

# OLIVER BATH HOUSE JANUARY – MAY 2015 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 10 – March 14

**Session II:** March 21 – May 23

- **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 10 – February 7

**Session II:** February 14 – March 14

**Session III:** March 21 – April 18

**Session IV:** April 25 – May 23

- **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 10 – February 7

**Session II:** February 14 – March 14

**Session III:** March 21 – April 18

**Session IV:** April 25 – May 23

## 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 11 – February 8

**Session II:** February 15 – March 15

**Session III:** March 22 – April 26\*

**Session IV:** May 3 – May 31

*\*No Class April 5<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.  
10 Classes (\$20.00)

**Session I:** January 6 – February 5

**Session II:** February 10 – March 12

**Session III:** March 17 – April 16

**Session IV:** April 21 – May 21

### Mondays, Wednesdays, and Fridays

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

**Session I:** January 5 – February 9\*

**Session II:** February 11 – March 16

**Session III:** March 18 – April 22\*

**Session IV:** April 24 – May 15 (10 Classes, \$20.00)

*\*No class January 29<sup>th</sup> and April 3<sup>rd</sup>*

## 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 6 – February 5

**Session II:** February 10 – March 12

**Session III:** March 17 – April 16

**Session IV:** April 21 – May 21