

Guidelines from the American Red Cross. Please read to choose the appropriate swim level for your child(ren).

Level	Requirements	Course Description
Infant	Ages 6 mos. to 18 mos. An adult must accompany the child in the water. Swim diapers required. No swim caps required.	The infant program introduces the child to water in a friendly environment. The program's focus is exploration and includes songs and games. Parents will gain tips in water safety for their infants.
Lil' Squirts	Ages 18 mos. to 36 mos. An adult must accompany the child in the water. Swim diapers and swim caps required.	Lil' Squirts swim lessons acquaint the child with water through a combination of songs, games and basic water skills such as kicking and floating. Water safety practices will also be included.
Tiny-Tot	Ages 3-4 yrs. Previous pool experience NOT necessary. An adult must accompany the child in the water. Swim diapers recommended. Swim caps required.	Tiny-tots build elementary aquatic skills including independent floating, breath control and rudimentary paddling techniques. Safety skills include "breaking" the over-confident toddler to allow your child to realize what it takes to swim independently in water.
Advanced Tiny-Tot	Ages 4-5 yrs. Previous enrollment in Tiny-Tots OR ability to submerge entire body and kick across pool with a flotation device. An adult must accompany the child in the water.	Participants are introduced to elementary swimming skills such as kicking in a variety of ways, floating, and rhythmic breathing. This course serves as an appropriate transition to Level One. Parents will elaborate on safety skills, including swimming with their tot in tow.
Little Lv. 1 OR Little Lv. 2	Ages 4-6 yrs. Previous enrollment in Advanced Tots OR ability to submerge entire body and kick across pool with a kick board.	In the LITTLE Level 1/2 classes, the same elementary aquatic skills from Level One/Two are taught (see descriptions below.) In addition to meeting minimum 42" height requirement, your youngster should be able to be in class without you for the 45 minute class period. Instructors will advise promotion options based on age & skill.
Level One Water Exploration	Ages 6-14 yrs. None (Please see the height requirements noted under each swim location).	In Level 1, elementary aquatic skills are taught, which children will build on as they progress through the six Learn-to-Swim levels. In addition to rhythmic breathing and floating, skills include various kicks and arm strokes. At this level, children also start to develop positive attitudes and safe practices around the water.
Level Two Fundamental Aquatic Skills	Ages 6-14 yrs. Passed Level 1 or can demonstrate completion of all requirements in Level 1.	The objective of Level 2 is to give children success with fundamental skills. Children learn: floating without support and recovering to a vertical position, exploring simultaneous and alternating arm and leg motion to lay the foundations for future strokes. An introduction to deep water is included in this course.
Level Three Stroke Development	Ages 6-14 yrs. Passed Level 2 or can demonstrate completion of all requirements in Level 2.	Level 3 builds on the skills learned in Level 2 by providing additional guided practice. Children learn: coordinating the front crawl and elementary backstroke, fundamentals of treading water, rules for head first entries and additional safety skills. Most importantly, children who successfully complete this course will be ready to swim in deep water.
Level Four A Stroke Improvement	Ages 6-15 yrs. Passed Level 3 or can demonstrate all Level 3 requirements. Students MUST be comfortable in deep water.	The objective of Level 4A is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Children learn: improved skills and increased endurance in the familiar strokes (front/back crawl), and are introduced to the elementary backstroke, breaststroke, sidestroke, and butterfly.
Level Four B Stroke Coordination	Ages 6-15 yrs. Passed Level 4A or can demonstrate completion of all requirements in Level 4A.	The objective of Level 4B is to coordinate the strokes that were introduced in 4A. Students will put together the mechanics for elementary backstroke, breaststroke, sidestroke and butterfly. Underwater swimming and surface dives will also be included.
Level Five Stroke Refinement	Ages 6-16 yrs. Passed Level 4B or can demonstrate completion of all requirements in Level 4B.	The objective of Level 5 is refinement of strokes. Children learn: advanced techniques in all strokes (front/back crawl, butterfly, breaststroke, elementary backstroke, sidestroke) and will increase their distance endurance. Flip turns at the wall and improved diving skills will provide the student with the essentials to pursue swimming as a sport.
Level Six Swimming Proficiency 4 MODULES Read ->	Ages 6-16 yrs. Passed Level 5 or can demonstrate completion of all requirements in Level 5.	The objective of Level 6 is to fine-tune swimming strokes to allow students to swim with efficiency and power. Four distinct Level 6 modules allow swimmers to broaden their aquatics skills into 4 very different areas. Module options include: Personal Water Safety (6PWS), Fundamentals of Diving (6D), Fitness Swimmer (6FS), and Lifeguard Readiness (6LR). Please check the listing to determine which modules are offered this season.

