

OLIVER BATH HOUSE JANUARY – MAY 2016 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

9:00 a.m. – 9:45 a.m.

10:00 a.m. – 10:45 a.m.

10 Lessons (\$20.00)

Session I: January 9 – March 19

Session II: March 26 – May 28

- **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 9 – February 13

Session II: February 20 – March 19

Session III: March 26 – April 23

Session IV: April 30 – May 28

- **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 9 – February 13

Session II: February 20 – March 19

Session III: March 26 – April 23

Session IV: April 30 – May 28

ADULT PROGRAMS

- **Adult Learn to Swim (\$20.00)**

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 (\$20.00)

Session I: January 10 – February 7

Session II: February 14 – March 13

Session III: March 20 – April 24*

Session IV: May 1 – May 29

*No Class March 27th

- **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 5 – February 4

Session II: February 9 – March 10

Session III: March 15 – April 14

Session IV: April 19 – May 19

Mondays, Wednesdays, and Fridays

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

Session I: January 4 – February 8*

Session II: February 10 – March 14

Session III: March 16 – April 20*

Session IV: April 22 – May 13 (10 Classes, \$20.00)

*No class January 18th and March 25th

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.
10 Classes (\$20.00)

Session I: January 5 – February 4

Session II: February 9 – March 10

Session III: March 15 – April 14

Session IV: April 19 – May 19