



AQUATICS

May-Aug 2012

Administration	919-831-6852	2401 Wade Ave 27607
<i>Aquatic Director:</i> Terri Stroupe		
Biltmore Pool	919-831-6736	701 Crown Crossing Ln 27610
Chavis Pool	919-831-6565	720 Chavis Way 27601
Lake Johnson Pool	919-233-2111	1416 Athens Dr 27606
Longview Pool	919-831-6343	321 Bertie Dr 27610
Millbrook Pool	919-872-4130	1905 Spring Forest Rd 27615
<i>Aquatic Ctr Supervisors:</i> Tim McAllister, Tricia Maldonado		
Optimist Pool	919-870-2882	5902 Whittier Dr 27609
<i>Aquatic Ctr Supervisors:</i> Jimmie Overton, Amanda Bradford		
Pullen Aquatic Center	919-831-6197	410 Ashe Ave 27606
<i>Aquatic Ctr Supervisors:</i> Tricia Severa, Stephanie Stancil		
Ridge Road Pool	919-420-2322	1709 Ridge Rd 27607

Dates of Operation
Biltmore Pool June 9-Aug 12
Chavis Pool June 9-Aug 19
Lake Johnson Pool May 26-Sept 3
Longview Pool June 9-Aug 12
Millbrook Pool May 21-Aug 19
Optimist Pool May 21-Sept 3
Pullen Aquatic Center May 21-Sept 2
Ridge Road Pool June 2-Sept 3

Admission Fees

The following passes can be purchased at any pool. Payments by cash, check, money order or credit card.

All passes are non-transferable and become City of Raleigh property upon expiration. Replacements are available for \$10.

Single Admission Pass

Age	Resident	Non-Resident
1 - 12	\$1.00	\$2.00
13 - 54	\$3.00	\$6.00
55 & Over	\$2.00	\$4.00

15 Swim Punch Pass

Age	Resident	Non-Resident
1 - 12	\$12.00	\$24.00
13 - 54	\$36.00	\$72.00
55 & Over	\$24.00	\$48.00

The following passes must be purchased at Raleigh Parks & Rec. 2401 Wade Ave between 8:30am and 5:15pm M-F. Payments by check, money order or credit card.

Monthly Pass

Age	Resident	Non-Resident
1 - 12	\$10.50	\$21.00
13 - 54	\$31.50	\$63.00
55 & Over	\$21.00	\$42.00

Annual Pass

Age	Resident	Non-Resident
1 - 12	\$60.00	\$120.00
13 - 54	\$180.00	\$360.00
55 & Over	\$120.00	\$240.00

Biltmore Pool			
Public Open Swim		Adult Lap Swim	
Days	Times	Days	Times
M-F	12-7pm	M-F	12-7pm
Sat-Sun	1-5pm	Sat-Sun	1-5pm

Chavis Pool			
Public Open Swim		Spray Pool	
Days	Times	Days	Times
M-F	10am-8pm	M-F	10am-8pm
Sat-Sun	1-5pm	Sat-Sun	1-5pm

Lake Johnson Pool			
Public Open Swim		Adult Lap Swim	
Days	Times	Days	Times
M-F	12-8pm	M-F	8am-8pm
Sat	10am-8pm	Sat	9am-8pm
Sun	1-6pm	Sun	1-6pm
Wading Pool		Sprayground	
Days	Times	Days	Times
M-F	9am-8pm	M-F	9am-8pm
Sat	10am-8pm	Sat	10am-8pm
Sun	1-6pm	Sun	1-6pm

Longview Pool			
Public Open Swim		Adult Lap Swim	
Days	Times	Days	Times
M-F	10am-7pm	M-F	10am-7pm
Sat-Sun	1-5pm	Sat-Sun	1-5pm

Millbrook Exchange Pool			
Public Open Swim		Adult Lap Swim	
Days	Times	Days	Times
M-F	12-8pm	M-F	5:30am-8pm
Sat	12-8pm	Sat	6am-8pm
Sun	1-6pm	Sun	7-9:30am/1-6pm
Wading Pool		Sprayground	
Days	Times	Days	Times
M-F	9am-8pm	M-F	9am-8pm
Sat	10am-8pm	Sat	10am-8pm
Sun	1-6pm	Sun	1-6pm

Optimist Pool			
Public Open Swim		Adult Lap Swim	
Days	Times	Days	Times
M-F	10am-8pm	M-F	5:30am-8pm
Sat	10am-8pm	Sat	6am-8pm
Sun	1-6pm	Sun	1-6pm
Wading Pool		Diving Boards	
Days	Times	Days	Times
M-F	9am-8pm	M-F	12:30-8pm
Sat	10am-8pm	Sat	10am-8pm
Sun	1-6pm	Sun	1-6pm

Pullen Aquatic Center			
Public Open Swim		Adult Lap Swim	
Days	Times	Days	Times
M-F	12:30-8pm	M-F	5:30am-8pm
Sat	12:30-7pm	Sat	6am-7pm
Sun	1-6pm	Sun	1-6pm
Teaching Pool		Diving Boards	
Days	Times	Days	Times
M-F	12:30-5pm	M-F	12:30-5pm
Sat	12:30-7pm	Sat	12:30-7pm
Sun	1-6pm	Sun	1-6pm

Ridge Road Pool			
Public Open Swim		Adult Lap Swim	
Days	Times	Days	Times
M-F	10am-8pm	M-F	8am-8pm
Sat	10am-8pm	Sat	9am-8pm
Sun	1-6pm	Sun	1-6pm
Wading Pool		Spray Ground	
Days	Times	Days	Times
M-F	9am-8pm	M-F	9am-8pm
Sat	10am-8pm	Sat	10am-8pm
Sun	1-6pm	Sun	1-6pm

Dates of Closure

June 16-17 **Optimist** Closed Swim Meet
 June 26 **Millbrook** Closes 4:30pm Swim Meet
 July 4 **All Pools Close at 4pm**

July 6-8 **Optimist** Closed Swim Meet
 July 10 **Biltmore** Closes 4:30pm Swim Meet
 July 17 **Lake Johnson** Closes 4:30pm Swim Meet

July 24 **Longview** Closes 4:30pm Swim Meet
 August 4 **Optimist** Closed Swim Meet
 August 20-31 **Millbrook** Closed Annual Maintenance
 Sept 3-14 **Pullen** Closed Annual Maintenance

How to register:

- [1] Mail-in registration starting March 27, 2012. Complete and mail registration form to Raleigh Aquatics, 2401 Wade Ave, Raleigh, NC 27607. Payment options include Check, Money Order, Visa, MasterCard or American Express.
- [2] Register anytime with *RecLink* internet registration starting March 27, 2012. Visit reclink.raleighnc.gov to browse through program offerings. Select your classes and pay online using Visa, MasterCard or American Express.
- [3] Walk-in registration begins March 27, 2012. Visit any staffed recreation site. Payment options include Cash, Check, Money Order, Visa, MasterCard or American Express.

Lesson Policies:

Admission Fees: Lesson fees do not cover any additional practice time. If you wish to use the pool before or after class, you must pay admission fees.
Refund Policy: If a class is cancelled by us, fees are 100% refundable. Fees are 85% refundable if notice of cancellation is given 14 days prior to first class.
Inclement Weather: If the weather is inclement, contact pool to see if class has been cancelled.
If class is cancelled, check with instructor at next class meeting time for information on a scheduled make-up.
Attendance Policy: Attendance is important. Please be on time for lessons. Make-ups are not given for those who miss class.

Private Lessons:

Private lessons are only offered at Millbrook Pool, Optimist Pool and Pullen Aquatic Center. Private lessons are offered anytime that we are not having group lessons.
One 30 minute lesson for one student-\$34.00 city resident/\$46.00 non-resident Four 30 minute lessons for one student-\$110.00 city resident/\$122.00 non-resident
One 30 minute lesson for two students-\$60.00 city resident/\$72.00 non-resident Four 30 minute lessons for two students-\$208.00 city resident/\$220.00 non-resident
Please see pool staff for more semi-private lessons costs.
The City of Raleigh will not allow individuals or groups to conduct private instruction at any city-owned swimming facilities.

Learn To Swim Course Descriptions

Parent & Child Level 1 Ages 6mths - 3yrs

Red Polliwog Parent and Child Swim Lessons introduces basic skills to parents and children. Parents are taught to safely and appropriately hold their child in the water while preparing and encouraging their child to participate fully and try the skills. Water safety topics are also introduced and directed to parents. These basic skills will lay the foundation to help them learn to swim in the future.

Parent & Child Level 2 Ages 6mths-3yrs

Participants improve on skills from Red Polliwog Parent and Child Swim Lessons and learn more advanced skills to prepare them for Red Fish Preschool Swim Lessons. Three year olds ready to learn without a parent or caregiver should enroll in Red Fish Preschool Swim Lessons.

Preschool Level 1 Ages 3-5yrs

Helps participants feel comfortable in the water and to enjoy the water. Participants learn elementary aquatic skills such as learning underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. There are no prerequisites for this course.

Preschool Level 2 Ages 3-5yrs

Participants must be able to perform the exit skills for Red Fish Preschool Swim Lessons. In Blue Fish, participants are going under the water completely while blowing bubbles out of their mouth and nose. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Red Fish.

Preschool Level 3 Ages 3-5yrs

Must have completed exit skills in Blue Fish Preschool Swim Lessons. While building on skills learned in Blue Fish, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. Green Fish lets participants master being able to perform skills without assistance.

Level 1 Intro to Water Skills Ages 6-13yrs

School-age participants learn elementary aquatic skills. Red Snapper helps participants feel comfortable in the water and to enjoy the water, learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water.

Level 2 Fundamental Skills Ages 6-13yrs

Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1.

Level 3 Stroke Development Ages 6-13yrs

While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance. Learn survival float, elementary backstroke and coordination of the front crawl. Learn also dolphin and scissor kicks.

Level 4 Stroke Improvement Ages 6-13yrs

Must have completed exit skills in Level 3. Back crawl and breaststroke are introduced in this level. Endurance is also a key factor for this level. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly.

Level 5 Stroke Refinement Ages 6-13yrs

Must have completed exit skills in Level 4. In this level, participants coordinate and refine all strokes. Flip turns on both front and back are introduced at this level. Endurance and distance are important in this level.

Adult Beginner Ages 14yrs & up

The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills.

