	11/19-12/19*
12	5:15-5:45p	\$85.50	11/19-12/19*
Saturday			
13	8:35-9:05a	\$95.00	9/14-11/23*

STING RAY (LEVEL 4A) #502510			
Monday/Wednesday			
Sec# 01	4:50-5:30p	\$95.00	9/9-10/9
02	5:50-6:30p	\$95.00	9/9-10/9
03	4:50-5:30p	\$95.00	11/18-12/18
04	5:50-6:30p	\$95.00	11/18-12/18
Tuesday/Thursday			
Sec# 05	4:05-4:45p	\$95.00	9/10-10/10
06	5:50-6:30p	\$95.00	9/10-10/10
07	4:05-4:45p	\$95.00	10/15-11/14
08	5:50-6:30p	\$95.00	10/15-11/14
09	4:05-4:45p	\$85.50	11/19-12/19*
10	5:50-6:30p	\$85.50	11/19-12/19*
Saturday			
11	8:45-9:25a	\$95.00	9/14-11/23*

MANTA RAY (LEVEL 4B) #502511			
Monday/Wednesday			
Sec# 01	4:50-5:30p	\$95.00	9/9-10/9
02	5:50-6:30p	\$95.00	9/9-10/9
03	5:25-6:05p	\$95.00	10/14-11/13
04	4:50-5:30p	\$95.00	11/18-12/18
Tuesday/Thursday			
05	4:05-4:45p	\$95.00	9/10-10/10
06	5:50-6:30p	\$95.00	9/10-10/10
07	4:05-5:45p	\$95.00	10/15-11/14
08	5:50-6:30p	\$95.00	10/15-11/14
09	4:05-5:45p	\$85.50	11/19-12/19*
10	5:50-6:30p	\$85.50	11/19-12/19*
Saturday			
11	8:00-8:40a	\$95.00	9/14-11/23*

DOLPHIN (LEVEL 5) #502512			
Monday/Wednesday			
Sec# 01	3:20-4:00p	\$95.00	9/9-10/9
02	3:20-4:00p	\$95.00	11/18-12/18
Tuesday/Thursday			
Sec# 03	5:50-6:30p	\$95.00	9/10-10/10
04	5:50-6:30p	\$95.00	10/15-11/14
05	5:50-6:30p	\$85.50	11/19-12/19*
Saturday			
06	8:00-8:40a	\$95.00	9/14-11/23*

YOUTH SPECIALTY CLASSES

SPLASH INTO FITNESS 1 #500502			
Monday/Wednesday			
Sec# 01	3:20-4:00p	\$95.00	10/14-11/13
Tuesday/Thursday			
Sec# 02	5:15-5:55p	\$95.00	9/10-10/10
03	5:15-5:55p	\$95.00	10/15-11/14
04	5:15-5:55p	\$85.50	11/19-12/19*

SPLASH INTO FITNESS 2 #500503			
Monday/Wednesday			
Sec# 01	5:15-6:15p	\$190.00	9/9-10/9
02	5:15-6:15p	\$190.00	10/14-11/13
03	5:15-6:15p	\$190.00	11/18-12/18

DIVING FISH 1 #501101			
Tuesday/Thursday			
Sec# 01	3:30-4:00p	\$95.00	9/10-10/10
02	4:05-4:35p	\$95.00	9/10-10/10
03	3:30-4:00p	\$95.00	10/15-11/14
04	4:05-4:35p	\$95.00	10/15-11/14
05	3:30-4:00p	\$85.50	11/19-12/19*
06	4:05-4:35p	\$85.50	11/19-12/19*

DIVING FISH 2 #501102			
Tuesday/Thursday			
Sec# 01	3:30-4:00p	\$95.00	9/10-10/10
02	4:40-5:10p	\$95.00	9/10-10/10
03	3:30-4:00p	\$95.00	10/15-11/14
04	4:40-5:10p	\$95.00	10/15-11/14
05	3:30-4:00p	\$85.50	11/19-12/19*
06	4:40-5:10p	\$85.50	11/19-12/19*

INTERMEDIATE DIVING FISH #501103			
Tuesday/Thursday			
Sec# 01	4:40-5:10p	\$95.00	9/10-10/10
02	4:40-5:10p	\$95.00	10/15-11/14
03	4:40-5:10p	\$85.50	11/19-12/19*

STROKE TECHNIQUE CLINICS #502532				
Sec# 01	2:00-2:30p	M	\$47.50	9/9-10/7
02	3:00-3:30p	F	\$47.50	9/13-10/11
03	2:00-2:30p	M	\$47.50	10/14-11/11
04	3:00-3:30p	F	\$47.50	10/18-11/15

WATER POLO SWIMMING SKILLS #500500				
Sec# 01	5:50-6:30p	T/Th	\$95.00	9/10-10/10
02	5:50-6:30p	T/Th	\$95.00	10/15-11/14
03	5:50-6:30p	T/Th	\$85.50	11/19-12/19*

WATER POLO CLASS #500501				
Sec# 01	6:30-8:00p	M	\$100.00	9/16-10/21
02	6:30-8:00p	M	\$100.00	10/28-12/2



Forget babysitters, send your kids to day camp on no-school days!

