

# 2021-2022 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 8, 2022**

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	<b>9:00 - 9:45 Parent/Toddler Lesson</b>
	<b>10:00 - 10:45 Parent Toddler Lesson</b>	<b>10:00 - 11:00 Adult Stroke Techniques</b>		10:00 - 11:00 Adult Learn to Swim	<b>10:00 - 10:45 Parent/Toddler Lesson</b>	<b>9:45-10:30 Preschool Lesson</b>
11:00 - 12:00 Family Swim	11:00 - 12:00 Family Swim	<b>11:00 - 11:45 Pre-School Lesson</b>	11:00 - 12:00 Family Swim	<b>11:00 - 11:45 Pre-School Lesson</b>	<b>11:00 - 11:45 Pre-School Lesson</b>	<b>10:30-11:15 Beginner Lesson</b>
12:00-1:00 Splash Swim Program	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	<b>11:15-12:00 Advance Beginner/ Intermediate Lesson</b>
	1:00 -1:45 Pre-School Lesson		1:00 - 1:45 Pre-School Lesson	1:00 - 2:00 OPEN ADULT SWIM		
			3:30 -4:15 Beginner Lesson			
		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	<b>5:00 - 5:45 Beginner Lesson</b>	5:00 - 6:00 Adult Lap	5:00-7:45 Otters Swim Team	5:30 - 6:30 Adult Lap	
	6:00 - 7:00 Water Aerobics	<b>6:00-7:45 Otters Swim Team</b>	6:00 - 7:00 Water Aerobics		6:30 - 7:30 Family Swim	
	<b>7:00-7:45 Otters Swim Team</b>		<b>7:00-7:45 Otters Swim Team</b>			

**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.*

<b><u>Session I</u></b>	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.
<b><u>Session II</u></b>	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.
<b><u>Session III</u></b>	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.
<b><u>Session IV</u></b>	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*