Adult Intermediate Ages 14yrs & up

This class requires that students know how to swim but are in need of improvement. We will introduce and refine survival skills, freestyle, backstroke and breaststroke.

Biltmore

Price shown is for Raleigh Residents. Non-Residents add \$12.

Preschool Aquatics Level 1 Ages 3-5yrs

Course Fee: \$53
#122870 Jul 24-Aug 2 Tu-Th 5:10 PM-5:40 PM

Swim Lesson - Level 1 Ages 6-13yrs

Course Fee: \$53
#122873 Jul 24-Aug 2 Tu-Th 5:50 PM-6:20 PM

Preschool Aquatics Level 2 Ages 3-5yrs

Course Fee: \$53
#122871 Jul 24-Aug 2 Tu-Th 5:10 PM-5:40 PM

Swim Lesson - Level 2 Ages 6-13yrs

Course Fee: \$53
#122875 Jul 24-Aug 2 Tu-Th 5:50 PM-6:20 PM

Chavis

Price shown is for Raleigh Residents. Non-Residents add \$12.

Preschool Aquatics Level 1 Ages 3-5yrs

Course Fee: \$53
#122878 Jul 10-19 Tu-Th 5:50 PM-6:20 PM

Swim Lesson - Level 1 Ages 6-13yrs

Course Fee: \$53
#122880 Jul 10-19 Tu-Th 6:30 PM-7:00 PM

Preschool Aquatics Level 2 Ages 3-5yrs

Course Fee: \$53
#122879 Jul 10-19 Tu-Th 5:50 PM-6:20 PM

Swim Lesson - Level 2 Ages 6-13yrs

Course Fee: \$53
#122881 Jul 10-19 Tu-Th 6:30 PM-7:00 PM



Lake Johnson

Price shown is for Raleigh Residents. Non-Residents add \$12.

Parent & Child Aquatics Level 1 Ages 6mths-3yrs

Course Fee: \$38			
#122882	Jun 9-30	Sa	10:50 AM-11:20 AM
#122885	Jul 7-28	Sa	10:10 AM-10:40 AM
#122886	Jul 9-12	M-Th	5:50 PM - 6:20 PM
Course Fee: \$53			
#122883	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#122884	Jun 19-28	Tu-Th	4:30 PM- 5:00 PM
#122887	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#122888	Jul 24-Aug 2	Tu-Th	10:10 AM-10:40 AM

Parent & Child Aquatics Level 2 Ages 6mths-3yrs

Course Fee: \$38			
#122889	Jun 9-30	Sa	10:50 AM-11:20 AM
#122892	Jul 7-28	Sa	10:50 AM-11:20 AM
#122893	Jul 9-12	M-Th	5:50 PM- 6:20 PM
Course Fee: \$53			
#122890	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#122891	Jun 19-28	Tu-Th	4:30 PM- 5:00 PM
#122894	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#122895	Jul 24-Aug 2	Tu-Th	10:50 AM-11:20 AM
#122896	Jul 24-Aug 2	Tu-Th	5:10 PM- 5:40 PM

Preschool Aquatics Level 1 Ages 3-5 yrs

Course Fee: \$38			
#122900	Jun 9-30	Sa	10:10 AM-10:40 AM
#122905	Jul 9-12	M-Th	4:30 PM- 5:00 PM
#122912	Aug 6-9	M-Th	10:10 AM-10:40 AM
#122913	Aug 6-9	M-Th	5:50 PM- 6:20 PM
Course Fee: \$53			
#122897	Jun 5-14	Tu-Th	4:30 PM- 5:00 PM
#122898	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#122899	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#122901	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#122902	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#122903	Jun 19-28	Tu-Th	4:30 PM- 5:00 PM
#122904	Jun 19-28	Tu-Th	5:50 PM- 6:20 PM
#122906	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#122908	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#122909	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#122910	Jul 24-Aug 2	Tu-Th	11:30 AM-12:00 PM
#122911	Jul 24-Aug 2	Tu-Th	4:30 PM- 5:00 PM

Preschool Aquatics Level 2 Ages 3-5 yrs

Course Fee: \$38			
#122916	Jun 9-30	Sa	10:10 AM-10:40 AM
#122920	Jul 9-12	M-Th	5:10 PM- 5:40 PM
#122921	Jul 9-12	M-Th	5:50 PM- 6:20 PM
#122926	Aug 6-9	M-Th	10:50 AM-11:20 AM
#122927	Aug 6-9	M-Th	11:30 AM-12:00 PM
#122928	Aug 6-9	M-Th	6:30 PM- 7:00 PM
Course Fee: \$53			
#122914	Jun 5-14	Tu-Th	4:30 PM- 5:00 PM
#122915	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#122917	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#122918	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#122919	Jun 19-28	Tu-Th	6:30 PM- 7:00 PM
#122922	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#122923	Jul 24-Aug 2	Tu-Th	10:50 AM-11:20 AM
#122924	Jul 24-Aug 2	Tu-Th	4:30 PM- 5:00 PM
#122925	Jul 24-Aug 2	Tu-Th	5:50 PM- 6:20 PM

Preschool Aquatics Level 3 Ages 3-5 yrs

Course Fee: \$38			
#122934	Jul 9-12	M-Th	5:10 PM- 5:40 PM
#122937	Aug 6-9	M-Th	10:50 AM-11:20 AM
#122938	Aug 6-9	M-Th	5:50 PM- 6:20 PM
Course Fee: \$53			
#122929	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#122930	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#122931	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#122932	Jun 19-28	Tu-Th	5:10 PM- 5:40 PM
#122933	Jun 19-28	Tu-Th	5:50 PM- 6:20 PM
#122935	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#122936	Jul 24-Aug 2	Tu-Th	5:10 PM- 5:40 PM

Swim Lesson - Level 1 Ages 6-13yrs

Course Fee: \$38			
#122943	Jul 9-12	M-Th	5:10 PM- 5:40 PM
#122947	Aug 6-9	M-Th	10:10 AM-10:40 AM
Course Fee: \$53			
#122939	Jun 5-14	Tu-Th	4:30 PM- 5:00 PM
#122940	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#122941	Jun 19-28	Tu-Th	5:10 PM- 5:40 PM
#122942	Jun 19-28	Tu-Th	6:30 PM- 7:00 PM
#122944	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#122945	Jul 24-Aug 2	Tu-Th	10:10 AM-10:40 AM
#122946	Jul 24-Aug 2	Tu-Th	5:10 PM- 5:40 PM

Swim Lesson - Level 2 Ages 6-13yrs

Course Fee: 38			
#122950	Jun 9-30	Sa	10:50 AM-11:20 AM
#122954	Jul 9-12	M-Th	4:30 PM- 5:00 PM
#122955	Jul 9-12	M-Th	6:30 PM- 7:00 PM
#122961	Aug 6-9	M-Th	10:10 AM-10:40 AM
#122962	Aug 6-9	M-Th	11:30 AM-12:00 PM
#122963	Aug 6-9	M-Th	6:30 PM- 7:00 PM
Course Fee: 53			
#122948	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#122949	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#122951	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#122952	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#122953	Jun 19-28	Tu-Th	5:10 PM- 5:40 PM
#122956	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#122957	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#122958	Jul 24-Aug 2	Tu-Th	10:50 AM-11:20 AM
#122959	Jul 24-Aug 2	Tu-Th	4:30 PM- 5:00 PM
#122960	Jul 24-Aug 2	Tu-Th	5:50 PM- 6:20 PM

Swim Lesson - Level 3 Ages 6-13yrs

Course Fee: 38			
#122967	Jun 9-30	Sa	10:10 AM-10:40 AM
#122968	Jun 9-30	Sa	10:50 AM-11:20 AM
#122971	Jul 9-12	M-Th	4:30 PM- 5:00 PM
#122972	Jul 9-12	M-Th	6:30 PM- 7:00 PM
#122976	Aug 6-9	M-Th	10:50 AM-11:20 AM
#122977	Aug 6-9	M-Th	5:50 PM- 6:20 PM
Course Fee: 53			
#122964	Jun 5-14	Tu-Th	4:30 PM- 5:00 PM
#122965	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#122966	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#122969	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#122970	Jun 19-28	Tu-Th	5:50 PM- 6:20 PM
#122973	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#122974	Jul 24-Aug 2	Tu-Th	10:10 AM-10:40 AM
#122975	Jul 24-Aug 2	Tu-Th	5:50 PM- 6:20 PM

Swim Lesson - Level 4 Ages 6-13yrs

Course Fee: 38			
#122979	Jun 9-30	Sa	10:10 AM-10:40 AM
#122983	Jul 9-12	M-Th	6:30 PM- 7:00 PM
#122986	Aug 6-9	M-Th	11:30 AM-12:00 PM
#122987	Aug 6-9	M-Th	6:30 PM- 7:00 PM
Course Fee: 53			
#122978	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#122981	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#122982	Jun 19-28	Tu-Th	6:30 PM- 7:00 PM
#122984	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#122985	Jul 24-Aug 2	Tu-Th	11:30 AM-12:00 PM

Swim Lesson - Level 5 Ages 6-13yrs

Course Fee: 38			
#122989	Jun 9-30	Sa	10:50 AM-11:20 AM
Course Fee: 53			
#122988	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM



Longview

Price shown is for Raleigh Residents. Non-Residents add \$12.

