

Kayak Basics continued —

is not required. Equipment and instruction are provided. This program is adult oriented. Ages 12-15 must be accompanied by an adult. For more information, please call 831-6855. Class Fee: \$60

#88499	Jan 9-10	Sa-Su	2:00-5:00pm
#88695	Feb 6-7	Sa-Su	2:00-5:00pm
#88696	Feb 20-21	Sa-Su	2:00-5:00pm
#88697	Mar 6-7	Sa-Su	2:00-5:00pm
#88698	Mar 20-21	Sa-Su	2:00-5:00pm

Kayak Pool Sessions

Optimist Pool

Age: 12yrs and up. Kayak pool sessions occur Friday nights at Optimist Pool from November through March. These sessions are for seasoned paddlers, those working on aspects of their roll, or people who would like to try out the sport. Roll instruction is not provided, but basic boat orientation for beginners is offered. Admission is \$5 for residents and \$6 for non-residents. There is a \$4 additional charge to rent a kayak. Roll sessions are adult oriented, although youth paddlers ages 12-15 years old are welcome when accompanied by adults. Minimum age is 12 years. Participants younger than 12 may attend with the appropriate equipment, parental supervision, and with pre-approval by the Adventure program managers. Due to holidays some sessions may be cancelled; call ahead to confirm. For more information, please call 831-6855. Class Fee: \$5

#88493	Jan 8	F	5:00-8:00pm
#88494	Jan 15	F	5:00-8:00pm
#88495	Jan 29	F	5:00-8:00pm
#88496	Feb 5	F	5:00-8:00pm
#88497	Feb 12	F	5:00-8:00pm
#88498	Feb 19	F	5:00-8:00pm
#88699	Feb 26	F	5:00-8:00pm
#88700	Mar 5	F	5:00-8:00pm
#88701	Mar 12	F	5:00-8:00pm
#88702	Mar 19	F	5:00-8:00pm
#88703	Mar 26	F	5:00-8:00pm

Orienteering (Map and Compass Basics)

Jaycee Community Center

Age: 8yrs and up. Before the days of GPS, navigators used the map and compass to find their way. Anyone that ventures into any wilderness area should know how to use both map and compass. This course will help you obtain a better understanding of these tools and how to use them through hands-on experience. Participants ages 14 years and under must be accompanied by an adult. For more information, please call 919-831-6855. Class Fee: \$10

#88716	Apr 10	Sa	10:30am-12:00pm
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Playboating

Optimist Pool

Age: 14-99yrs. If you are ready to take your kayak and get vertical, do your self a favor and take a lesson. Play boating takes all the aspects of boat control (balance, edging, and paddle strokes) then combines them in a way that isn't intuitive and may be hard to learn on your own. Save yourself the frustration and work with us on a step by step process to master the fundamentals of play boating. Our staff will work with you and give you feed back to help you improve. Sign up today to start performing squirts, stalls and trading ends more often and with greater ease. See you at the pool! Class Fee: \$15

#88492	Jan 8	F	5:30-8:00pm
#88704	Feb 19	F	5:30-8:00pm
#88705	Mar 12	F	5:30-8:00pm

Wilderness First Aid

Magnolia Cottage, Lake Johnson

Age: 15yrs and up. You and a small group of friends are on a 3 mile hike to see a waterfall when John slips, falls, and twists his ankle. John can't stand on his own and has several cuts from his fall...now what? Find out what to do in our intensive backcountry medical

training course. The 16-hour, hands-on Wilderness First Aid course will cover ways to deal with many medical emergencies when dialing 911 might not be an option. Not only is this course informative, but the scenarios enacted are exciting and fun too! Wilderness First Aid has become the minimum standard of care for people who are responsible for others in the outdoors. Join the Adventure Program and the American Red Cross for a course aimed at our fellow outdoor enthusiasts, adventurers, and trip leaders. No prerequisites. The minimum age for this course is 15. For more information, please call 831-6855. Class Fee: \$100

Level 1

#88717	May 15-16	Sa-Su	8:00am-6:00pm
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Aquatic

Preschool

Parent and Child Aquatics Level 1

Age: 6-3mths. Level 1 introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try the skills. Water safety topics are also introduced and directed to parents. Children are introduced to basic skills that lay a foundation to help them learn to swim in the future. \$53

Millbrook Pool

#89764	Jan 5-28	T,Th	10:10-10:40am
#89765	Jan 5-28	T,Th	5:10-5:40pm
#89766	Jan 9-30	Sa	9:30-10:00am
#89767	Feb 2-25	T,Th	10:10-10:40am
#89768	Feb 2-25	T,Th	5:10-5:40pm
#89769	Mar 2-25	T,Th	10:10-10:40am



#89770	Mar 2-25	T,Th	5:10-5:40pm
#89771	Mar 6-27	Sa	9:30-10:00am
#89772	Apr 6-29	T,Th	10:10-10:40am
#89773	Apr 6-29	T,Th	5:10-5:40pm

