



Lengths

Swimming has almost no impact, reducing stress on joints and increasing strength and flexibility with little or no muscle soreness. Join us for a swim today! Ages 14+

May 1st – June 25th, 2022

Program	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Lengths	7:30a-8:30a	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:30a 1:00p-2:30p 8:00p-9:30p	12:00p-1:00p	6:30a-8:30a
Learn to Swim					8:00p-8:30p (Register)	
Stroke Development			8:30p-9:15p (Register)			

Program	Limit / Cost	Registration	Details
Lengths	Max 4 / lane	Lap Pool Only	Join one of our <u>3 circle swim lanes</u> for some lengths or our <u>leisure lane for adult therapeutic</u> use. Please choose the lane which best fits your abilities. If you find you are moving too fast or slow, please move to the appropriate lane. Swim in a circular fashion, always keeping to your right.
Learn to Swim	Max 4 / class \$75.00/8 classes	Register by session: May 5 – Jun 23	Never too young to start, never too old to learn! Gain confidence in the water as you learn the basics of breathing and floating, or set your own goals while working to improve your swimming abilities. Ages 14+ Registration required: Spring #15003
Adult Stroke Development	Max 8 / class \$91.00/8 classes	Register by session: May 3 – Jun 21	We believe that technique is very important to your enjoyment of swimming. Notice the difference in your fitness after we've helped you learn how to swim more efficiently. Ages 14+ Registration required: Spring #15004

Drop-In Fees

Membership Type	1 Visit	1 Month	3 Months	6 Months	1 Year
Lengths	\$4.00	\$23.00	\$65.00	\$125.00	\$230.00

Participate often? **10% off your visit!**
Buy 10 visits for the price of 9 on any of our drop-in programs.

Limited space available in all aquatic drop-in length swims. Membership pass holders are given priority admittance and can check in for a class 30 minutes prior to class time. Drop-in visitors will be permitted entry 15 minutes before the start of the program if space permits.



Revised April 6/22