TO SIGN UP, SEE PAGE 2 • ALL CENTERS WILL BE CLOSED MAY 28-31 FOR MEMORIAL DAY

Aquatics • General Info. & Pool Schedule 25

General Swim Information

What to Bring to — Swimsuit, towel, and swim cap. Please report 10 minutes before class starts. Swim caps must be worn by all individuals entering the pool (exception made for infants, lil' squirts and shallow water exercisers who do not submerge head). Swim caps may be purchased at pools for \$2.

Height Requirements (Ages 6-14) — Students must meet the minimum height of 48" for each pool. Children not able to stand in the shallow end of the pool should be enrolled in a Tiny-Tot or Advanced Tiny-Tot class where a parent/guardian must accompany the child in the water.

Water Temperature — Normal water temperature is 76–80°. The only exception is Gaenslen therapy pool which ranges 84-86°.

Locker Rooms — Participants may bring a padlock for lockers. All swim gear must be removed after each class. Children of the opposite sex, five years of age or under may accompany a parent in the locker room. Children ages six and above are expected to use their designated locker room — males in the boys' and females in the girls' locker rooms.

Parents Day (Ages 6-14) — Parents of children enrolled in Levels 1-6 of the Learn to Swim program are invited to observe classes on the first, middle, and last day of swim class.

Pre-Testing — A pre-test is given to swimmers in levels 2-6 on the first day of class to ensure that the swimmer is in the appropriate level. Instructors reserve the right to recommend alternate classes for those students unable to complete pre-tests.

Testing — Testing of swim skills learned generally occurs during the second to last lesson, and last lesson. Parents will be given certificates on the last day indicating which level to enroll in next.

Infant and Tiny-Tot Requirements — Diapers: Disposable diapers are not allowed. "Little swimmers" swim diapers are required. Parent Attendance: Parents must accompany their children in the water for all Infant, Lil' Squirt, Tiny-Tot, and Adv. Tiny-Tot classes. Second Child in Class: If a parent/guardian has more than one child enrolled in Infant, Lil' Squirt, Tiny-Tot or Advanced Tiny-Tot classes, the second child must be accompanied by a responsible person 16 years or older.

Make-up Policy — The Recreation Division works diligently to ensure that our pools stay in working operation to offer consistency in our programs. In the event that more than 1 class is cancelled due to circumstances we cannot control, we will work to make-up the missed class at a later date.

Open Pool Schedule

LAP SWIM

Ages 14 and up. Lanes available on a first come, first serve basis. Lap Swim Punch Passes may be purchased at your community center and are valid for one year from date of purchase. Please do NOT send money in the mail for these passes. 10 punch pass; \$15 (OR \$2 per swim)

Hamilton

SATURDAYS, APRIL 10 - JUNE 5
8:00 - 9:00 AM Pool Closed 5/29

Riverside

SATURDAYS, APRIL 10 - JUNE 5
8:00 - 9:00 AM Pool Closed 5/29

MONDAYS/WEDNESDAYS
APRIL 12 - JUNE 2

8:45-9:30 PM Pool Closed 5/31

FREE FAMILY SWIM

Enjoy FREE swimming at a community center this season.

- Children 7 years of age and under must be accompanied and supervised in the water by a parent or guardian.
- Participants must furnish a towel, suit, and swim cap. Swim caps may be purchased at the pool for \$2.

Gaenslen

WEDNESDAYS, APRIL 14 - JUNE 2
6:30-7:50 p.m.

Juneau

WEDNESDAYS, APRIL 14 - JUNE 2
7:20-8:40 p.m.