Preschool Aquatics Level 1 Ages 3-5 yrs

Course Fee: \$53			
#122993	Jun 19-28	Tu-Th	5:10 PM- 5:40 PM
#122994	Jun 19-28	Tu-Th	6:30 PM- 7:00 PM

Swim Lesson - Level 2 Ages 6-13yrs

Course Fee: 53			
#122997	Jun 19-28	Tu-Th	5:50 PM- 6:20 PM

Preschool Aquatics Level 2 Ages 3-5 yrs

Course Fee: \$53			
#122995	Jun 19-28	Tu-Th	5:50 PM- 6:20 PM

Swim Lesson - Level 3 Ages 6-13yrs

Course Fee: 53			
#122998	Jun 19-28	Tu-Th	6:30 PM- 7:00 PM

Swim Lesson - Level 1 Ages 6-13yrs

Course Fee: \$53			
#122996	Jun 19-28	Tu-Th	5:10 PM- 5:40 PM



Course Fee: \$53

#123210	May 22-31	Tu-Th	11:30 AM-12:00 PM
#123219	May 22-31	Tu-Th	5:50 PM- 6:20 PM
#123220	Jun 5-14	Tu-Th	11:30 AM-12:00 PM
#123221	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#123223	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#123224	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#123225	Jun 18-29	M, W, F	6:30 PM- 7:00 PM
#123226	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#123227	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#123228	Jul 10-19	Tu-Th	5:50 PM- 6:20 PM
#123230	Jul 24-Aug 2	Tu-Th	10:10 AM-10:40 AM
#123231	Jul 24-Aug 2	Tu-Th	10:50 AM-11:20 AM
#123232	Jul 24-Aug 2	Tu-Th	5:50 PM- 6:20 PM
#123233	Aug 7-16	Tu-Th	10:50 AM-11:20 AM
#123234	Aug 7-16	Tu-Th	6:30 PM- 7:00 PM

Swim Lesson - Level 1 Ages 6-13yrs

Course Fee: \$38

#123240	May 12-Jun 9	Sa	9:30 AM-10:00 AM
#123241	May 12-Jun 9	Sa	11:30 AM-12:00 PM
#123257	Jun 16-Jul 7	Sa	9:30 AM-10:00 AM
#123258	Jun 16-Jul 7	Sa	11:30 AM-12:00 PM
#123286	Jul 14-Aug 11	Sa	9:30 AM-10:00 AM
#123287	Jul 14-Aug 11	Sa	11:30 AM-12:00 PM

Course Fee: \$53

#123242	May 22-31	Tu-Th	5:10 PM- 5:40 PM
#123251	May 22-31	Tu-Th	7:10 PM- 7:40 PM
#123254	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#123255	Jun 5-14	Tu-Th	7:10 PM- 7:40 PM
#123278	Jun 19-28	Tu-Th	9:30 AM-10:00 AM
#123279	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#123280	Jun 18-29	M, W, F	5:10 PM- 5:40 PM
#123282	Jul 10-19	Tu-Th	9:30 AM-10:00 AM
#123283	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#123284	Jul 10-19	Tu-Th	5:10 PM- 5:40 PM
#123285	Jul 10-19	Tu-Th	7:10 PM- 7:40 PM
#123288	Jul 24-Aug 2	Tu-Th	9:30 AM-10:00 AM
#123289	Jul 24-Aug 2	Tu-Th	11:30 AM-12:00 PM
#123290	Jul 24-Aug 2	Tu-Th	5:10 PM- 5:40 PM
#123291	Jul 24-Aug 2	Tu-Th	7:10 PM- 7:40 PM
#123292	Aug 7-16	Tu-Th	9:30 AM-10:00 AM
#123293	Aug 7-16	Tu-Th	5:10 PM- 5:40 PM

Swim Lesson - Level 2 Ages 6-13yrs

Course Fee: \$38

#123294	May 12-Jun 9	Sa	10:10 AM-10:40 AM
#123297	Jun 16-Jul 7	Sa	10:10 AM-10:40 AM
#123337	Jul 14-Aug 11	Sa	10:10 AM-10:40 AM

Course Fee: \$53

#123295	May 22-31	Tu-Th	5:50 PM- 6:20 PM
#123296	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#123298	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#123299	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#123300	Jun 18-29	M, W, F	5:50 PM- 6:20 PM
#123301	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#123302	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#123303	Jul 10-19	Tu-Th	5:50 PM- 6:20 PM
#123338	Jul 24-Aug 2	Tu-Th	10:10 AM-10:40 AM
#123339	Jul 24-Aug 2	Tu-Th	11:30 AM-12:00 PM
#123340	Jul 24-Aug 2	Tu-Th	5:50 PM- 6:20 PM
#123341	Aug 7-16	Tu-Th	10:10 AM-10:40 AM
#123342	Aug 7-16	Tu-Th	11:30 AM-12:00 PM
#123343	Aug 7-16	Tu-Th	5:50 PM- 6:20 PM

Swim Lesson - Level 3 Ages 6-13yrs

Course Fee: \$38

#123346	May 12-Jun 9	Sa	10:50 AM-11:20 AM
#123349	Jun 16-Jul 7	Sa	10:50 AM-11:20 AM
#123356	Jul 14-Aug 11	Sa	10:50 AM-11:20 AM

Course Fee: \$53

#123347	May 22-31	Tu-Th	6:30 PM- 7:00 PM
#123348	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#123350	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#123351	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#123352	Jun 18-29	M, W, F	6:30 PM- 7:00 PM
#123353	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#123354	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#123355	Jul 10-19	Tu-Th	6:30 PM- 7:00 PM
#123357	Jul 24-Aug 2	Tu-Th	10:10 AM-10:40 AM
#123358	Jul 24-Aug 2	Tu-Th	10:50 AM-11:20 AM
#123359	Jul 24-Aug 2	Tu-Th	6:30 PM- 7:00 PM
#123360	Aug 7-16	Tu-Th	11:30 AM-12:00 PM
#123361	Aug 7-16	Tu-Th	6:30 PM- 7:00 PM

Swim Lesson - Level 4 Ages 6-13yrs

Course Fee: \$38

#123362	May 12-Jun 9	Sa	10:50 AM-11:20 AM
#123365	Jun 16-Jul 7	Sa	10:50 AM-11:20 AM
#123370	Jul 14-Aug 11	Sa	10:50 AM-11:20 AM

Course Fee: \$53

#123363	May 22-31	Tu-Th	6:30 PM- 7:00 PM
#123364	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#123366	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#123367	Jun 18-29	M, W, F	7:10 PM- 7:40 PM
#123368	Jul 10-19	Tu-Th	10:50 AM-11:20 AM

#123369	Jul 10-19	Tu-Th	6:30 PM- 7:00 PM
#123371	Jul 24-Aug 2	Tu-Th	10:50 AM-11:20 AM
#123372	Jul 24-Aug 2	Tu-Th	6:30 PM- 7:00 PM
#123373	Aug 7-16	Tu-Th	10:50 AM-11:20 AM
#123374	Aug 7-16	Tu-Th	7:10 PM- 7:40 PM

Swim Lesson - Level 5 Ages 6-13yrs

Course Fee: \$38

#123375	May 12-Jun 9	Sa	11:30 AM-12:00 PM
#123378	Jun 16-Jul 7	Sa	11:30 AM-12:00 PM
#123383	Jul 14-Aug 11	Sa	11:30 AM-12:00 PM

Course Fee: \$53

#123376	May 22-31	Tu-Th	7:10 PM- 7:40 PM
#123377	Jun 5-14	Tu-Th	7:10 PM- 7:40 PM
#123379	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#123380	Jun 18-29	M, W, F	7:10 PM- 7:40 PM
#123381	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#123382	Jul 10-19	Tu-Th	7:10 PM- 7:40 PM
#123384	Jul 24-Aug 2	Tu-Th	10:50 AM-11:20 AM
#123385	Jul 24-Aug 2	Tu-Th	7:10 PM- 7:40 PM
#123386	Aug 7-16	Tu-Th	10:50 AM-11:20 AM

Adult Beginner Swim Class Ages 14 & up

Course Fee: \$44

#125196	May 12-Jun 9	Sa	12:10 PM-12:55 PM
#125200	Jun 16-Jul 7	Sa	12:10 PM-12:55 PM
#125202	Jul 14-Aug 11	Sa	12:10 PM-12:55 PM

Course Fee: \$59

#125199	May 22-31	Tu-Th	7:10 PM- 7:55 PM
#125201	Jul 10-19	Tu-Th	7:10 PM- 7:55 PM
#125203	Jul 10-19	Tu-Th	7:10 PM- 7:55 PM



Optimist

Price shown is for Raleigh Residents. Non-Residents add \$12.

Parent & Child Aquatics Level 1 Ages 6mths-3yrs

Course Fee: \$38

#123394	Jun 2-30	Sa	9:30 AM-10:00 AM
#123401	Jul 21-Aug 18	Sa	9:30 AM-10:00 AM

Course Fee: \$53

#123391	May 14-24	M, W-Th	9:30 AM-10:00 AM
#123393	May 14-24	M, W-Th	5:10 PM- 5:40 PM
#123395	Jun 4-14	M, W-Th	9:30 AM-10:00 AM
#123396	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#123397	Jun 18-28	M, W-Th	9:30 AM-10:00 AM
#123398	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#123399	Jul 9-19	M, W-Th	9:30 AM-10:00 AM
#123400	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#123403	Jul 30-Aug 9	M, W-Th	9:30 AM-10:00 AM
#123404	Jul 30-Aug 9	M, W-Th	5:10 PM- 5:40 PM
#123405	Aug 13-23	M, W-Th	9:30 AM-10:00 AM
#124902	Aug 13-23	M, W-Th	5:10 PM- 5:40 PM

Parent & Child Aquatics Level 2 Ages 6mths-3yrs

Course Fee: \$38

#123407	Jun 2-30	Sa	10:50 AM-11:20 AM
#123416	Jul 21-Aug 18	Sa	10:50 AM-11:20 AM

Course Fee: \$53

#123406	May 14-24	M, W-Th	11:30 AM-12:00 PM
#123408	Jun 4-14	M, W-Th	11:30 AM-12:00 PM
#123409	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123410	Jun 18-28	M, W-Th	11:30 AM-12:00 PM
#123411	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123412	Jul 9-19	M, W-Th	11:30 AM-12:00 PM
#123413	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123420	Jul 30-Aug 9	M, W-Th	11:30 AM-12:00 PM
#123421	Jul 30-Aug 9	M, W-Th	5:50 PM- 6:20 PM
#123422	Aug 13-23	M, W-Th	11:30 AM-12:00 PM

Preschool Aquatics Level 1 Ages 3-5 yrs

Course Fee: \$38

#123564	Jun 2-30	Sa	9:30 AM-10:00 AM
#123565	Jun 2-30	Sa	10:50 AM-11:20 AM
#123567	Jun 2-30	Sa	11:30 AM-12:00 PM
#123583	Jul 21-Aug 18	Sa	9:30 AM-10:00 AM
#123584	Jul 21-Aug 18	Sa	10:50 AM-11:20 AM
#123585	Jul 21-Aug 18	Sa	11:30 AM-12:00 PM

Price shown is for Raleigh Residents. Non-Residents add \$12.

