

**2020 Fall
Session 1
Swim Lesson**

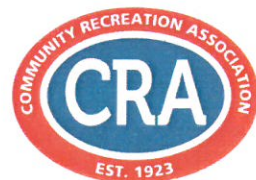
**SIGNUPS
Begin 9/14/2020**

**Swim Cap
Required**

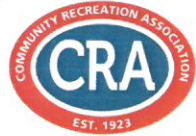
***May be
Purchased
at CRA.***



**Classes Start
9/21/2020**



2020 Fall Pool Schedule



Community Recreation Association, Inc.
 400 Main Street Dalton, MA 01226
www.daltoncra.org
 Phone: 413-684-0260 Fax: 413-684-4033

Pool schedule effective 9/21/20 – 11/15/20

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:15 - 7:00 Adult Lap	6:15 - 7:00 Adult Lap	6:15 - 7:00 Adult Lap	6:15 - 7:00 Adult Lap	6:15 - 7:00 Adult Lap	
	7:00 - 7:45 Adult Lap	7:00 - 7:45 Adult Lap	7:00 - 7:45 Adult Lap	7:00 - 7:45 Adult Lap	7:00 - 7:45 Adult Lap	
	7:45 - 8:30 Adult Lap	7:45 - 8:30 Adult Lap	7:45 - 8:30 Adult Lap	7:45 - 8:30 Adult Lap	7:45 - 8:30 Adult Lap	7:30 – 8:15 Adult Lap
	8:30 – 9:15 Adult Lap	8:30 – 9:15 Adult Lap	8:30 – 9:15 Adult Lap	8:30 – 9:15 Adult Lap	8:30 – 9:15 Adult Lap	8:15 - 9:00 Adult Lap
9:30 - 10:15 Adult Lap	9:15 – 10:00 Water Aerobics	9:15 – 10:00 Water Aerobics	9:15 – 10:00 Water Aerobics	9:15 – 10:00 Water Aerobics	9:15 – 10:00 Water Aerobics	9:15 – 10:00 Beginner Lesson
10:15 - 11:00 Adult Lap	10:30 – 11:15 Water Aerobics	10:30 – 11:15 Water Aerobics	10:30 – 11:15 Water Aerobics	10:30 – 11:15 Water Aerobics	10:30 – 11:15 Water Aerobics	10:30 – 11:15 Beginner Lesson
11:00 -11:45 Adult Lap	11:30 – 12:15 Adult Lap	11:15 – 12:00 ADULT Stroke Techniques	11:30 – 12:15 Adult Lap	11:15 – 12:00 ADULT Beginners	11:30 – 12:15 Adult Lap	11:45-12:30 Advanced Beginner/ Intermediate Lesson
11:45 -12:45 - Splash Program	12:15 – 1:00 Adult Lap	12:15 – 1:00 Adult Lap	12:15 – 1:00 Adult Lap	12:15 – 1:00 Adult Lap	12:15 – 1:00 Adult Lap	
	1:00 – 1:45 4 & 5 Year Old Lesson *	1:00 – 1:45 Adult Lap	1:00 – 1:45 4 & 5 Year Old Lesson*	1:00 – 1:45 Adult Lap		
		3:30 -4:15 Beginner Lesson	4:15 - 5:00 Intermediate; Swimmer/ Advanced Swimmer	4:15 – 5:00 Advanced Beginner Lesson		
	5:00 – 6:00 Adult Lap	4:45 -5:30 Beginner Lesson	5:00 – 6:00 Adult Lap	5:15 - 6:00 ADULT Intermediate (ends 10/15)	5:30 – 6:30 Adult Lap	

*** Children MUST be able to swim independently with or without a bubble.**

Registration required for all time slots. Class size is limited.

Board of Health REQUIRES SHOWERS and BATHING CAPS BEFORE entering the pool.