

Fall 2024 - Spring 2025 Swim Lessons

Any child taking swimming lessons needs a current CRA General Junior Membership (\$50) which must be ACTIVE through the end of their swimming session. Credits and refunds are NOT given for missed scheduled classes.

Sign-up begins two weeks prior to the start of EACH session. Class sizes are limited. First come, first serve.

NO CHARGE for FAMILY SWIM for ALL ACTIVE CRA members. Cost is \$8 for each nonmember or \$20 for three or more NONMEMBERS IN AN IMMEDIATE FAMILY. Please give lifeguard family swim ticket for family swim so they know that you have paid.

Session I	<u>SIGNUP BEGINS MONDAY, AUGUST 19TH</u> September 3 – November 2 (9 weeks) Monday class' are 8 weeks Parent-Toddler classes	Cost \$72 plus Membership. Cost \$64 plus Membership. Cost \$45 plus Membership.
Session II	<u>SIGNUP BEGINS MONDAY, OCTOBER 21ST</u> November 4 - January 18 (9 weeks) NO CLASSES Nov. 28-29 and Dec. 21-Jan. 1 Parent-Toddler classes	Cost \$72 plus Membership. Cost \$45 plus Membership.
Session III	<u>SIGNUP BEGINS MONDAY, JANUARY 6TH</u> January 20 – March 29 (9 weeks) NO CLASSES Feb. 17-22 Parent-Toddler classes	Cost \$72 plus Membership. Cost \$45 plus Membership.
Session IV	<u>SIGNUP BEGINS MONDAY, MARCH 17TH</u> March 31 – June 14 (10 weeks) Monday class' are 9 weeks NO CLASSES Apr. 21-26 and May 26 Parent-Toddler classes	Cost \$80 plus Membership. Cost \$72 plus Membership. Cost \$50 plus Membership.

* Prices are subject to change

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.



400 Main Street • Dalton, MA 01226 • 413-684-0260 • daltoncra.org



Fall-Spring Pool Schedule

Effective September 3rd, 2024

<i>Sunday</i>	<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
	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 NO BUBBLE Lesson*	10:00 - 11:00 Adult Stroke Techniques Lesson	10:15 – 11:00 Homeschool Lesson	10:00 – 11:00 Adult Beginner Lesson	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 Preschool Lesson	11:00 - 11:45 Pre-School Lesson	10:30-11:15 Beginner Lesson
12:00 - 1:00 Birthday Party	12:00 – 1:30 Adult Lap	12:00 - 1:30 Adult Lap	12:00 - 1:00 Adult Lap	12:00 - 2:00 Adult Lap	12:00 - 1:30 Adult Lap	11:15-12:00 Advanced Beginner/ Intermediate Lesson
			1:00 - 1:45 Pre-School Lesson			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 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 (Start date TBD)		6:00 - 7:00 Water Aerobics (Start date TBD)		6:30 - 7:30 Family Swim	
	7:00 – 7:45 Otters Swim Team	6:00 – 7:45 Otters Swim Team	7:00 – 7:45 Otters Swim Team			

- ***PRESCHOOL NO BUBBLE Class requires permission from swim instructor.**
- **Board of Health REQUIRES SHOWERS and BATHING CAPS BEFORE entering the pool**