Parent & Child Aquatics Level 1 Ages 6mths-3yrs

Course Fee: \$38

#123111	May 12-Jun 9	Sa	9:30 AM-10:00 AM
#123116	Jun 16-Jul 7	Sa	9:30 AM-10:00 AM
#123120	Jul 14-Aug 11	Sa	9:30 AM-10:00 AM

Course Fee: \$53

#123112	May 22-31	Tu-Th	10:10 AM-10:40 AM
#123113	May 22-31	Tu-Th	5:50 PM- 6:20 PM
#123114	Jun 5-14	Tu-Th	10:10 AM-10:40 AM
#123115	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#123117	Jun 19-28	Tu-Th	9:30 AM-10:00 AM
#123118	Jul 10-19	Tu-Th	9:30 AM-10:00 AM
#123119	Jul 10-19	Tu-Th	5:50 PM- 6:20 PM
#123121	Jul 24-Aug 2	Tu-Th	9:30 AM-10:00 AM
#123122	Jul 24-Aug 2	Tu-Th	5:50 PM- 6:20 PM
#123123	Aug 7-16	Tu-Th	9:30 AM-10:00 AM

Parent & Child Aquatics Level 2 Ages 6mths-3yrs

Course Fee: \$38

#123126	May 12-Jun 9	Sa	10:10 AM-10:40 AM
#123129	Jun 16-Jul 7	Sa	10:10 AM-10:40 AM
#123132	Jul 14-Aug 11	Sa	10:10 AM-10:40 AM

Course Fee: \$53

#123127	May 22-31	Tu-Th	10:50 AM-11:20 AM
#123128	Jun 5-14	Tu-Th	10:50 AM-11:20 AM
#123130	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#123131	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#123134	Jul 24-Aug 2	Tu-Th	10:10 AM-10:40 AM
#123135	Aug 7-16	Tu-Th	10:10 AM-10:40 AM

Preschool Aquatics Level 1 Ages 3-5 yrs

Course Fee: \$38

#123136	May 12-Jun 9	Sa	9:30 AM-10:00 AM
#123137	May 12-Jun 9	Sa	11:30 AM-12:00 PM
#123146	Jun 16-Jul 7	Sa	9:30 AM-10:00 AM
#123147	Jun 16-Jul 7	Sa	11:30 AM-12:00 PM
#123155	Jul 14-Aug 11	Sa	9:30 AM-10:00 AM
#123156	Jul 14-Aug 11	Sa	11:30 AM-12:00 PM

Course Fee: \$53

#123138	May 22-31	Tu-Th	10:10 AM-10:40 AM
#123139	May 22-31	Tu-Th	11:30 AM-12:00 PM
#123140	May 22-31	Tu-Th	5:10 PM- 5:40 PM
#123141	May 22-31	Tu-Th	6:30 PM- 7:00 PM
#123142	Jun 5-14	Tu-Th	10:10 AM-10:40 AM
#123143	Jun 5-14	Tu-Th	11:30 AM-12:00 PM
#123144	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#123145	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#123148	Jun 19-28	Tu-Th	9:30 AM-10:00 AM
#123149	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#123150	Jun 18-29	M, W, F	5:10 PM- 5:40 PM
#123151	Jul 10-19	Tu-Th	9:30 AM-10:00 AM
#123152	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#123153	Jul 10-19	Tu-Th	5:10 PM- 5:40 PM
#123154	Jul 10-19	Tu-Th	6:30 PM- 7:00 PM
#123157	Jul 24-Aug 2	Tu-Th	9:30 AM-10:00 AM
#123158	Jul 24-Aug 2	Tu-Th	11:30 AM-12:00 PM
#123159			

Course Fee: \$53

#123436	May 14-24	M, W-Th	9:30 AM-10:00 AM
#123437	May 14-24	M, W-Th	10:10 AM-10:40 AM
#123438	May 14-24	M, W-Th	10:50 AM-11:20 AM
#123439	May 14-24	M, W-Th	5:10 PM- 5:40 PM
#123440	May 14-24	M, W-Th	5:50 PM- 6:20 PM
#123568	Jun 4-14	M, W-Th	9:30 AM-10:00 AM
#123569	Jun 4-14	M, W-Th	10:10 AM-10:40 AM
#123570	Jun 4-14	M, W-Th	10:50 AM-11:20 AM
#123571	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#123572	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123573	Jun 18-28	M, W-Th	9:30 AM-10:00 AM
#123574	Jun 18-28	M, W-Th	10:10 AM-10:40 AM
#123575	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#123576	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#123577	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123578	Jul 9-19	M, W-Th	9:30 AM-10:00 AM
#123579	Jul 9-19	M, W-Th	10:10 AM-10:40 AM
#123580	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#123581	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#123582	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123586	Jul 30-Aug 9	M, W-Th	9:30 AM-10:00 AM
#123587	Jul 30-Aug 9	M, W-Th	10:10 AM-10:40 AM
#123588	Jul 30-Aug 9	M, W-Th	10:50 AM-11:20 AM
#123589	Jul 30-Aug 9	M, W-Th	5:10 PM- 5:40 PM
#123590	Jul 30-Aug 9	M, W-Th	5:50 PM- 6:20 PM
#123591	Aug 13-23	M, W-Th	9:30 AM-10:00 AM
#123593	Aug 13-23	M, W-Th	10:10 AM-10:40 AM
#123594	Aug 13-23	M, W-Th	10:50 AM-11:20 AM
#124903	Aug 13-23	M, W-Th	5:10 PM- 5:40 PM
#126089	Aug 13-23	M, W-Th	5:50 PM- 6:20 PM

Preschool Aquatics Level 2 Ages 3-5 yrs

Course Fee: \$38

#123599	Jun 2-30	Sa	10:10 AM-10:40 AM
#123600	Jun 2-30	Sa	10:50 AM-11:20 AM
#123739	Jul 21-Aug 18	Sa	10:10 AM-10:40 AM
#123746	Jul 21-Aug 18	Sa	10:50 AM-11:20 AM

Course Fee: \$53

#123595	May 14-24	M, W-Th	10:50 AM-11:20 AM
#123596	May 14-24	M, W-Th	11:30 AM-12:00 PM
#123597	May 14-24	M, W-Th	5:10 PM- 5:40 PM
#123598	May 14-24	M, W-Th	5:50 PM- 6:20 PM
#123601	Jun 4-14	M, W-Th	10:50 AM-11:20 AM
#123623	Jun 4-14	M, W-Th	11:30 AM-12:00 PM
#123625	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#123627	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123628	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#123629	Jun 18-28	M, W-Th	11:30 AM-12:00 PM
#123630	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#123631	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123636	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#123640	Jul 9-19	M, W-Th	11:30 AM-12:00 PM
#123642	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#123651	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123752	Jul 30-Aug 9	M, W-Th	10:50 AM-11:20 AM
#123755	Jul 30-Aug 9	M, W-Th	11:30 AM-12:00 PM
#123756	Jul 30-Aug 9	M, W-Th	5:10 PM- 5:40 PM
#123759	Jul 30-Aug 9	M, W-Th	5:50 PM- 6:20 PM
#123760	Aug 13-23	M, W-Th	10:50 AM-11:20 AM
#123763	Aug 13-23	M, W-Th	11:30 AM-12:00 PM
#124904	Aug 13-23	M, W-Th	5:10 PM- 5:40 PM
#126090	Aug 13-23	M, W-Th	5:50 PM- 6:20 PM

Preschool Aquatics Level 3 Ages 3-5 yrs

Course Fee: \$38

#123768	Jun 2-30	Sa	10:10 AM-10:40 AM
#123769	Jun 2-30	Sa	11:30 AM-12:00 PM
#123779	Jul 21-Aug 18	Sa	10:10 AM-10:40 AM
#123789	Jul 21-Aug 18	Sa	11:30 AM-12:00 PM

Course Fee: \$53

#123765	May 14-24	M, W-Th	10:10 AM-10:40 AM
#123767	May 14-24	M, W-Th	6:30 PM- 7:00 PM
#123770	Jun 4-14	M, W-Th	10:10 AM-10:40 AM
#123771	Jun 4-14	M, W-Th	10:50 AM-11:20 AM
#123772	Jun 4-14	M, W-Th	6:30 PM- 7:00 PM
#123773	Jun 18-28	M, W-Th	10:10 AM-10:40 AM
#123774	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#123775	Jun 18-28	M, W-Th	6:30 PM- 7:00 PM
#123776	Jul 9-19	M, W-Th	10:10 AM-10:40 AM
#123777	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#123778	Jul 9-19	M, W-Th	6:30 PM- 7:00 PM
#123791	Jul 30-Aug 9	M, W-Th	10:10 AM-10:40 AM
#123792	Jul 30-Aug 9	M, W-Th	10:50 AM-11:20 AM
#123793	Jul 30-Aug 9	M, W-Th	6:30 PM- 7:00 PM
#123798	Aug 13-23	M, W-Th	10:10 AM-10:40 AM
#126092	Aug 13-23	M, W-Th	6:30 PM- 7:00 PM

Swim Lesson - Level 1 Ages 6-13yrs

Course Fee: 38

#123813	Jun 2-30	Sa	8:50 AM- 9:20 AM
#123814	Jun 2-30	Sa	10:50 AM-11:20 AM
#123818	Jun 2-30	Sa	12:10 PM-12:40 PM
#123833	Jul 21-Aug 18	Sa	8:50 AM- 9:20 AM
#123834	Jul 21-Aug 18	Sa	10:50 AM-11:20 AM
#123835	Jul 21-Aug 18	Sa	12:10 PM-12:40 PM

