

2021-2022 Fall-Spring 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 October 14, 2021

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 - 9:00 Adult Lap	6:00 - 9:00 Adult Lap	6:00 - 9:00 Adult Lap	6:00 - 9:00 Adult Lap	6:00 - 9:00 Adult Lap	7:00 - 9:00 Adult Lap
9:00 - 11:00 Adult Lap	9:00 - 10:00 Splash-er-cise	9:00 - 10:00 Water Works	9:00 - 10:00 Splash-er-cise	9:00 - 10:00 Water Works	9:00 - 10:00 Splash-er-cise	9:00 - 9:45 Parent/Toddler Lesson
	10:00 - 10:45 Parent Toddler Lesson	10:00 - 11:00 Adult Stroke Techniques		10:00 - 11:00 Adult Learn to Swim	10:00 - 10:45 Parent/Toddler Lesson	9:45-10:30 Preschool Lesson
11:00 - 12:00 Family Swim	11:00 - 12:00 Family Swim	11:00 - 11:45 Pre-School Lesson	11:00 - 12:00 Family Swim	11:00 - 11:45 Pre-School Lesson	11:00 - 11:45 Pre-School Lesson	10:30-11:15 Beginner Lesson
	12:00 - 1:00 Adult Lap	12:00 - 1:30 Adult Lap	12:00 - 1:00 Adult Lap	12:00 - 1:00 Adult Lap	12:00 - 1:30 Adult Lap	11:15-12:00 Advance Beginner/ Intermediate Lesson
	1:00 - 1:45 Pre-School Lesson		1:00 - 1:45 Pre-School Lesson	1:00 - 2:00 OPEN ADULT SWIM		
	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 - 7:45 Otters Swim Team	6:00 - 7:00 Water Aerobics		6:30 - 7:30 Family Swim	
	7:00 - 7:45 Otters Swim Team		7:00 - 7:45 Otters Swim Team			

**An ACTIVE CRA Membership by one swimmer per group is required for member rate for family swim.
 Board of Health REQUIRES SHOWERS and BATHING CAPS BEFORE entering the pool.**

2021/2022 Fall-Spring 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.

Sign-up for Swimming Lessons begin two weeks prior to the start of each session. First come, first serve.

Please give lifeguard family swim ticket for family swim so they know that you have paid \$5 per person or \$12 per family as a member or \$7 per person or \$18 per family as a non-member.

<u>Session I</u>	September 7 – October 30 8 weeks Cost is \$52 plus Membership. Monday classes are 7 weeks at \$45.50 plus Membership. Monday Parent-Toddler classes are \$24.50 plus Membership Friday and Saturday Parent-Toddler classes are \$28 plus Membership.
<u>Session II</u>	November 1 - January 22 10 weeks Cost is \$65 plus Membership NO classes 11/22-11/27 and 12/24 - 01/01 Friday and Saturday classes are \$58.50 plus Membership. Monday Parent-Toddler classes are \$35 plus Membership Friday and Saturday Parent-Toddler classes are \$31.50 plus Membership.
<u>Session III</u>	January 24 – April 2 - 9 weeks Cost is \$58.50 plus Membership. NO classes 2/21 - 2/26 Parent-Toddler classes are \$31.50 plus Membership.
<u>Session IV</u>	April 4 - June 18 - 10 weeks Cost is \$65 plus Membership. Monday classes are 9 weeks at \$58.50 plus Membership. NO classes 4/18 - 4/23 and 5/30 Monday Parent-Toddler classes are \$31.50 plus Membership. Friday and Saturday Parent-Toddler classes are \$35 plus Membership.

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*