

OLIVER BATH HOUSE JANUARY – MAY 2013 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.

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. Certified Water Safety 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: January 5– March 9

Session II: March 16 – May 18

Pre-School Aquatic Program (\$10.00)

For children ages 3-5 years old. Learn the basics of water exploration with a certified Water Safety Instructor. 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: January 5 – February 2

Session II: February 9 – March 9

Session III: March 16 – April 13

Session IV: April 20 – May 18

Infant Aquatic Program (\$10.00)

For children ages 18 months – 2 years old. 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. It is a water discovery class and is taught by certified Water Safety Instructors. Parent participation is required.

Saturdays

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

Session I: January 5 – February 2

Session II: February 9 – March 9

Session III: March 16 – April 13

Session IV: April 20 – May 18

ADULT PROGRAMS

Adult Learn to Swim (\$10.00)

Conquer your fears! Learn to swim in a small class setting with other adults by certified Water Safety Instructors. 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 need 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: January 6 - February 3
Session II: February 10 – March 10
Session III: March 17 – April 21 *
Session IV: April 28 – May 26

**No class March 31st*

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.
10 Classes (\$20.00)

Session I: January 8 – February 7
Session II: February 12 – March 14
Session III: March 19 – April 18
Session IV: April 23 – May 23

Mondays, Wednesdays, and Fridays

6:45 p.m. – 7:30 p.m.
15 Classes (\$30.00)

Session I: January 7 – February 11*
Session II: February 13 – March 18
Session III: March 20 – April 24*
Session IV: April 26 – May 17 (10 Classes, \$20.00)

**No class January 21st and March 29th*

SENIOR PROGRAMS

Senior Water Aerobics (\$20.00)

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: January 8 – February 7
Session II: February 12 – March 14
Session III: March 19 – April 18
Session IV: April 23 – May 23