Course Fee: 53

#123803	May 14-24	M, W-Th	9:30 AM-10:00 AM
#123805	May 14-24	M, W-Th	11:30 AM-12:00 PM
#123811	May 14-24	M, W-Th	5:50 PM- 6:20 PM
#123812	May 14-24	M, W-Th	7:10 PM- 7:40 PM
#123819	Jun 4-14	M, W-Th	9:30 AM-10:00 AM
#123820	Jun 4-14	M, W-Th	11:30 AM-12:00 PM
#123821	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123822	Jun 4-14	M, W-Th	7:10 PM- 7:40 PM
#123824	Jun 18-28	M, W-Th	9:30 AM-10:00 AM
#123825	Jun 18-28	M, W-Th	11:30 AM-12:00 PM
#123826	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123828	Jun 18-28	M, W-Th	7:10 PM- 7:40 PM
#123829	Jul 9-19	M, W-Th	9:30 AM-10:00 AM
#123830	Jul 9-19	M, W-Th	11:30 AM-12:00 PM
#123831	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123832	Jul 9-19	M, W-Th	7:10 PM- 7:40 PM
#123836	Jul 30-Aug 9	M, W-Th	9:30 AM-10:00 AM
#123837	Jul 30-Aug 9	M, W-Th	11:30 AM-12:00 PM
#123838	Jul 30-Aug 9	M, W-Th	5:50 PM- 6:20 PM
#123839	Jul 30-Aug 9	M, W-Th	7:10 PM- 7:40 PM
#123840	Aug 13-23	M, W-Th	9:30 AM-10:00 AM
#123841	Aug 13-23	M, W-Th	11:30 AM-12:00 PM
#126093	Aug 13-23	M, W-Th	5:50 PM- 6:20 PM
#126094	Aug 13-23	M, W-Th	7:10 PM- 7:40 PM

Swim Lesson - Level 2 Ages 6-13yrs

Course Fee: 38

#123846	Jun 2-30	Sa	9:30 AM-10:00 AM
#123847	Jun 2-30	Sa	12:10 PM-12:40 PM
#123999	Jul 21-Aug 18	Sa	9:30 AM-10:00 AM
#124000	Jul 21-Aug 18	Sa	12:10 PM-12:40 PM

Course Fee: 53

#123842	May 14-24	M, W-Th	10:10 AM-10:40 AM
#123843	May 14-24	M, W-Th	12:50 PM- 1:20 PM
#123844	May 14-24	M, W-Th	5:50 PM- 6:20 PM
#123845	May 14-24	M, W-Th	7:10 PM- 7:40 PM
#123849	Jun 4-14	M, W-Th	10:10 AM-10:40 AM
#123851	Jun 4-14	M, W-Th	11:30 AM-12:00 PM
#123852	Jun 4-14	M, W-Th	12:50 PM- 1:20 PM
#123988	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123989	Jun 4-14	M, W-Th	7:10 PM- 7:40 PM
#123990	Jun 18-28	M, W-Th	10:10 AM-10:40 AM
#123991	Jun 18-28	M, W-Th	11:30 AM-12:00 PM
#123992	Jun 18-28	M, W-Th	12:50 PM- 1:20 PM
#123993	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123994	Jul 9-19	M, W-Th	10:10 AM-10:40 AM
#123995	Jul 9-19	M, W-Th	11:30 AM-12:00 PM
#123996	Jul 9-19	M, W-Th	12:50 PM- 1:20 PM
#123997	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123998	Jul 9-19	M, W-Th	7:10 PM- 7:40 PM
#124001	Jul 30-Aug 9	M, W-Th	10:10 AM-10:40 AM
#124002	Jul 30-Aug 9	M, W-Th	11:30 AM-12:00 PM
#124003	Jul 30-Aug 9	M, W-Th	12:50 PM- 1:20 PM
#124004	Jul 30-Aug 9	M, W-Th	5:50 PM- 6:20 PM
#124005	Jul 30-Aug 9	M, W-Th	7:10 PM- 7:40 PM
#124006	Aug 13-23	M, W-Th	10:10 AM-10:40 AM
#124007	Aug 13-23	M, W-Th	12:50 PM- 1:20 PM
#126095	Aug 13-23	M, W-Th	5:50 PM- 6:20 PM
#126096	Aug 13-23	M, W-Th	7:10 PM- 7:40 PM

Swim Lesson - Level 3 Ages 6-13yrs

Course Fee: 38

#124011	Jun 2-30	Sa	8:50 AM- 9:20 AM
#124012	Jun 2-30	Sa	10:10 AM-10:40 AM
#124027	Jul 21-Aug 18	Sa	8:50 AM- 9:20 AM
#124028	Jul 21-Aug 18	Sa	10:10 AM-10:40 AM

Course Fee: 53

#124008	May 14-24	M, W-Th	10:50 AM-11:20 AM
#124009	May 14-24	M, W-Th	12:50 PM- 1:20 PM
#124010	May 14-24	M, W-Th	6:30 PM- 7:00 PM
#124013	Jun 4-14	M, W-Th	9:30 AM-10:00 AM
#124014	Jun 4-14	M, W-Th	10:50 AM-11:20 AM
#124015	Jun 4-14	M, W-Th	12:50 PM- 1:20 PM
#124016	Jun 4-14	M, W-Th	6:30 PM- 7:00 PM
#124017	Jun 4-14	M, W-Th	7:10 PM- 7:40 PM
#124018	Jun 18-28	M, W-Th	9:30 AM-10:00 AM
#124019	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#124020	Jun 18-28	M, W-Th	12:50 PM- 1:20 PM
#124021	Jun 18-28	M, W-Th	6:30 PM- 7:00 PM
#124022	Jun 18-28	M, W-Th	7:10 PM- 7:40 PM
#124023	Jul 9-19	M, W-Th	9:30 AM-10:00 AM
#124024	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#124025	Jul 9-19	M, W-Th	12:50 PM- 1:20 PM
#124026	Jul 9-19	M, W-Th	6:30 PM- 7:00 PM
#124029	Jul 30-Aug 9	M, W-Th	9:30 AM-10:00 AM
#124030	Jul 30-Aug 9	M, W-Th	10:50 AM-11:20 AM
#124031	Jul 30-Aug 9	M, W-Th	12:50 PM- 1:20 PM
#124032	Jul 30-Aug 9	M, W-Th	6:30 PM- 7:00 PM
#124033	Aug 13-23	M, W-Th	10:50 AM-11:20 AM
#124034	Aug 13-23	M, W-Th	12:50 PM- 1:20 PM
#126097	Aug 13-23	M, W-Th	6:30 PM- 7:00 PM

Swim Lesson - Level 4 Ages 6-13yrs

Course Fee: 38

#124068	Jun 2-30	Sa	11:30 AM-12:00 PM
#124095	Jul 21-Aug 18	Sa	11:30 AM-12:00 PM

Course Fee: 53

#124059	May 14-24	M, W-Th	12:50 PM- 1:20 PM
#124060	May 14-24	M, W-Th	6:30 PM- 7:00 PM
#124063	May 14-24	M, W-Th	7:10 PM- 7:40 PM
#124071	Jun 4-14	M, W-Th	10:50 AM-11:20 AM
#124073	Jun 4-14	M, W-Th	12:50 PM- 1:20 PM
#124087	Jun 4-14	M, W-Th	6:30 PM- 7:00 PM
#124088	Jun 4-14	M, W-Th	7:10 PM- 7:40 PM
#124089	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#124090	Jun 18-28	M, W-Th	12:50 PM- 1:20 PM
#124091	Jun 18-28	M, W-Th	6:30 PM- 7:00 PM
#124092	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#124093	Jul 9-19	M, W-Th	12:50 PM- 1:20 PM
#124094	Jul 9-19	M, W-Th	6:30 PM- 7:00 PM
#124096	Jul 30-Aug 9	M, W-Th	10:50 AM-11:20 AM
#124097	Jul 30-Aug 9	M, W-Th	12:50 PM- 1:20 PM
#124098	Jul 30-Aug 9	M, W-Th	6:30 PM- 7:00 PM
#124099	Aug 13-23	M, W-Th	12:50 PM- 1:20 PM
#124100	Aug 13-23	M, W-Th	6:30 PM- 7:00 PM
#124101	Aug 13-23	M, W-Th	7:10 PM- 7:40 PM

Swim Lesson - Level 5 Ages 6-13yrs

Course Fee: 38

#124105	Jun 2-30	Sa	12:10 PM-12:40 PM
#124127	Jul 21-Aug 18	Sa	12:10 PM-12:40 PM

Course Fee: 53

#124102	May 14-24	M, W-Th	7:10 PM- 7:40 PM
#124112	Jun 4-14	M, W-Th	12:10 PM-12:40 PM
#124115	Jun 4-14	M, W-Th	12:50 PM- 1:20 PM
#124120	Jun 4-14	M, W-Th	7:10 PM- 7:40 PM
#124121	Jun 18-28	M, W-Th	12:10 PM-12:40 PM
#124122	Jun 18-28	M, W-Th	12:50 PM- 1:20 PM
#124123	Jun 18-28	M, W-Th	7:10 PM- 7:40 PM
#124124	Jul 9-19	M, W-Th	12:10 PM-12:40 PM
#124125	Jul 9-19	M, W-Th	12:50 PM- 1:20 PM
#124126	Jul 9-19	M, W-Th	7:10 PM- 7:40 PM
#124128	Jul 30-Aug 9	M, W-Th	12:10 PM-12:40 PM
#124129	Jul 30-Aug 9	M, W-Th	12:

Pullen Aquatics

Price shown is for Raleigh Residents. Non-Residents add \$12.