South

MONDAYS/WEDNESDAYS, APR. 12 - JUNE 2
7:30 - 8:50 p.m. Pool Closed 5/31

ATTENTION ALL FAMILIES WITH CHILDREN AGES 4 - 16

FREE WATER SAFETY EVENT

Milwaukee Recreation, in collaboration with the Milwaukee Aquatics Association and Milwaukee Fire Department, are pleased to present:

APRIL POOLS DAY

All families are invited to come out to the pool this fine Saturday in Spring. With snow and ice melting, waterways begin to flow rapidly creating curiosity and danger for children. The fire department will give a demonstration on water safety. The Milwaukee Aquatics Association will provide interactive educational stations for your children that will leave a lasting impression. The session will finish with open pool time for families to enjoy the water safely. Swim caps required for those who wish to swim. Caps available on site for \$2. Children must be accompanied by an adult during this event.

South 20543
Saturday, March 27
9:00 a.m. - Noon **FREE!**

North 20542
Saturday, March 27
1:30 - 4:30 p.m. **FREE!**

26 Children's Swim Lessons • (414) 647-6050

SWIM LESSON PRICES

Level	Ages	Length	Cost
Infant	6 mo.-18 mo.	30 min.	\$24
Lil' Squirts	18 mo.-36 mo.	30 min.	\$24
Tiny-Tot	3-4 yrs.	30 min.	\$24
Adv. Tiny-Tot	4-5 yrs.	45 min.	\$30
Levels 1-6	6-14 yrs.	50 min.	\$30



NON-RESIDENTS PAY DOUBLE LISTED FEES

BAY VIEW HS GIRLS POOL

Height Requirement 42"

(Boys may also attend these classes.)

Saturdays, April 10 - June 5 (no classes May 29)

Course #	Time	Level
#21685	8:40 a.m.	Infant
#21686	9:10 a.m.	Lil' Squirts
#21687	9:50 a.m.	Tiny-Tot
#21688	10:30 a.m.	Adv. Tots
#21689	11:30 a.m.	Lil' Lv. 1

Tuesdays, April 13 - June 1

Course #	Time	Level
#21363	5:30 pm	Tiny Tot
#20599	6:00 pm	Adv.Tot
#21078	6:50 pm	Lil Lv 1

Thursdays, April 15 - June 3

Course #	Time	Level
#20923	5:30 pm	Infants
#21068	6:00 pm	Lil' Squirts
#20998	6:40 pm	1

BAY VIEW HS BOYS POOL

Height Requirement 42"

(Girls may also attend these classes.)

Saturdays, April 10 - June 5 (no classes May 29)

Course #	Time	Level
#21690	8:40 a.m.	1
#21695	8:40 a.m.	4B
#21692	9:30 a.m.	2
#21696	9:30 a.m.	5
#21693	10:30 a.m.	3
#21698	10:30 a.m.	6LR
#21691	11:30 a.m.	1
#21694	11:30a.m.	4A

Tuesdays, April 13 - June 1

Course #	Time	Level
#21028	6:00 pm	3
#21010	6:50 pm	2

GAENSLER ELEMENTARY

Height Requirement 42"

Saturdays, April 10 - June 5 (no classes May 29)

Course #	Time	Level
#20928	8:40 a.m.	Infant
#21074	9:15 a.m.	Lil' Squirts
#21369	9:50 a.m.	Tiny-Tot
#20604	10:25 a.m.	Adv. Tots
#21559	11:15 a.m.	Lil' Lv. 1
#21002	12:40 p.m.	1
#21045	12:40 p.m.	4A
#21021	1:30 p.m.	2
#21057	1:30 p.m.	5
#21034	2:30 p.m.	3
#21051	2:30 p.m.	4B
#21557	3:20 p.m.	6LR
#21562	3:20 p.m.	Lil' Lv. 2

Mondays, April 12 - June 7 (no classes 5/31)

Course #	Time	Level
#21364	5:45 pm	Tiny Tot
#21069	6:15 pm	Lil'Squirts
#20989	6:50pm	1

Tuesdays, April 13 - June 1

Course #	Time	Level
#20924	5:30 pm	Infants
#21047	5:40 pm	4A
#20600	6:00 pm	Adv. Tots
#21054	6:40 pm	4B
#21029	6:50 pm	3

Wednesdays, April 14 - June 2

Course #	Time	Level
#21079	5:45 p.m.	Lil' Lv. 1

Thursdays, April 15 - June 3

Course #	Time	Level
#21011	5:25 p.m.	2
#21697	5:25 p.m.	5

HAMILTON HIGH SCHOOL

Height Requirement 48"

