

2020/2021 Fall-Winter 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 November 16, 2020

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 - 10:15 Splashercise	9:15 - 10:15 Water Works	9:15 - 10:15 Splashercise	9:15 - 10:15 Water Works	9:15 - 10:15 Splashercise	9:15-10:00 Beginner Lesson
10:15-11:00 Adult Lap	10:45 - 11:30 Adult Lap	10:45 - 11:30 Adult Stroke Techniques	10:45 - 11:30 Adult Lap	10:45 - 11:30 Adult Learn to Swim	10:45 - 11:30 Adult Lap	10:15-11:00 Beginner Lesson
11:00-11:45 Adult Lap	11:30 - 12:15 Adult Lap	11:30 - 12:15 Adult Lap	11:30 - 12:15 Adult Lap	11:30 - 12:15 Adult Lap	11:30 - 12:15 Adult Lap	11:15-12:00 Advance 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	1:00 - 1:45 Adult Lap	
	3:00 - 5:00 WRHS Swim Team	3:00 - 4:00 WRHS Swim Team	3:30 -4:15 Beginner Lesson	3:00 - 5:00 WRHS Swim Team	3:00 - 4:30 WRHS Swim Team	
		4:15 - 5:00 Advanced Beginner Lesson	4:15 - 5:00 Intermediate; Swimmer/ Advanced Swimmer Lesson		4:30 - 5:30 Otters Swim Team	
	5:00 - 6:00 Adult Lap	5:00 - 5:45 Beginner Lesson	5:00 - .6:00 Adult Lap	5:00 - 7:45 Otter Swim Team	5:30 - 6:30 Adult Lap	
	6:00 - 7:00 Water Aerobics	6:00-7:30 Otters Swim Team	6:00 - 7:00 Water Aerobics			
	7:00 - 7:45 Otters Swim Team		7:00 - 7:45 Otters Swim Team			

***4 & 5 Year Old Lesson: Child MUST be able to swim independently with or without a bubble.
REGISTRATION IS REQUIRED FOR ALL TIME SLOTS. Class size is limited.
 Board of Health REQUIRES SHOWERS and BATHING CAPS BEFORE entering the pool.**

2020/2021 Fall-Winter Swim Lessons

Any child taking swimming lessons needs a current CRA Jr. Membership (\$40) which must be active through the end of their swimming session. Credits and refunds are not given for missed scheduled classes.

Class size is limited on a first come, first serve basis. Child must wear a mask and follow social distancing guidelines. Bathing cap and towel are required.
Spectators are limited.

Swim Classes Session 3

January 11 – March 27 (10 weeks - \$65)

NO CLASSES February 15 February 20

4 And 5 Year Old

Must be able to swim independent with or without a bubble.

Monday 1:00pm - 1:45pm

Wednesday 1:00pm - 1:45pm

Beginner

Must be 5 years old

Tuesday 5:00pm-5:45pm

Wednesday 3:30pm-4:15pm

Saturday 9:15am-10:00am

Saturday 10:15am -11:00am

Advanced Beginner

Tuesday 4:15pm-5:00pm

Advanced Beginner & Intermediate (separate classes)

Saturday 11:15am- 12:00pm

Intermediate/Swimmer/Advanced Swimmer (separate classes)

Wednesday 4:15pm-5:00pm

Adult

(NO Membership Required)

Tuesday Stroke Technique 10:45am-11:30am

Thursday Learn to Swim 10:45am-11:30am

Pool Class Descriptions

All water classes require pool membership, pool punch card, or pay per class

Water Works: Join Theresa on Tuesday and Thursday mornings, for a half hour of water aerobics followed by a half hour of strength training. *Beginner/Intermediate*

Splashercise: Join Theresa on Mondays, Wednesdays & Fridays for a half hour of water aerobics and a half hour of volleyball. *Intermediate/Advanced*

Water Aerobics: This high energy class utilizes both the shallow & deep water in the pool. Let Heather challenge your endurance with water circuits, deep water drills, and lap swimming. You will burn lots of calories while you increase your strength, endurance, and range of motion. *Intermediate/Advanced*