Parent & Child Aquatics Level 1 Ages 6mths-3yrs

Course Fee: \$38			
#123871	Jul 14-Aug 4	Sa	11:30 AM-12:00 PM
Course Fee: \$53			
#123862	Jun 4-14	M, W-Th	10:10 AM-10:40 AM
#123863	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#123865	Jun 18-28	M, W-Th	10:10 AM-10:40 AM
#123866	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#123868	Jul 9-19	M, W-Th	10:10 AM-10:40 AM
#123869	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#123873	Jul 23-Aug 2	M, W-Th	10:10 AM-10:40 AM
#123874	Jul 23-Aug 2	M, W-Th	5:10 PM- 5:40 PM
#123875	Aug 6-16	M, W-Th	10:10 AM-10:40 AM
#123877	Aug 6-16	M, W-Th	5:10 PM- 5:40 PM

Parent & Child Aquatics Level 2 Ages 6mths-3yrs

Course Fee: \$38			
#123885	Jul 14-Aug 4	Sa	10:50 AM-11:20 AM
Course Fee: \$53			
#123878	Jun 4-14	M, W-Th	10:50 AM-11:20 AM
#123880	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123881	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#123882	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123883	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#123884	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123886	Jul 23-Aug 2	M, W-Th	10:50 AM-11:20 AM
#123887	Jul 23-Aug 2	M, W-Th	5:50 PM- 6:20 PM
#123888	Aug 6-16	M, W-Th	10:50 AM-11:20 AM
#123889	Aug 6-16	M, W-Th	5:50 PM- 6:20 PM

Preschool Aquatics Level 1 Ages 3-5 yrs

Course Fee: \$38			
#123904	Jul 14-Aug 4	Sa	11:30 AM-12:00 PM
Course Fee: \$53			
#123892	Jun 4-14	M, W-Th	10:10 AM-10:40 AM
#123893	Jun 4-14	M, W-Th	10:50 AM-11:20 AM
#123894	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#123895	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123896	Jun 18-28	M, W-Th	10:10 AM-10:40 AM
#123897	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#123898	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#123899	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123900	Jul 9-19	M, W-Th	10:10 AM-10:40 AM
#123901	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#123902	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#123903	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123905	Jul 23-Aug 2	M, W-Th	10:10 AM-10:40 AM
#123906	Jul 23-Aug 2	M, W-Th	10:50 AM-11:20 AM
#123907	Jul 23-Aug 2	M, W-Th	5:10 PM- 5:40 PM
#123908	Jul 23-Aug 2	M, W-Th	5:50 PM- 6:20 PM
#123909	Aug 6-16	M, W-Th	10:10 AM-10:40 AM
#123910	Aug 6-16	M, W-Th	5:10 PM- 5:40 PM

Preschool Aquatics Level 2 Ages 3-5 yrs

Course Fee: \$38			
#123924	Jul 14-Aug 4	Sa	10:50 AM-11:20 AM
Course Fee: \$53			
#123911	Jun 4-14	M, W-Th	10:10 AM-10:40 AM
#123912	Jun 4-14	M, W-Th	11:30 AM-12:00 PM
#123913	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#123914	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123915	Jun 18-28	M, W-Th	10:10 AM-10:40 AM
#123916	Jun 18-28	M, W-Th	11:30 AM-12:00 PM
#123917	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#123918	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123919	Jul 9-19	M, W-Th	10:10 AM-10:40 AM
#123920	Jul 9-19	M, W-Th	11:30 AM-12:00 PM
#123921	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#123922	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123925	Jul 23-Aug 2	M, W-Th	10:10 AM-10:40 AM
#123926	Jul 23-Aug 2	M, W-Th	11:30 AM-12:00 PM
#123927	Jul 23-Aug 2	M, W-Th	5:10 PM- 5:40 PM
#123928	Jul 23-Aug 2	M, W-Th	5:50 PM- 6:20 PM
#123929	Aug 6-16	M, W-Th	10:50 AM-11:20 AM
#123930	Aug 6-16	M, W-Th	5:10 PM- 5:40 PM

Preschool Aquatics Level 3 Ages 3-5 yrs

Course Fee: \$38			
#123945	Jul 14-Aug 4	Sa	10:10 AM-10:40 AM
Course Fee: \$53			
#123931	Jun 4-14	M, W-Th	10:50 AM-11:20 AM
#123932	Jun 4-14	M, W-Th	11:30 AM-12:00 PM
#123933	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#123934	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#123937	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#123938	Jun 18-28	M, W-Th	11:30 AM-12:00 PM
#123939	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#123940	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#123941	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#123942	Jul 9-19	M, W-Th	11:30 AM-12:00 PM
#123943	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#123944	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#123947	Jul 23-Aug 2	M, W-Th	10:50 AM-11:20 AM
#123948	Jul 23-Aug 2	M, W-Th	11:30 AM-12:00 PM
#123949	Jul 23-Aug 2	M, W-Th	5:10 PM- 5:40 PM
#123950	Jul 23-Aug 2	M, W-Th	5:50 PM- 6:20 PM
#123953	Aug 6-16	M, W-Th	11:30 AM-12:00 PM
#123954	Aug 6-16	M, W-Th	5:10 PM- 5:40 PM

Swim Lesson - Level 1 Ages 6-13yrs

Course Fee: 38			
#124046	Jul 14-Aug 4	Sa	9:30 AM-10:00 AM
Course Fee: 53			
#124035	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#124039	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#124040	Jun 18-28	M, W-Th	10:10 AM-10:40 AM
#124041	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#124042	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#124043	Jul 9-19	M, W-Th	10:10 AM-10:40 AM
#124044	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#124045	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#124047	Jul 23-Aug 2	M, W-Th	10:10 AM-10:40 AM
#124048	Jul 23-Aug 2	M, W-Th	5:10 PM- 5:40 PM
#124049	Jul 23-Aug 2	M, W-Th	5:50 PM- 6:20 PM
#124050	Aug 6-16	M, W-Th	11:30 AM-12:00 PM
#124051	Aug 6-16	M, W-Th	5:50 PM- 6:20 PM

Swim Lesson - Level 2 Ages 6-13yrs

Course Fee: 38			
#124064	Jul 14-Aug 4	Sa	9:30 AM-10:00 AM
Course Fee: 53			
#124052	Jun 4-14	M, W-Th	5:10 PM- 5:40 PM
#124053	Jun 4-14	M, W-Th	5:50 PM- 6:20 PM
#124054	Jun 18-28	M, W-Th	10:50 AM-11:20 AM
#124055	Jun 18-28	M, W-Th	5:10 PM- 5:40 PM
#124056	Jun 18-28	M, W-Th	5:50 PM- 6:20 PM
#124057	Jul 9-19	M, W-Th	10:50 AM-11:20 AM
#124061	Jul 9-19	M, W-Th	5:10 PM- 5:40 PM
#124062	Jul 9-19	M, W-Th	5:50 PM- 6:20 PM
#124065	Jul 23-Aug 2	M, W-Th	10:50 AM-11:20 AM
#124066	Jul 23-Aug 2	M, W-Th	5:10 PM- 5:40 PM
#124067	Jul 23-Aug 2	M, W-Th	5:50 PM- 6:20 PM
#124069	Aug 6-16	M, W-Th	10:10 PM-10:40 PM
#124070	Aug 6-16	M, W-Th	5:50 PM- 6:20 PM

Swim Lesson - Level 3 Ages 6-13yrs

Course Fee: 38			
#124081	Jul 14-Aug 4	Sa	9:30 AM-10:00 AM
Course Fee: 53			
#124072	Jun 4-14	M, W-Th	6:30 PM- 7:00 PM
#124074	Jun 4-14	M, W-Th	7:10 PM- 7:40 PM
#124075	Jun 18-28	M, W-Th	11:30 AM-12:00 PM
#124076	Jun 18-28	M, W-Th	6:30 PM- 7:00 PM
#124077	Jun 18-28	M, W-Th	7:10 PM- 7:40 PM
#124078	Jul 9-19	M, W-Th	11:30 AM-12:00 PM
#124079	Jul 9-19	M, W-Th	6:30 PM- 7:00 PM
#124080	Jul 9-19	M, W-Th	7:10 PM- 7:40 PM
#124082	Jul 23-Aug 2	M, W-Th	11:30 AM-12:00 PM
#124083	Jul 23-Aug 2	M, W-Th	6:30 PM- 7:00 PM
#124084	Jul 23-Aug 2	M, W-Th	7:10 PM- 7:40 PM
#124085	Aug 6-16	M, W-Th	10:50 AM-11:20 AM
#124086	Aug 6-16	M, W-Th	5:50 PM- 6:20 PM

Swim Lesson - Level 4 Ages 6-13yrs

Course Fee: 38			
#124113	Jul 14-Aug 4	Sa	10:10 AM-10:40 AM
Course Fee: 53			
#124103	Jun 4-14	M, W-Th	6:30 PM- 7:00 PM
#124104	Jun 4-14	M, W-Th	7:10 PM- 7:40 PM
#124106	Jun 18-28	M, W-Th	11:30 AM-12:00 PM
#124107	Jun 18-28	M, W-Th	6:30 PM- 7:00 PM
#124108	Jun 18-28	M, W-Th	7:10 PM- 7:40 PM
#124109	Jul 9-19	M, W-Th	11:30 AM-12:00 PM
#124110	Jul 9-19	M, W-Th	6:30 PM- 7:00 PM
#124111	Jul 9-19	M, W-Th	7:10 PM- 7:40 PM
#124114	Jul 23-Aug 2	M, W-Th	11:30 AM-12:00 PM
#124116	Jul 23-Aug 2	M, W-Th	6:30 PM- 7:00 PM
#124117	Jul 23-Aug 2	M, W-Th	7:10 PM- 7:40 PM
#124118	Aug 6-16	M, W-Th	11:30 AM-12:00 PM
#124119	Aug 6-16	M, W-Th	6:30 PM- 7:00 PM

Swim Lesson - Level 5 Ages 6-13yrs

Course Fee: 38			
#124146	Jul 14-Aug 4	Sa	10:10 AM-10:40 AM
Course Fee: 53			
#124140	Jun 4-14	M, W-Th	6:30 PM- 7:00 PM
#124141	Jun 4-14	M, W-Th	7:10 PM- 7:40 PM
#124142	Jun 18-28	M, W-Th	6:30 PM- 7:00 PM
#124143	Jun 18-28	M, W-Th	7:10 PM- 7:40 PM
#124144	Jul 9-19	M, W-Th	6:30 PM- 7:00 PM
#124145	Jul 9-19	M, W-Th	7:10 PM- 7:40 PM
#124147	Jul 23-Aug 2	M, W-Th	6:30 PM- 7:00 PM
#124148	Jul 23-Aug 2	M, W-Th	7:10 PM- 7:40 PM
#124149	Aug 6-16	M, W-Th	6:30 PM- 7:00 PM

Adult Beginner Swim Class Ages 14 & up

Course Fee: 44			
#125240	Jul 14-Aug 4	Sa	8:50 AM- 9:35 AM
Course Fee: 59			
#125237	Jun 4-14	M, W-Th	6:20 PM- 7:05 PM
#125238	Jun 18-28	M, W-Th	6:20 PM- 7:05 PM
#125239	Jul 9-19	M, W-Th	6:20 PM- 7:05 PM
#125241	Jul 23-Aug 2	M, W-Th	6:20 PM- 7:05 PM
#125242	Aug 6-16	M, W-Th	6:20 PM- 7:05 PM

Adult Intermediate Swim Class Ages 14 & up

Course Fee: 44			
#125268	Jul 14-Aug 4	Sa	8:50 AM- 9:35 AM
Course Fee: 59			
#125265	Jun 4-14	M, W-Th	6:20 PM- 7:05 PM
#125266	Jun 18-28	M, W-Th	6:20 PM- 7:05 PM
#125267	Jul 9-19	M, W-Th	6:20 PM- 7:05 PM
#125269	Jul 23-Aug 2	M, W-Th	6:20 PM- 7:05 PM
#125270	Aug 6-16	M, W-Th	7:10 PM- 7:55 PM

Lifeguarding Ages 15 & up

American Red Cross certification which includes Lifeguarding/First Aid and CPR/AED.

