OLIVER BATH HOUSE
SEPTEMBER – DECEMBER 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 except for the Infant Aquatic Program.

CHILDREN'S PROGRAMS

- ***Children's Learn to Swim Classes ($20.00)***

There are several levels of instruction designed to help children 6 – 15 years of age develop and refine their skills. Instructors will 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 17 – November 19

- ***Pre-School Aquatic Program ($10.00)***

Children 3 – 5 years of age will learn the basics of water exploration, including 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 17 – October 15
Session II: October 22 – November 19

- ***Infant Aquatic Program ($10.00)***

Children 18 months – 2 years of age will learn the basics of water exploration, including 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
11:30 a.m. – 12:00 p.m.
5 Lessons ($10.00)

Session I: September 17 – October 15
Session II: October 22 – November 19

ADULT PROGRAMS

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

Conquer your fears or improve your swimming technique in a small class setting. This class will be tailored to meet the individual need of each participant as instructors work around your comfort level. You must be 16 years of age or older to register.

Sundays
11:00 a.m. – 11:45 a.m.
5 Lessons ($20.00)

Session I: September 18 – October 16
Session II: October 23 – November 20

- ***Adult Water Aerobics ($20.00 – $30.00)***

Enjoy a water aerobics class using the resistance of water and a variety of aquatic equipment to tone muscles and increase strength. This program creates low stress on the joints and is a great cardio work out for both swimmers and non-swimmers. You must be 16 years of age or older to register.

Tuesdays and Thursdays
5:45 p.m. – 6:30 p.m.
10 Classes ($20.00)

Session I: September 20 – October 20
Session II: October 25 – November 29*

**No Class on November 24th*

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

Session I: September 19 – October 10
Session II: October 12 – November 2
Session III: November 4 – December 9*
15 Classes ($30.00)

**No Class on November 11th*

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: September 20 – October 20
Session II: October 25 – November 29*

**No Class on November 24th*