Saturdays, April 10 - June 5 (no classes May 29)

Course #	Time	Level
#20925	9:00 am	Infant
#21070	9:30 am	Lil' Squirts
#21365	10:10 am	Tiny Tot
#21061	10:20 am	6LR
#20601	10:45 am	Adv. Tots
#21006	11:30 am	1
#21046	11:30 am	4A
#21024	1:00 pm	2
#21053	1:00 pm	4B
#21037	1:50 pm	3
#21060	1:50 pm	5
#21007	2:50 pm	1
#21035	2:50 pm	3

Mondays, April 12 - May 24

Course #	Time	Level
#20926	5:30 pm	Infants
#21071	6:00 pm	Lil' Squirts
#21366	6:30 pm	Tiny-Tot
#20602	7:00 pm	Adv. Tots

Tuesdays, April 13 - June 1

Course #	Time	Level
#21558	5:30 p.m.	Tiny-Tot
#21000	6:00 p.m.	1
#21044	6:00 p.m.	4A

Wednesdays, April 14 - June 2

Course #	Time	Level
#21012	5:30 pm	2
#21050	5:30 pm	4B
#20990	6:20 pm	1
#21030	6:20 pm	3
#21056	7:10 pm	5
#21014	7:10 pm	2

Thursdays, April 15 - June 3

Course #	Time	Level
#21560	5:30 p.m.	Lil' Lv. 1
#21554	6:15 p.m.	Lil' Lv. 2
#21561	7:00 p.m.	Lil' Lv. 1

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Children's Swim Lessons • (414) 647-6050 27

SWIM LESSONS CONT.

MARSHALL HIGH SCHOOL

Height Requirement 48"

Saturdays, April 10 - June 5
(no classes May 29)

Course #	Time	Level
#20991	9:30 am	1
#21031	9:30 am	3
#21367	10:20 am	Tiny Tot
#21013	10:20 am	2
#20992	11:20 am	1
#21049	11:20 am	4B
#21015	12:45 pm	2
#21041	12:45 pm	4A
#21005	1:35 pm	1
#21059	1:35 pm	5
#20930	2:30 pm	Infant
#21062	2:30 pm	6LR
#21075	3:00 pm	Lil Squirt

Mondays, April 12 - June 7
(no class 5/31)

Course #	Time	Level
#20993	5:15 pm	1
#21042	5:15 pm	4A
#21016	6:05 pm	2
#21048	6:05 pm	4B
#21032	6:55 pm	3
#21055	6:55 pm	5

Wednesdays, April 14 - June 2

Course #	Time	Level
#20927	5:15 pm	Infant
#21001	5:15 pm	1
#21072	5:45 pm	Lil' Squirts
#21017	6:05 pm	2
#21368	6:15 pm	Tiny Tot
#21063	6:55 pm	6PWS
#20603	6:50 pm	Adv. Tots

Thursdays, April 15 - June 3

Course #	Time	Level
#21020	5:15 pm	2
#21038	6:05 pm	3
#20999	6:55 pm	1

JUNEAU HIGH SCHOOL

Height Requirement 48"

Mondays, April 12 - June 7
(no class 5/31)

Course #	Time	Level
#20997	5:30 pm	1
#21023	6:20 pm	2

Wednesdays, April 14 - June 2

Course #	Time	Level
#21036	5:30 pm	3
#21004	6:20 pm	1

NORTH DIVISION HIGH SCHOOL

Height Requirement 48"

Saturdays, April 10 - June 5
(no class 5/29)

Course #	Time	Level
#21003	1:40 pm	1
#21022	2:30 pm	2

SOUTH DIVISION HIGH SCHOOL

Height Requirement 48"

Saturdays, April 10 - June 5
(no class May 29)

Course #	Time	Level
#20995	10:00 am	1
#21052	10:00 am	4B
#20929	11:00 am	Infants
#21018	11:00 am	2
#21073	11:30 am	Lil' Squirts
#21370	12:00 pm	Tiny Tot
#20994	12:00 pm	1
#20605	1:20 pm	Adv. Tots
#21033	1:20 pm	3
#21058	2:10 pm	5
#21019	2:10 pm	2
#20996	3:10 pm	1
#21043	3:10 pm	4A

SEMI-PRIVATE LESSONS

Milwaukee Recreation is pleased to continue the Semi-Private Swim Program, offering smaller class sizes for increased individual attention for your young swimmer. Sign up early, space is certainly limited. 1 to 4 children per class. Each class is 30 minutes in length.