Course Fee: 190			
#124150	Jun 4-14	M-Th	5:00 PM- 9:00 PM
#124151	Jun 18-28	M-Th	5:00 PM- 9:00 PM
#124152	Jul 9-19	M-Th	5:00 PM- 9:00 PM
#124153	Jul 23-Aug 2	M-Th	5:00 PM- 9:00 PM
#124910	Aug 6-16	M-Th	5:00 PM- 9:00 PM

Triathlon Swim Training

Age: All Ages

This class is set-up for active triathletes. The class will focus on improving Freestyle and training methods.

Millbrook Pool

Course Fee: 59			
#125312	Jun 5-14	Tu-Th	7:10 PM- 7:55 PM
#125313	Aug 7-16	Tu-Th	7:10 PM- 7:55 PM

Optimist Pool

Course Fee: 59			
#125317	Jun 18-28	M, W-Th	7:10 PM- 7:55 PM
#125318	Jul 9-19	M, W-Th	7:10 PM- 7:55 PM
#125319	Jul 30-Aug 9	M, W-Th	7:10 PM- 7:55 PM

Price shown is for Raleigh Residents. Non-Residents add \$12.

Parent & Child Aquatics Level 1 Ages 6mths-3yrs

Course Fee: \$38			
#124497	Jun 9-30	Sa	10:10 AM-10:40 AM
#124500	Jul 7-28	Sa	10:10 AM-10:40 AM
#124506	Aug 6-9	M-Th	10:10 AM-10:40 AM
Course Fee: \$53			
#124498	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#124499	Jun 19-28	Tu-Th	4:30 PM- 5:00 PM
#124501	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#124502	Jul 10-19	Tu-Th	5:10 PM- 5:40 PM
#124503	Jul 24-Aug 2	Tu-Th	10:10 AM-10:40 AM
#124504	Jul 24-Aug 2	Tu-Th	4:30 PM- 5:00 PM
#124505	Jul 24-Aug 2	Tu-Th	5:50 PM- 6:20 PM

Parent & Child Aquatics Level 2 Ages 6mths-3yrs

Course Fee: \$38			
#124508	Jun 9-30	Sa	10:50 AM-11:20 AM
#124514	Jul 7-28	Sa	10:50 AM-11:20 AM
#124520	Aug 6-9	M-Th	10:50 AM-11:20 AM
Course Fee: \$53			
#124512	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#124513	Jun 19-28	Tu-Th	5:10 PM- 5:40 PM
#124515	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#124516	Jul 10-19	Tu-Th	5:50 PM- 6:20 PM
#124517	Jul 24-Aug 2	Tu-Th	10:50 AM-11:20 AM
#124518	Jul 24-Aug 2	Tu-Th	5:10 PM- 5:40 PM
#124519	Jul 24-Aug 2	Tu-Th	6:30 PM- 7:00 PM

Preschool Aquatics Level 1 Ages 3-5 yrs

Course Fee: \$38			
#124530	Jul 7-28	Sa	10:10 AM-10:40 AM
#124531	Jul 7-28	Sa	11:30 AM-12:00 PM
#124542	Aug 6-9	M-Th	10:10 AM-10:40 AM
#124543	Aug 6-9	M-Th	11:30 AM-12:00 PM
#124545	Aug 6-9	M-Th	6:30 PM- 7:00 PM
Course Fee: \$53			
#124521	Jun 5-14	Tu-Th	4:30 PM- 5:00 PM
#124522	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#124523	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#124527	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#124528	Jun 19-28	Tu-Th	4:30 PM- 5:00 PM
#124529	Jun 19-28	Tu-Th	5:50 PM- 6:20 PM
#124532	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#124534	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#124535	Jul 10-19	Tu-Th	4:30 PM- 5:00 PM
#124536	Jul 10-19	Tu-Th	5:50 PM- 6:20 PM
#124537	Jul 24-Aug 2	Tu-Th	11:30 AM-12:00 PM
#124538	Jul 24-Aug 2	Tu-Th	5:10 PM- 5:40 PM
#124539	Jul 24-Aug 2	Tu-Th	5:50 PM- 6:20 PM

Swim Stroke Development Clinic Age: 5-18 yrs.

This clinic is designed to help swimmers become more efficient in their strokes and to help them improve their knowledge of swimming. Participant prerequisite - must be able to swim 25 yards without assistance.

Millbrook Pool			
Course Fee: 44			
#125335	May 1-10	Tu, Th	6:30 PM- 7:15 PM
Course Fee: 56			
#125335	May 1-10	Tu, Th	6:30 PM- 7:15 PM
Optimist Pool			
Course Fee: 44			
#125336	May 15-24	Tu, Th	6:30 PM- 7:15 PM
Course Fee: 56			
#125336	May 15-24	Tu, Th	6:30 PM- 7:15 PM

Intra-City Swim Teams

Preschool Aquatics Level 2 Ages 3-5 yrs

Course Fee: \$38			
#124586	Jul 7-28	Sa	10:50 AM-11:20 AM
#124595	Aug 6-9	M-Th	10:50 AM-11:20 AM
#124608	Aug 6-9	M-Th	5:50 PM- 6:20 PM
Course Fee: \$53			
#124549	Jun 5-14	Tu-Th	4:30 PM- 5:00 PM
#124550	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#124551	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#124552	Jun 19-28	Tu-Th	6:30 PM- 7:00 PM
#124585	Jul 10-19	Tu-Th	6:30 PM- 7:00 PM
#124587	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#124590	Jul 10-19	Tu-Th	4:30 PM- 5:00 PM
#124594	Jul 24-Aug 2	Tu-Th	11:30 AM-12:00 PM

Preschool Aquatics Level 3 Ages 3-5 yrs

Course Fee: \$38			
#124619	Jul 7-28	Sa	11:30 AM-12:00 PM
#124642	Aug 6-9	M-Th	11:30 AM-12:00 PM
#124678	Aug 6-9	M-Th	6:30 PM- 7:00 PM
Course Fee: \$53			
#124609	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#124612	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#124614	Jun 19-28	Tu-Th	10:10 AM-10:40 AM
#124615	Jun 19-28	Tu-Th	5:50 PM- 6:20 PM
#124622	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#124628	Jul 10-19	Tu-Th	6:30 PM- 7:00 PM
#124636	Jul 24-Aug 2	Tu-Th	11:30 AM-12:00 PM

Swim Lesson - Level 1 Ages 6-13yrs

Course Fee: 38			
#124684	Jul 7-28	Sa	10:10 AM-10:40 AM
#124693	Aug 6-9	M-Th	10:10 AM-10:40 AM
#124694	Aug 6-9	M-Th	5:50 PM- 6:20 PM
Course Fee: \$53			
#124679	Jun 5-14	Tu-Th	4:30 PM- 5:00 PM
#124680	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#124681	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#124682	Jun 19-28	Tu-Th	5:10 PM- 5:40 PM
#124683	Jun 19-28	Tu-Th	6:30 PM- 7:00 PM
#124689	Jul 10-19	Tu-Th	10:10 AM-10:40 AM
#124690	Jul 10-19	Tu-Th	4:30 PM- 5:00 PM
#124691	Jul 24-Aug 2	Tu-Th	4:30 PM- 5:00 PM
#124692	Jul 24-Aug 2	Tu-Th	6:30 PM- 7:00 PM

Adult Stoke Development Age: 14yrs. and up.

This class will emphasize stoke improvement and swimming development. This will include refinement of strokes, stroke efficiency, and ways to increase endurance.

Optimist Pool			
Course Fee: 44			
#125282	Jun 2-30	Sa	8:50 AM- 9:35 AM
#125284	Jun 2-30	Sa	10:10 AM-10:55 AM
#125293	Jul 21-Aug 18	Sa	8:50 AM- 9:35 AM
#125294	Jul 21-Aug 18	Sa	10:10 AM-10:55 AM
#125623	Jul 14-Aug 4	Sa	8:50 AM- 9:35 AM
Course Fee: 56			
#125282	Jun 2-30	Sa	8:50 AM- 9:35 AM
#125284	Jun 2-30	Sa	10:10 AM-10:55 AM
#125293	Jul 21-Aug 18	Sa	8:50 AM- 9:35 AM
#125294	Jul 21-Aug 18	Sa	10:10 AM-10:55 AM
#125623	Jul 14-Aug 4	Sa	8:50 AM- 9:35 AM
Course Fee: 59			
#125271	May 14-24	M, W-Th	12:10 PM-12:55 PM
#125276	May 14-24	M, W-Th	7:10 PM- 7:55 PM
#125285	Jun 4-14	M, W-Th	12:10 PM-12:55 PM
#125290	Jun 4-14	M, W-Th	7:10 PM- 7:55 PM
#125291	Jun 18-28	M, W-Th	12:10 PM-12:55 PM
#125292	Jul 9-19	M, W-Th	12:10 PM-12:55 PM
#125298	Jul 30-Aug 9	M, W-Th	12:10 PM-12:55 PM
#125299	Aug 13-23	M, W-Th	12:10 PM-12:55 PM
#125300	Aug 13-23	M, W-Th	7:10 PM- 7:55 PM

Swim Lesson - Level 2 Ages 6-13yrs

Course Fee: 38			
#124704	Jul 7-28	Sa	10:50 AM-11:20 AM
#124709	Aug 6-9	M-Th	10:50 AM-11:20 AM
#124710	Aug 6-9	M-Th	5:50 PM- 6:20 PM
Course Fee: 53			
#124699	Jun 5-14	Tu-Th	5:10 PM- 5:40 PM
#124700	Jun 5-14	Tu-Th	6:30 PM- 7:00 PM
#124701	Jun 19-28	Tu-Th	10:50 AM-11:20 AM
#124702	Jun 19-28	Tu-Th	5:50 PM- 6:20 PM
#124703	Jun 19-28	Tu-Th	6:30 PM- 7:00 PM
#124705	Jul 10-19	Tu-Th	10:50 AM-11:20 AM
#124706	Jul 10-19	Tu-Th	5:10 PM- 5:40 PM
#124707	Jul 10-19	Tu-Th	5:50 PM- 6:20 PM
#124708	Jul 24-Aug 2	Tu-Th	4:30 PM- 5:00 PM

