

**AQUATIC PROGRAMS
OLIVER BATH HOUSE
SEPTEMBER - DECEMBER 2017**

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)**

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.

Fridays

6:45 p.m – 7:30 p.m.

10 Lessons (\$20.00)

*No Class November 10th

Saturdays

9:00 a.m. – 9:45 a.m.

10:00 a.m. – 10:45 a.m.

10 Lessons (\$20.00)

Session I: September 15 – November 24*

Session I: September 16 – November 18

- **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.

Wednesdays

10:15 a.m. – 10:45 a.m.

5 Lessons (\$10.00)

Saturdays

11:00 a.m. – 11:30 a.m.

5 Lessons (\$10.00)

Session I: September 13 – October 11

Session I: September 16 – October 14

Session II: October 18 – November 15

Session II: October 21 – November 18

- **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.

Wednesdays

10:45 a.m. – 11:15 a.m.

5 Lessons (\$10.00)

Saturdays

11:30 a.m. – 12:00 p.m.

5 Lessons (\$10.00)

Session I: September 13 – October 11

Session I: September 16 – October 14

Session II: October 18 – November 15

Session II: October 21 – November 18

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 17 – October 15

Session II: October 22 – November 19

- **Adult Water Aerobics (\$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.

Mondays and Wednesdays

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

Session I: September 11 – October 30

Session II: November 1 – December 20

Tuesdays and Thursdays

5:45 p.m. – 6:30 p.m.
15 Classes (\$30.00)

Session I: September 12 – October 31

Session II: November 2 – December 26*

**No Class on November 23th*

SENIOR PROGRAMS

- **Senior Water Aerobics (\$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.
15 Classes (\$30.00)

Session I: September 12 – October 31

Session II: November 2 – December 26*

**No Class on November 23th*