

## OLIVER BATH HOUSE SEPTEMBER – DECEMBER 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 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 14—November 16

#### ***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 14—October 12  
**Session II:** October 19—November 16

#### ***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 14—October 12  
**Session II:** October 19—November 16

## 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 15—October 20

**Session II:** October 27—November 24

*\*No Class on September 29<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 17—October 17  
10 Classes (\$20.00)

**Session II:** October 22—December 12\*  
15 Classes (\$30.00)

*\*No Class on November 28<sup>th</sup>*

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

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

**Session I:** September 16– October 7

**Session II:** October 9— October 30

**Session III:** November 1— November 25\*

**Session IV:** November 27— December 18

*\*No Class on November 11<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 17—October 17  
10 Classes (\$20.00)

**Session II:** October 22—December 12\*  
15 Classes (\$30.00)

*\*No Class on November 28<sup>th</sup>*