

****More Lap Swim may be available based on Swim School enrollment****

***Please Check for Holiday Hours**

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5-9 A.M.	OPEN 7:00 AM						
9-10 A.M.	Swim School				Swim School		Swim School
10-11 A.M.	Swim School				Swim School	Swim School	Swim School
11 A.M. - 12 P.M.	Swim School						Swim School
12-1 P.M.	Swim School	* AQUACISE 12:15	* AQUACISE 12:15	* AQUACISE 12:15	* AQUA ZUMBA 12:15	* AQUACISE 12:15	Swim School
1-2 P.M.	Swim School					Swim School	Swim School
2-3 P.M.	Swim School					Swim School	Swim School
3-4 P.M.	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School	Swim School
4-5 P.M.	FAMILY SWIM	Swim School	Swim School	Swim School	Swim School	Swim School	FAMILY SWIM
5-6 P.M.	FAMILY SWIM CLOSED 6PM	Swim School	Swim School	Swim School	Swim School	Swim School	FAMILY SWIM
6-7 P.M.	CLOSED	Swim School	Beginner Stroke 6:15-7:15	Advanced Stroke 6:15-7:15	Beginner Stroke 6:15-7:15	Swim School	FAMILY SWIM
7-8 P.M.	CLOSED	Swim School * AQUACISE 7:30	* AQUACISE 7:30	Swim School	* AQUA ZUMBA 7:30	Swim School	CLOSED 8:00PM
8-9 P.M.	CLOSED	Competitive Edge 8:30- 9:30 PM		Competitive Edge 8:30- 9:30 PM			CLOSED
9-10 P.M.	CLOSED						CLOSED



Spa 23 Swim School



Swim School is a continuous weekly swim instruction program designed to offer children an opportunity to learn and master the fundamentals of swimming at their own pace. Constantly measuring each student's progress, instructors will guide students through the various levels of Swim School until competency has been achieved.

Registration Fee \$69

Members: \$59.99 a month one class per week

\$109.98 a month two classes per week

Guests: \$79.99 a month one class per week

\$149.98 a month two classes per week

**Additional children save 10%*

Contact Member Services for further information

****ALL REGISTRATIONS MUST BE MADE WITH THE MEMBERSHIP DEPARTMENT. Monday-Friday 8:00am-9:00pm, Saturday 8:00am-8:00pm, Sunday 8am-6pm**



POOL PROGRAMS



LAP SWIM: During the facilities' pool hours, portions of the pool will be set up for lap swimming. Circle swimming or sharing lanes is greatly encouraged. Please swim accordingly.

**Note: During Stroke Clinic, only 1 lane available. During Aquacise, 2 lanes to no lanes available depending on the size of the class.*

FAMILY SWIM: During Family Swim, the majority of the pool is open for members to bring their children, for a guest fee of \$5. Family Swim times are on weekends only.

50 MILE SWIM PROGRAM: All members are eligible to participate in this Spa 23 program. A master chart will be displayed in the pool area with participant's names. Each time you've completed a 50-mile stretch, you will receive a Spa 23 certificate of achievement and a T-Shirt.

AQUACISE: Aquacise is now considered by many health experts as the near perfect physical activity. This program is designed to develop and maintain cardiovascular fitness, increase muscle strength, endurance and flexibility. Classes are designed to give a vigorous and stimulating workout.

POOL PARTIES: The pool is available for party rentals. See Program Director, for details.

LOCKER ROOMS: Special changing areas for children are located above the pool in the Annex. **Children are prohibited in the adult locker rooms.**

GROUP LESSON DESCRIPTIONS

INFANT/TODDLER SWIM (6-36 MONTHS): A water adjustment class for infant/toddler and an adult. An introduction to appropriate water safety skills through song and games. Pediatrician Approval Recommended. **Parent participation is required.**

PRE-SCHOOL I (3-5 YEARS): This class offers a progression to independent water skills, developing readiness for Pre-School II. **Parent participation is required.**

PRE-SCHOOL II

A swim program designed for the child already familiar with the water. This class will facilitate independent water skills. Good stepping stone for Level 1.

LEVEL 1

This course is designed to equip students with basic water safety and water adjustment skills. Skills include: floating, kicking, underwater exploration, breathing and front and back beginner strokes.

LEVEL 2

Students learn basic stroke techniques for freestyle and backstroke, elementary backstroke kick, jumping, rotary breathing and treading water. Students are introduced to treading and dolphin kick. **Must have passed Level 1.**

LEVEL 3

Increase swimming endurance and proper technique for freestyle and backstroke and an introduction to the breaststroke and butterfly. **Must have passed Level 2.**

LEVEL 4

Development of freestyle, backstroke, breaststroke and butterfly. Endurance and stroke efficiency is increased.

BEGINNER STROKE CLINIC: Children must have basic knowledge of all strokes. Swimmers will refine strokes and build endurance, while being introduced to basic competitive concepts.

ADVANCED STROKE CLINIC: Children must be comfortable with all strokes. This class is designed to decrease times, improve front and back flip turns and build endurance for lap swimming.

COMPETITIVE EDGE: Highly intense conditioning for competitive swimmers over 12 years olds, with critical analysis of stroke and turn.