

June 21-27 2021 Pool Schedule



Community Recreation Association, Inc.
 400 Ma Community Recreation
 Association, Inc.
 400 Main Street Dalton, MA 01226

Pool schedule effective June 21 thru June 27, 2021

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	<u>6:00 - 9:00</u> Adult Lap	<u>6:00 - 9:00</u> Adult Lap	<u>6:00 - 9:00</u> Adult Lap	<u>6:00 - 9:00</u> Adult Lap	<u>6:00 - 9:00</u> Adult Lap	
						<u>7:30 - 9:00</u> Adult Lap
<u>9:30 - 11:45</u> Adult Lap	<u>9:00 - 10:00</u> Splashercise	<u>9:00 - 10:00</u> Water Works	<u>9:00 - 10:00</u> Splashercise	<u>9:00 - 10:00</u> Water Works	<u>9:00 - 10:00</u> Splashercise	
	<u>10:45 - 1:00</u> Adult Lap		<u>10:45 - 1:00</u> Adult Lap		<u>10:45 - 1:15</u> Adult Lap	
		<u>11:30 - 1:15</u> Adult Lap		<u>11:30 - 1:15</u> Adult Lap		
	1:15 - 2:00 Gr K-2 Day Camp	1:15 - 2:00 Gr K-2 Day Camp	1:15 - 2:00 Gr K-2 Day Camp	1:15 - 2:00 Gr K-2 Day Camp	1:15 - 2:00 Gr K-2 Day Camp	
	2:00 - 2:45 Gr 3 and up Day Camp	2:00 - 2:45 Gr 3 and up Day Camp	2:00 - 2:45 Gr 3 and up Day Camp	2:00 - 2:45 Gr 3 and up Day Camp	2:00 - 2:45 Gr 3 and up Day Camp	
	<u>5:00 - 6:00</u> Adult Lap		<u>5:00 - 6:00</u> Adult Lap		<u>5:30 - 6:30</u> Adult Lap	
	6:00 - 7:00 Water Aerobics		6:00 - 7:00 Water Aerobics			

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



2021 SUMMER SWIM LESSONS June 28 – August 20

**SIGN UPS BEGIN JUNE 14
LESSONS BEGIN JUNE 28**

Class size is limited on a first come basis.

**ALL children taking swimming lessons need a current CRA Jr. Membership (\$40)
which must be active through the end of their swimming session.**

Must sign up for each session. BATHING CAP and TOWEL REQUIRED.

*****Credits or refunds are NOT given for missed schedule classes.*****

PARENT/TODDLER - FRIDAYS (10:00am -10:45am): (8 classes)

7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20 \$28.00

PRE-SCHOOL LESSONS: (10:00am—10:45am)

Group A – MONDAYS (7 Classes) \$45.50

6/28, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16 (NO Class 7/5)

Group B – WEDNESDAYS (8 Classes) \$52

6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18

BEGINNERS (10:45—11:30am) & ADVANCED Lessons (11:30am-12:15)

Advanced Lessons includes ALL lessons above Beginners

SESSION 1: 6/28 —7/9 \$58.50 (9 classes –NO Class 7/5)

SESSION 2: 7/12—7/23 \$65 (10 classes)

SESSION 3: 7/26—8/6 \$65 (10 classes)

SESSION 4: 8/9—8/20 \$65 (10 classes)

ADULT BEGINNERS Tuesday 5:30pm-6:30pm

ADULT STROKE DEVELOPMENT Tuesday 6:30pm-7:15pm

6/29, 7/6, 7/13, 7/20, 8/3, 8/10, 8/17, 8/24 \$52.00 (8 classes)

Pool Class Descriptions

All water classes require a 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*