

## OLIVER BATH HOUSE SEPTEMBER – DECEMBER 2012 AQUATIC PROGRAMS

*The City of Pittsburgh Aquatic Division offers many programs throughout the fall for people of all ages and swimming abilities. All programs require a Citiparks Pool Pass to enroll except for the Infant Aquatic Program.*

### CHILDREN'S PROGRAMS

#### ***Children's Learn to Swim Classes (\$20.00)***

For children ages 6 to 15 years old. There are seven levels of instruction designed to help swimmers develop and refine their skills. Instructors teach a variety of strokes including the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. They will also introduce diving techniques and focus on water safety skills.

#### **Saturdays**

10:00 a.m. – 10:45 a.m.  
10 Lessons (\$20.00)

**Session I:** September 15—November 17

#### ***Pre-School Aquatic Program (\$10.00)***

For children ages 3-5 years old. Learn the basics of water exploration with a certified lifeguard. Children will be taught water entry, kicks, glides, arm movement and water play. Parent participation is required. This class is not designed to teach children how to swim; rather it prepares them for swimming lessons when they are older.

#### **Saturdays**

11:00 a.m. – 11:30 a.m.  
5 Lessons (\$10.00)

**Session I:** September 15—October 13

**Session II:** October 20—November 17

#### ***Infant Aquatic Program (\$10.00)***

For children ages 18 months – 2 years old. Join your youngster in the pool for 5 fun half-hour classes. Parent and child explore the water and learn aquatic safety through play. This class will not teach your infant to swim or survive alone in the water. Parent participation is required.

#### **Saturdays**

11:30 a.m. – 12:00 p.m.  
5 Lessons (\$10.00)

**Session I:** September 15—October 13

**Session II:** October 20—November 17

## ADULT PROGRAMS

### **Adult Learn to Swim (\$10.00)**

Conquer your fears! Learn to swim in a small class setting with other adults. This is your chance to learn how to swim or improve your skills without feeling uncomfortable. This class will be tailored to meet the individual needs of each participant. These classes are for adults only (ages 16 and up.)

#### **Sundays**

11:00 a.m. – 11:45 a.m.  
5 Lessons (\$10.00)

**Session I:** September 16—October 21

**Session II:** October 28—November 25

*\*No Class on September 30<sup>th</sup>*

### **Adult Water Aerobics (\$20.00 – \$30.00)**

Enjoy a water aerobic class using the resistance of water to tone and increase strength as well as cardio fitness. This program creates no stress on the joints and is great for swimmers and non-swimmers. A variety of aquatic programming equipment will be used. You must be 16 years or older to register.

#### **Tuesdays and Thursdays**

5:45 p.m. – 6:30 p.m.

**Session I:** September 18—October 18  
10 Classes (\$20.00)

**Session II:** October 23—December 13\*  
15 Classes (\$30.00)

*\*No Class on November 22<sup>nd</sup>*

#### **Mondays, Wednesdays, and Fridays**

6:45 p.m. – 7:30 p.m.  
10 Classes (\$20.00)

**Session I:** September 17– October 8

**Session II:** October 10— October 31

**Session III:** November 2— November 26 \*

**Session IV:** November 28— December 19

*\*No Class on November 12<sup>th</sup>*

## SENIOR PROGRAMS

### **Senior Water Aerobics (\$20.00 - \$30.00)**

Take aerobics at a more leisurely pace with other seniors. This is a great low impact workout using various aquatic programming equipment. Work at your own pace.

#### **Tuesdays and Thursdays**

10:30 a.m. – 11:15 a.m.

**Session I:** September 18—October 18  
10 Classes (\$20.00)

**Session II:** October 23—December 13\*  
15 Classes (\$30.00)

*\*No Class on November 22<sup>nd</sup>*