NOT ELIGIBLE FOR REDUCED FEES
\$60Res/\$120Non-res

BAY VIEW HS BOYS POOL

(Girls may also attend these classes)
Height Requirement 42"

Thursdays, April 15 - June 3

Course #	Time	Level
#21080	5:30 pm	Lil Lv 2
#21009	6:05 pm	1
#21025	6:40 pm	2
#21039	7:15 pm	3

RIVERSIDE HIGH SCHOOL

Height Requirement 48"

Saturdays, April 10 - June 5
(no classes May 29)

Course #	Time	Level
#21008	10:10 a.m.	1
#21555	10:10 a.m.	4A
#21026	10:40 a.m.	2
#21556	10:40 a.m.	4B
#21553	11:15 a.m.	1
#21040	11:15 a.m.	3

SEMI - PRIVATE PRICES

\$60Res/\$120Non-res

NOT ELIGIBLE FOR REDUCED FEES

SWIM LESSON PRICES

Level	Ages	Length	Cost
Infant	6 mo.-18 mo.	30 min.	\$24
Lil' Squirts	18 mo.-36 mo.	30 min.	\$24
Tiny-Tot	3-4 yrs.	30 min.	\$24
Adv. Tiny-Tot	4-5 yrs.	45 min.	\$30
Levels 1-6	6-14 yrs.	50 min.	\$30

NON-RESIDENTS PAY DOUBLE LISTED FEES



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Competitive Swim

Ages 6-18. The Competitive Swim Club is for the intermediate and experienced swimmer. Course objectives are to promote enjoyment in learning fundamental competitive swimming skills and provide continuing development for the experienced swimmer. New members need not be expert swimmers, since they practice and compete with others of their own ability. It is recommended that the participants have passed Red Cross Level 4A swim. Swimmers are not allowed to participate without proof of enrollment.

NOT ELIGIBLE FOR REDUCED FEES

Additional family members enrolling in Competitive Swim pay 50% of the listed fees.

Milwaukee Piranha Swim Team:

Riverside

Mon./ Wed./ Thu., Apr 12 - June 3,

Intermediate #20790

6:30PM- 7:30PM

\$40Res/\$80Non-res

Advanced..... #20786

6:00PM- 7:30PM

\$60Res/\$120Non-res

Milwaukee Piranha Swim Team:

Juneau

Tue./ Thu., Apr 13 - June 3,

AND Sat. Apr 10 - June 5

Intermediate #20788

Tue./Thu., 6:15PM- 7:15PM

SAT, 9:30 - 10:30 AM

\$40Res/\$80Non-res

Advanced..... #20787

Tue./Thu., 6:15PM- 7:45PM

SAT, 9:30 - 11:00 AM

\$60Res/\$120Non-res

Milwaukee Tidal Wave Swim Team:

South

Mon./ Wed./ Thu., April 12 - June 3

Intermediate #20789

6:15PM- 7:15PM

\$40Res/\$80Non-res

Advanced..... #20785

6:00PM- 7:30PM

\$60Res/\$120Non-res

Swim Academy, Pre-competitive Practice

Ages 4-12. For the beginning swimmer. Interested in swimming on the swim team? Swimmers must be able to swim one full length of the pool on their back and stomach. Swimmers are not allowed to participate without proof of enrollment.

NOT ELIGIBLE FOR REDUCED FEES

Additional family member discount does not apply.

South #21157

Mon./ Wed., Apr 12 - June 2,

5:45PM- 6:30PM

\$30Res / \$60Non-res

Riverside #21158

Mon./ Wed., Apr 12 - June 2,

5:45PM- 6:30PM

\$30Res / \$60Non-res

Juneau #21159

Tue./ Thu., Apr 13 - June 3,

5:30PM- 6:15PM

\$30Res / \$60Non-res

Master's Swim

Ages 18-99. The Master's Swim Club is for the adult experienced swimmer. Course objectives vary among individuals. Some join to simply increase fitness levels while others use this program to train for triathlons. Your coach will work with you individually to reach your choice of goals.

