OLIVER BATH HOUSE
SEPTEMBER – DECEMBER 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 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
9:00 a.m. – 9:45 a.m.
10:00 a.m. – 10:45 a.m.
10 Lessons ($20.00)

Session I: September 26 – November 28

- ***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 26 – October24
Session II: October 31 – November 28

- ***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 26 – October24
Session II: October 31 – November 28

ADULT PROGRAMS

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

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 (ages16 and up.)

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

Session I: October 4 – November 1
Session II: November 8 – December 6

- ***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: September 29 – October 29
Session II: November 3 – December 8*

**No Class on November 26th*

Mondays, Wednesdays, and Fridays
6:45 p.m. – 7:30 p.m.
10 Classes ($20.00)

Session I: September 28 – October 19
Session II: October 21 – November 13*
Session III: November 16– December 18
15 Classes ($30.00)

**No Class on November 11th*

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.
10 Classes ($20.00)

Session I: September 29 – October 29
Session II: November 3 – December 8*

**No Class on November 26th*