

Winter Pool Schedule

Effective November 28, 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	9:00 - 9:45 Parent/Toddler Lesson
	10:00 - 10:45 Preschool Lesson	10:00 - 11:00 Adult Stroke Techniques	10:00 - 10:45 Parent/Toddler Lesson	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 Splash & Swim Program	12:00 - 1:30 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 Adv. Beginner/ Intermediate Lesson
1:15 - 2:15 Swim Pool Party			1:00 - 1:45 Pre-School Lesson	1:00 - 2:00 Adult Lap		12:15 - 1:15 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	1:15 - 2:15 Family Swim
		4:15 - 5:00 Adv. Beginner Lesson	4:15 - 5:00 Intermediate/ Adv. Swim 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 - 8:00 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 - 8:00 Otters Swim Team		7:00 - 7:45 Otters Swim Team			
			7:45-8:45 WRHS Swim Team			

Gym Schedule Key

- Adult Lap Swim
- Adult Aerobics Class
- Swim Lessons
- Family Swim
- WRHS & Otters Swim
- Splash & Swim
- Birthday Party



Swim Lesson Descriptions & Sessions

Parent Toddler (6 mos. to 3 years) Parent Toddler is a passive unstructured and friendly environment encouraging the interaction between other parents and children and future swim instructors. Children learn safety, bubble blowing, and arm and leg movements.

Pre School (3-5 years) This class is for beginners with little or no experience in the water. Children will work on water adjustment and basic skills including blowing bubbles, front and back floats, putting their faces in the water, jumping in, turtle dives and swimming the length of the pool. Child must have general membership.

Beginners (5 years and up) This class is for beginners who have little or no experience in the water. Children will work on putting their faces in, front and back floats, rhythmic breathing, and swimming on their fronts and backs with a flotation device such as a noodle or kickboard.

Beginners Deep End (5 years and up w/out bubble) This class is for beginners who are comfortable in the water and deep end with no flotation device. The children will review the skills from the shallow end beginner's class and be introduced to front crawl, back crawl and rhythmic breathing.

Advanced Beginners The children will work on strengthening their front crawl, back crawl and completely submerging their heads. They will be introduced to diving, while kneeling, rotary breathing, and elementary backstroke kick.

Intermediate Swimmers This class is for those who want to continue learning the basic strokes. The children will strengthen upon rotary breathing, front crawl and back crawl. They will be introduced to the elementary backstroke, breaststroke kick, side stroke kick, turning on the wall and standing front dives.

Advanced Swimmers This class is for serious swimmers. Child will work up to swimming 100 yards of front crawl and back crawl, 25 yards of sidestroke and breaststroke, and 10 yards of butterfly. They will also be able to demonstrate appropriate turns for each stroke and tread water for 3 minutes.

Adult Learn to Swim This class is for beginners who have little to no experience in the water. A membership is not required.

Adult Stroke Techniques This class is for adult swimmers who would like to work on their stroke techniques for strokes such as sidestroke, breaststroke, and butterfly. A membership is not required.

Swim Session I	September 12, 2022 · November 5, 2022	8 Week Session
	Cost is \$52 plus Membership *Parent Toddler Classes are \$28 plus Membership.	
Swim Session II	November 7, 2022 · January 21, 2023	10 Week Session
	NO CLASSES 11/24 & 11/25 and 12/24-01/02 Cost is \$65 plus Membership *Parent Toddler Classes are \$35 plus Membership Wednesday and \$31.50 plus Membership Friday and Saturday.	
Swim Session III	January 23, 2023 · April 1, 2023	9 Week Session
	NO CLASSES 2/20-2/25 Cost is \$58.50 plus Membership *Parent Toddler classes are \$31.50 plus Membership.	
Swim Session IV	April 3, 2023 · June 17, 2023	10 Weeks
	NO CLASSES 4/17-4/22 & 5/29 Cost is \$65 plus Membership *Monday Classes are 9 Weeks at \$58.50 plus Membership. Parent Toddler Classes are \$35 plus Membership.	

*Please note, any child taking swimming lessons needs an active General Junior Membership. Credits and refunds for classes are NOT given for missed scheduled classes.



Pool Class Descriptions

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

Splash-er-cise

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

Adult Lap Swim

The schedule will indicate what time the pool is available for lap swim and family swim. Children must be 14 years of age to participate in adult lap without a parent/guardian.

Family Swim

The schedule will indicate what time the pool is available for lap swim and family swim. Children must be 14 years of age to participate in family swim without a parent/guardian. Non-members are required to pay a fee. Please give the lifeguard your family swim ticket at pool check-in for proof of payment.

Swim Team

The Dalton Otters Swim Team is a competitive, age-group swim team that competes in the north country swim league. This league has teams from Massachusetts and New York State. Practices will begin October 15th and the season will run until early March. Our swimmers range in age from 5 to 18 years of age. General skills for new members are: Basic knowledge of freestyle with breathing to the side and backstroke. Ability to swim more than one length without stopping. Desire to learn and commit to the sport of swimming. Anyone interested is encouraged to come to scheduled tryouts so that we can evaluate the swimmer's ability level. (New swimmers only). For more up to date information, please contact the Dalton Otters at aquadics@daltoncra.org

Pool Party

The CRA offers pool party rentals in the winter. Please contact the CRA Front Desk for cost and availability.

Splash and Swim

A safe fun and rewarding swim program for individuals with disabilities and their families. Please contact Dan McMahon for more information at dmcmahon@daltoncra.org.

SHOWERING PRIOR TO ENTERING THE POOL AND BATHING CAP IS REQUIRED Per Local Board of Health



www.daltoncra.org