WEEKEND WARRIOR OPTIONS:

with coach: Eric Jernberg

Juneau

Sat, April 10 - June 5

(no practice May 29)

EARLY: 7:30- 8:30AM#21088

LATER: 8:30 - 9:30AM#21089

\$32Res/\$48Non-Res

WEEKDAY OPTIONS:

with coach: Todd Jackson

DAILY GRIND OPTION:

South.....#21086

Mon, Tue, Thu, Fri; Apr. 12 - June 11

5:30 - 7:15 a.m. \$64Res/\$96Non-Res

HALF-GROUND OPTION:

South.....#21087

Chose 2 days/week of the "daily grind"

\$48Res/\$72Non-Res

TRAINING OPPORTUNITIES

Lifeguarding Training

Ages 15 years and above. American Red Cross Lifeguard Training will give you the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes: water rescue skills, first aid and CPR PRO. Prerequisites TESTED on the first day of class include: 300 yard NON-STOP swim (using breaststroke and front crawl) Submerge 10-12 feet to retrieve a 10 pound brick. Successful participants from this class may be considered for immediate summer employment opportunities. Class fees are reimbursed to MPS Lifeguards who work for 1 year.

\$130Res/\$195Non-res

NOT ELIGIBLE FOR REDUCED FEES

South #20504

MPS SPRING BREAK WEEK

Monday - Friday, April 5 - April 9,

8:30AM - 4:45PM

OASIS/South #21064

LAST CHANCE TO TRAIN FOR SUMMER

Mondays @ OASIS: May 17, 24 & June 7

Wednesdays @ South: May 19, 26 & June 2

& 9, 5:15PM- 8:45PM **AND**

Saturdays @ South: May 22, June 5, 12,

8:45AM - 4:15PM

Lifeguard Instructor (LGI)

Ages 18 and up. Milwaukee Recreation is pleased to offer the Red Cross Lifeguard Instructor course. Prerequisites tested on first meeting include; All current Red Cross lifeguard water skills, 3 written exams, CPR/AED Professional Rescuer and First Aid skills. Red Cross F.I.T. (Fundamentals of Instructor Training) is a mandatory prerequisite that must be acquired before enrolling in this course. Previous Red Cross teaching (i.e. WSI) is strongly recommended. All course dates are mandatory to remain eligible for certification. Final class meets at Red Cross Chapter. Registration eligibility by phone interview only. Call 414.647.3838 for details.

Riverside #SPECIAL

Sat., May 1- June 5, 8:15AM- 3:45PM

On-site "working lunch" 11:45 - 12:15

NO CLASS MAY 29, Memorial Weekend

\$225 Res / \$225 Non-res

NOT ELIGIBLE FOR REDUCED FEES

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ADULT SWIM

Adult Swim Lessons

Ages 18 and up. Beginning swimmers will learn basic swim strokes while intermediate swimmers will work on refining swimming strokes. Swimming caps are required and are available for \$2.00 on site.

Bay View #20591
Tuesdays, April 13 - June 1
 7:45- 8:45PM \$32Res/\$48Non-Res

Gaenslen #20594
Mondays Apr 12-June 7
 7:45- 8:45PM \$32Res/\$48Non-Res

Marshall #20592
Wednesdays, April 14 - June 2
 7:45- 8:45PM \$32Res/\$48Non-Res

Marshall #20595
Saturdays Apr. 10 - June 5
 8:30-9:30AM \$32Res/\$48Non-Res

Riverside #20593
Saturdays Apr. 10 - June 5
 9:00-10:00AM \$32Res/\$48Non-Res

South #20596
Saturdays Apr. 10 - June 5
 9:00-10:00AM \$32Res/\$48Non-Res

“Fear Factor” Adult Semi-Private Swim Lesson

Ages 18 and up. If the reason you avoid situations that involve water is due to “aqua-phobia” this class is for you. You and 3 others will receive instruction to overcome your fear of water and get you swimming!