Swim Lesson - Level 3 Ages 6-13yrs

Course Fee: 38			
#124724	Jul 7-28	Sa	11:30 AM-12:00 PM
#124729	Aug 6-9	M-Th	11:30 AM-12:00 PM
Course Fee: 53			
#124716	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#124718	Jun 19-28	Tu-Th	11:30 AM-12:00 PM
#124720	Jun 19-28	Tu-Th	5:10 PM- 5:40 PM
#124725	Jul 10-19	Tu-Th	11:30 AM-12:00 PM
#124726	Jul 10-19	Tu-Th	5:10 PM- 5:40 PM
#124727	Jul 24-Aug 2	Tu-Th	5:10 PM- 5:40 PM
#124728	Jul 24-Aug 2	Tu-Th	6:30 PM- 7:00 PM

Swim Lesson - Level 4 Ages 6-13yrs

Course Fee: 38			
#124737	Aug 6-9	M-Th	6:30 PM- 7:00 PM
Course Fee: 53			
#124735	Jun 5-14	Tu-Th	5:50 PM- 6:20 PM
#124736	Jul 10-19	Tu-Th	6:30 PM- 7:00 PM

Course Fee: 71			
#125271	May 14-24	M, W-Th	12:10 PM-12:55 PM
#125276	May 14-24	M, W-Th	7:10 PM- 7:55 PM
#125285	Jun 4-14	M, W-Th	12:10 PM-12:55 PM
#125290	Jun 4-14	M, W-Th	7:10 PM- 7:55 PM
#125291	Jun 18-28	M, W-Th	12:10 PM-12:55 PM
#125292	Jul 9-19	M, W-Th	12:10 PM-12:55 PM
#125298	Jul 30-Aug 9	M, W-Th	12:10 PM-12:55 PM
#125299	Aug 13-23	M, W-Th	12:10 PM-12:55 PM
#125300	Aug 13-23	M, W-Th	7:10 PM- 7:55 PM

Pullen Aquatic Center			
Course Fee: 59			
#125306	Jun 4-14	M, W-Th	7:10 PM- 7:55 PM
#125621	Jun 18-28	M, W-Th	7:10 PM- 7:55 PM
#125622	Jul 9-19	M, W-Th	7:10 PM- 7:55 PM
#125624	Jul 23-Aug 2	M, W-Th	7:10 PM- 7:55 PM
#125625	Aug 6-16	M, W-Th	7:10 PM- 7:55 PM
Course Fee: 71			
#125306	Jun 4-14	M, W-Th	7:10 PM- 7:55 PM
#125621	Jun 18-28	M, W-Th	7:10 PM- 7:55 PM
#125622	Jul 9-19	M, W-Th	7:10 PM- 7:55 PM
#125624	Jul 23-Aug 2	M, W-Th	7:10 PM- 7:55 PM
#125625	Aug 6-16	M, W-Th	7:10 PM- 7:55 PM

Millbrook Pool

<u>Ages 3-18yrs</u>			
#123387	Jun 18-Aug 6	M, W, F	8:30 AM-9:15 AM
<u>Ages 3-10yrs</u>			
#123388	Jun 18-Aug 6	M, W, F	6:00 PM-6:45 PM
<u>Ages 11-18yrs</u>			
#123389	Jun 18-Aug 6	M, W, F	7:00 PM-7:45 PM
Optimist Pool			
<u>Ages 3-18yrs</u>			
#124137	Jun 18-Aug 6	M, W, F	8:45 AM-9:30 AM
<u>Ages 3-10yrs</u>			
#124138	Jun 18-Aug 6	M, W, F	6:00 PM-6:45 PM
<u>Ages 11-18yrs</u>			
#124139	Jun 18-Aug 6	M, W, F	6:45 PM-7:30 PM
Pullen Aquatic Center			
<u>Ages 3-10yrs</u>			
#124154	Jun 18-Aug 3	M, W, F	5:30 PM-6:15 PM
<u>Ages 11-18yrs</u>			
#124155	Jun 18-Aug 3	M, W, F	6:30 PM-7:15 PM

Ridge Road Pool

<u>Ages 3-18yrs</u>			
#124763	Jun 18-Aug 6	M, W, F	9:00 AM-9:45 AM
<u>Ages 3-10yrs</u>			
#124764	Jun 18-Aug 6	M, W, F	6:30 PM-7:15 PM
<u>Ages 11-18yrs</u>			
#124765	Jun 18-Aug 6	M, W, F	7:15 PM-8:00 PM

Meet Schedule [sign-in 5pm, warm-up 5:30pm, start 6pm]

Millbrook 6/26/12 with Biltmore, Optimist, Ridge
 Pullen 7/3/12 with Ridge, Millbrook, Longview, Biltmore
 Biltmore 7/10/12 with Lake Johnson, Longview, Optimist, Pullen
 Lake Johnson 7/17/12 with Pullen, Ridge, Millbrook, Optimist
 Optimist 7/24/12 with Biltmore, Millbrook, Lake Johnson, Longview
 Longview 7/31/12 with Pullen, Ridge, Lake Johnson

Championship Meet 8/4/12 at Optimist [sign-in 7:30am, warm-up 8am, start 9:00 am]

Raleigh Parks & Recreation
 Aquatics Department
 2401 Wade Avenue
 Raleigh NC 27607
www.raleighnc.gov

Biltmore Pool	919-831-6736
Chavis Pool	919-831-6565
Lake Johnson Pool	919-233-2111
Longview Pool	919-831-6343
Millbrook Pool	919-872-4130
Optimist Pool	919-870-2882
Pullen Aquatic Center	919-831-6197
Ridge Road Pool	919-420-2322

Swim Lesson Hotline	919-807-5415
Administration Office	919-831-6852
Administration Fax	919-831-6470



P&R 6513
 Aquatics Admin

Water Exercise Programs

Water Exercise Passes for class can be purchased at the pool.
 \$40 Raleigh Resident \$50 Non-Raleigh Resident
 \$33 Senior Raleigh Resident \$43 Senior Non-Raleigh Resident

Class Schedule Descriptions

[due to changes in instructor availability, check pool site for most up-to-date schedule]

Shallow Water Exercise—no swimming ability needed

Aquacise — This high impact water exercise class will focus on flexibility, body conditioning, strength building and cardiovascular. Focuses on small muscle groups. No swimming ability necessary.

Optimist	Monday/Wednesday/Friday	8:30-9:30am
Optimist	Monday/Wednesday/Friday	9:30-10:30am
Optimist	Monday/Wednesday/Friday	10:30-11:30am

Shallow Water Exercise — Designed for individuals of all fitness levels working toward a higher level of muscular strength, coordination, flexibility & cardiovascular endurance. A variety of equipment may be used during workout.

Millbrook	Tuesday/Thursday	9-10am
Optimist	Tuesday/Thursday	9-10am
Optimist	Monday/Wednesday	7-8pm
Optimist	Tuesday/Thursday	6:30-7:30pm
Pullen	Monday/Wednesday/Friday	9:30-10:30am

Water Walking — This low impact water exercise class will focus on flexibility, body conditioning and cardiovascular. Emphasis on the large muscle groups. No swimming ability necessary.

Millbrook	Monday/Wednesday/Friday	8-9am
Millbrook	Monday/Wednesday/Friday	9-10am

Warm Water Exercise Class - For people with arthritis, fibromyalgia or other conditions that would benefit from a range of motion exercise in warm H2O.

Pullen	Monday/Wednesday/Friday	10:30-11:30am
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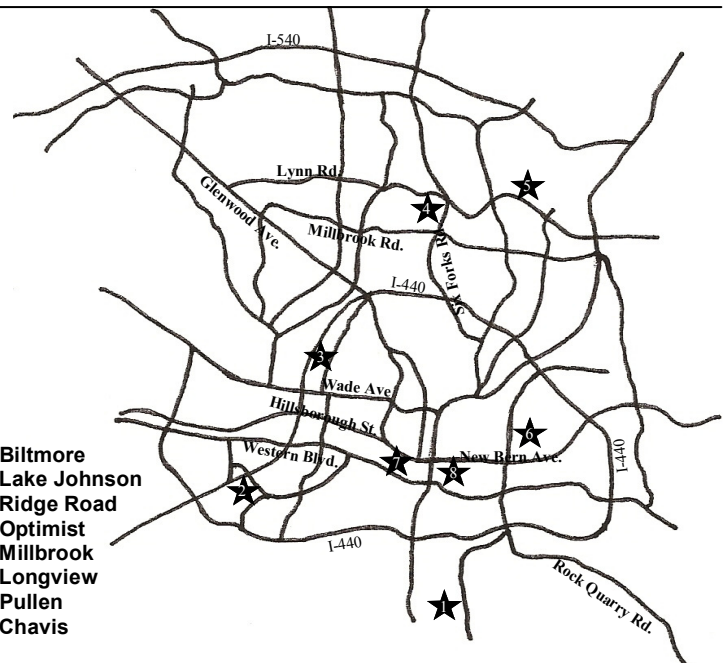
Deep Water Exercise - should be comfortable in deep water and have minimum swimming ability, flotation equipment is used

Deep Water Exercise — Comfortable in deep water with the use of a flotation belt. Aerobic fitness class with minimal impact on lower body joints. Total body workout for muscle strength and cardiovascular fitness.

Millbrook	Tuesday/Thursday	8-9am
Millbrook	Tuesday/Thursday	6-7pm
Millbrook	Saturday	8-9am
Pullen	Monday/Wednesday/Friday	8:30-9:30am
Pullen	Monday/Wednesday/Friday	11:30am-12:30pm
Pullen	Monday/Wednesday	6-7pm

Deep Water Strength & Cardio— Deep water wellness workout. A great class for aerobic training, and body toning. Buoyant and resistive equipment provided.

Optimist	Monday/Wednesday/Friday	5:45-6:45am
Optimist	Mon/Tue/Wed/Thu	8-9am



1. Biltmore
2. Lake Johnson
3. Ridge Road
4. Optimist
5. Millbrook
6. Longview
7. Pullen
8. Chavis