

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



Winter Pool schedule

Effective December 8th, 2024

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 - 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
9:00 - 11:00 Adult Lap	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 Splash Program	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
1:15-2:15 Birthday Party						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			

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 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. 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 family swim. Children must be 14 years of age to participate in family swim without a parent/guardian. Please give the lifeguard your family swim ticket at pool check-in for proof of payment. ***Non-members are required to pay a fee.**

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. Beginner's Deep end 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 and be introduced to front and 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.

Homeschool Swim This is a beginner level swim class (levels 1 & 2) for homeschoolers ages 5&up. Students will work on front floats, back floats, submerging, rhythmic breathing as well as front and back crawls.

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.

***All Children need memberships**