BayView #20838
Thursdays, April 15 - June 3
 7:45- 8:45PM \$60Res/\$90Non-Res

Gaenslen #20836
Tuesdays, April 13 - June 1
 7:45PM- 8:45PM \$60Res/\$90Non-Res

Juneau #20837
Mondays, April 12 - June 7
 7:35-8:35PM \$60Res/\$90Non-Res

Adaptive Swim Instruction

Adults. This course is designed for individuals with physical disabilities who would like to enjoy the freedom water can provide. Learn to use the buoyant environment of water to walk, jog and swim.

Juneau #21563
Mondays, April 12 - June 7
 7:30-8:40 PM
 \$32 Residents/\$32 Non-residents

AQUA - FITNESS

Water Aerobics

Adults. Splish, Splash! The ‘coolest’ way to increase flexibility, muscle strength and endurance.

Gaenslen #21400
Mondays, April 12 - June 7
 4:45PM- 5:45PM \$32Res/\$48Non-Res

Gaenslen #21401
Wednesdays, April 14 - June 2
 4:45PM- 5:45PM \$32Res/\$48Non-Res

Gaenslen #21549
Fridays, April 16 - June 4
 4:45- 5:45PM \$32Res/\$48Non-Res

Hamilton #21402
Mondays, April 12 - May 24
 7:50- 9:00PM \$26Res/\$39Non-Res

Hamilton #21550
Wednesdays, April 14 - June 2
 8:00- 9:00PM \$32Res/\$48Non-Res

Juneau #21408
Saturdays, April 10 - June 5
 11:15AM- 12:15PM \$32Res/\$48Non-Res

Marshall #21403
Thursdays, April 15 - June 3
 7:45- 8:45PM \$32Res/\$48Non-Res

North #21405
Saturdays, April 10 - June 5
 12:30- 1:30 PM \$32Res/\$48Non-Res

Riverside #21406
Mondays, April 12 - May 24
 7:40- 8:40PM \$26Res/\$39Non-Res

Riverside #21407
Wednesdays, April 14 - June 2
 7:40PM- 8:40PM \$32Res/\$48Non-Res

Aquanatal

Adults. Are you expecting? Water aerobics classes are ideal for women during pregnancy and postpartum due to a lessened amount of impact during aerobic activity. Join this class, and you will benefit with better weight regulation and decreased discomforts of pregnancy. Please seek a physician’s approval prior to participation.

Hamilton #20636
Tuesdays, April 13 - June 1
 8:00PM- 9:00PM \$32Res/\$48Non-Res

Cardio Splash

Adults. This IS the class you will want to be in just in time to shape up for summer! You will build your aerobic endurance by working interval sets of exercise and active rest. As the weeks progress, you will increase your exercise as you decrease the resting periods. Please bring a pair of hand weights to class.

Hamilton #20753
Thursdays, April 15 - June 3
 7:45- 8:45PM \$32Res/\$48Non-Res

Juneau #21552
Tuesdays, April 13 - June 1
 7:50- 8:50 PM \$32Res/\$48Non-Res

Marshall #20751
Mondays, Apr. 12 - June 7
 7:45- 8:45PM \$32Res/\$48Non-Res

Riverside #20755
Saturdays Apr. 10 - June 5
 11:50AM- 1:10PM \$32Res/\$48Non-Res

South #20754
Thursdays, April 15 - June 3
 7:35PM- 8:35PM \$32Res/\$48Non-Res

Deep Water Aerobics

Adults. This class will be held in deep water, allowing you to realize the unique benefits of deep water exercise. Participants will be provided a flotation belt. Get ready for a high intensity workout. Space is limited.

Hamilton #20805
Saturdays Apr. 10 - June 5
 9:00 - 10:00AM \$32Res/\$48Non-Res

Juneau #21551
Thursdays, April 15 - June 3
 7:50 - 8:50PM \$32Res/\$48Non-Res

Riverside #20807
Thursdays, April 15 - June 3
 7:40 - 8:40PM \$32Res/\$48Non-Res

Therapeutic Exercise

Adults. This class is designed for individuals with or without disabilities who would like to benefit from the therapeutic values water provides. Participants should be able to enter the pool on his/her own or bring an attendant to assist. Gaenslen has a beautiful ZERO DEPTH walk in entry to the water.

Gaenslen #21564
Thursdays Apr. 15 - June 3,
 7:45-8:45 PM
 \$32 Residents/\$48 Non-residents