Page 16 has got the all-day care you've been looking for!

CHECK OUT PREMIUM SWIM LESSONS!

Establish a strong parent/instructor relationship with open communication in premium swim classes! Premium swim lessons provide specialized attention in classes of 3 students max and will help your child build confidence and water skills in a smaller group setting.

Check out premium class schedules on page 71.

*No class 11/2, 11/28

ALL SWIM LESSONS ARE ELIGIBLE FOR HELPLINE VOUCHERS

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SWIMMING LESSONS

A Quick Guide to the Progression

LEVEL & AGES	LENGTH	I CAN...	CLASS SIZES
Tiny Tots Age: 6 mon-3 yr	30 Min	A parent or care giver must be in the water <ul style="list-style-type: none"> • hold up my head by myself • I need to be in the water with a care giver 	Min 5/Max 12
Tiny Starfish Age: 2 -5 yr	30 Min	A parent or care giver must be in the water <ul style="list-style-type: none"> • I am ready to start floating and exploring the water, but I am not ready to go without a care giver 	Min 5/Max 12
Starfish PSA Level 1 Age: 3.5-5 yr	30 Min	<ul style="list-style-type: none"> • be in the water without my parents or care giver • follow directions and stay with my teacher • I have little or no experience in the water • I can't float by myself on my front or back 	Min 3/Max 5
Angelfish PSA Level 2 Age: 3.5-5 yr	30 Min	<ul style="list-style-type: none"> • I like to go underwater because its fun and do 5 underwater bobs • front float with my face in the water by myself for 3 seconds • float on my back with ears in the water for 5 seconds with my instructor 	Min 3/Max 5
Beta Fish PSA Level 2 Age: 3.5-5 yr	30 Min	<ul style="list-style-type: none"> • push off the wall and glide to my teacher on both my front and back for 3 body lengths • I am not scared to swim in the lane with my teacher • float on my front and back for 5 seconds in water over my head 	Min 3/Max 6
Clownfish PSA Level 3 Age: 3.5-5 yr	30 Min	<ul style="list-style-type: none"> • glide and kick on my front and back for 5 body lengths • tread water and back float for 10 seconds each • swim on my front and back 5 yards to the flags • I am ready to swim in the dive tank with my instructor • do 10 underwater bobs without stopping 	Min 3/Max 6
Little Fish Level 3A Age: 3.5-5 yr	30 Min	<ul style="list-style-type: none"> • swim on my front and back halfway across the pool • tread water and back float for 15 seconds each • rotate from a front float to a back float and back to a front float 	Min 3/Max 6
Guppy Level 1 Age: 6-12 yr	30 Min	<ul style="list-style-type: none"> • I have little or no water experience • play in the water but I don't know how to float on my front or back • I am not comfortable swimming in the lanes 	Min 3/Max 6
Minnow Level 2 Age: 6-12 yr	30 Min-45 Min	<ul style="list-style-type: none"> • float on my front and back for 5 seconds by myself • push off the wall in a front and back glide for 3 body lengths • I am ready to swim in a lane • I am ready to explore the dive tank with my teacher 	Min 3/Max 6
Fish Level 3A Age: 6-12 yr	30 Min-45 Min	<ul style="list-style-type: none"> • swim half way across the pool on my front and back • tread water and back float for 15 seconds each • do 10 non-stop bobs with my head underwater easily rotate from a front glide to a back glide and back again • I am ready to swim in the dive tank with my teacher 	Min 3/Max 7
Flying Fish Level 3B Age: 6-12 yr	30 Min-45 Min	<ul style="list-style-type: none"> • tread water and backfloat for 30 seconds each • swim front crawl with rhythmic breathing 2/3 of a pool length • swim on my back with elementary backstroke kick 2/3 of a pool length • swim longer distance without getting too tired 	Min 3/Max 7
Sting Ray Level 4A Age: 6-12 yr	30 Min-45 Min	<ul style="list-style-type: none"> • tread water and back float for 1 minute each • swim front crawl w/ consistent side breathing 2/3 of a pool length • swim correct elementary backstroke 2/3 of a pool length • I know how to dolphin kick and scissor kick 2/3 of a pool length 	Min 3/Max 8
Manta Ray Level 4B Age: 6-12 yr	30 Min-45 Min	<ul style="list-style-type: none"> • swim front crawl with correct side breathing 1 pool length • swim breaststroke and butterfly with proper timing 2/3 of a pool length • swim sidestroke and backstroke 2/3 of a pool length • swim elementary backstroke for 1 pool length 	Min 3/Max 8
Dolphin Level 5 Age: 6-12 yr	30 Min-45 Min	<ul style="list-style-type: none"> • swim front crawl with side breathing for 2 pool lengths • swim all of my strokes with correct timing and technique • I want to learn flip turns and my goal is to swim fast and efficiently for swim team 	Min 3/Max 8