

# 2020/2021 Fall-Spring Pool Schedule



Community Recreation Association, Inc.  
 400 Main Street Dalton, MA 01226  
[www.daltoncra.org](http://www.daltoncra.org)  
 Phone: 413-684-0260 Fax: 413-684-4033

## Pool schedule effective March 29, 2021

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	<b>9:15-10:00 Beginner Lesson</b>
10:15-11:00 Adult Lap	10:45 - 11:30 Adult Lap	<b>10:45 - 11:30 Adult Stroke Techniques</b>	10:45 - 11:30 Adult Lap	<b>10:45 - 11:30 Adult Learn to Swim</b>	10:45 - 11:30 Adult Lap	<b>10:15-11:00 Beginner Lesson</b>
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	<b>11:15-12:00 Advance Beginner/ Intermediate Lesson</b>
	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	
	<b>1:00 -1:45 4 &amp; 5 Year Old Lesson*</b>	1:00 - 1:45 Adult Lap	<b>1:00 - 1:45 4 &amp; 5 Year Old Lesson*</b>	1:00 - 1:45 Adult Lap	1:00 - 1:45 Adult Lap	
			<b>3:30 -4:15 Beginner Lesson</b>			
		<b>4:15 - 5:00 Advanced Beginner Lesson</b>	<b>4:15 - 5:00 Intermediate; Swimmer/ Advanced Swimmer Lesson</b>			
	5:00 - 6:00 Adult Lap	<b>5:00 - 5:45 Beginner Lesson</b>	5:00 - .6:00 Adult Lap		5:30 - 6:30 Adult Lap	
	6:00 - 7:00 Water Aerobics		6:00 - 7:00 Water Aerobics			

**\*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 Swim Classes

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 save basis. Child must wear a mask and follow social distancing guidelines. Bathing cap and towel are required. Spectators are limited.**

## Swim Classes Session 4

March 27 – June 19 (10 weeks - \$65)

NO CLASSES April 19 – April 24 and May 31 – June 5

### 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***