Optimist Pool

#89916	Jan 4-27	M,W	10:10-10:40am
#89918	Jan 4-27	M,W	5:10-5:40pm
#89919	Feb 1-24	M,W	10:10-10:40am
#89920	Feb 1-24	M,W	5:10-5:40pm
#89921	Feb 6-27	Sa	9:30-10:00am
#89922	Mar 1-24	M,W	10:10-10:40am
#89923	Mar 1-24	M,W	5:10-5:40pm
#89924	Apr 5-28	M,W	10:10-10:40am
#89925	Apr 5-28	M,W	5:10-5:40pm
#89926	Apr 10-May 1	Sa	9:30-10:00am

Pullen Aquatic Center

#90102	Jan 5-28	T,Th	10:10-10:40am
#90103	Jan 5-28	T,Th	5:10-5:40pm
#90104	Feb 2-25	T,Th	10:10-10:40am
#90105	Feb 2-25	T,Th	5:10-5:40pm
#90106	Mar 2-25	T,Th	10:10-10:40am
#90107	Mar 2-25	T,Th	5:10-5:40pm
#90112	Apr 6-29	T,Th	10:10-10:40am
#90113	Apr 6-29	T,Th	5:10-5:40pm
#90114	Apr 10-May 1	Sa	10:10-10:40am

Parent and Child Aquatics Level 2

Age: 6-3yrths. Participants improve on skills from Level 1 and learn more advanced skills to prepare them for Preschool Level 1 class. Three year olds ready to learn without a parent or caregiver should enroll in Preschool Level 1 class. \$53

Millbrook Pool

#89774	Jan 5-28	T,Th	10:50-11:20am
#89775	Jan 5-28	T,Th	5:50-6:20pm
#89776	Jan 9-30	Sa	10:10-10:40am
#89777	Feb 2-25	T,Th	10:50-11:20am
#89778	Feb 2-25	T,Th	5:50-6:20 pm
#89780	Mar 2-25	T,Th	10:50-11:20am
#89781	Mar 2-25	T,Th	5:50-6:20pm
#89782	Mar 6-27	Sa	10:10-10:40am
#89789	Apr 6-29	T,Th	10:50-11:20am
#89790	Apr 6-29	T,Th	5:50-6:20pm

Optimist Pool

#89927	Jan 4-27	M,W	5:50-6:20pm
#89928	Jan 4-27	M,W	10:50-11:20am
#89929	Feb 1-24	M,W	10:50-11:20am
#89930	Feb 1-24	M,W	5:50-6:20pm
#89931	Feb 6-27	Sa	10:10-10:40am
#89932	Feb 6-27	Sa	10:50-11:20am
#89933	Mar 1-24	M,W	10:50-11:20am
#89934	Mar 1-24	M,W	5:50-6:20pm
#89935	Apr 5-28	M,W	10:50-11:20am
#89936	Apr 5-28	M,W	5:50-6:20pm
#89937	Apr 10-May 1	Sa	10:10-10:40 am
#89938	Apr 10-May 1	Sa	10:50-11:20am

Pullen Aquatic Center

#90115	Jan 5-28	T,Th	10:50-11:20am
#90116	Jan 5-28	T,Th	5:50-6:20pm
#90118	Feb 2-25	T,Th	10:50-11:20am
#90119	Feb 2-25	T,Th	5:50-6:20pm
#90120	Mar 2-25	T,Th	10:50-11:20am
#90121	Mar 2-25	T,Th	5:50-6:20pm
#90122	Apr 6-29	T,Th	10:50-11:20am
#90123	Apr 6-29	T,Th	5:50-6:20pm
#90124	Apr 10-May 1	Sa	10:50-11:20am

Preschool Aquatics Level 1

Age: 3-5 yrs. Participants learn elementary aquatic skills. 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. There are no prerequisites for this course. \$50

Millbrook Pool

#89791	Jan 5-28	T,Th	10:10-10:40am
#89792	Jan 5-28	T,Th	11:30am-12:00pm
#89793	Jan 5-28	T,Th	5:10-5:40pm
#89794	Jan 5-28	T,Th	5:50-6:20pm
#89795	Jan 9-30	Sa	9:30-10:00am
#89796	Jan 9-30	Sa	10:10-10:40am
#89797	Feb 2-25	T,Th	10:10-10:40am
#89798	Feb 2-25	T,Th	11:30am-12:00pm
#89799	Feb 2-25	T,Th	5:10-5:40pm
#89800	Feb 2-25	T,Th	5:50-6:20pm
#89801	Mar 2-25	T,Th	10:10-10:40am
#89802	Mar 2-25	T,Th	11:30am-12:00pm
#89803	Mar 2-25	T,Th	5:10-5:40pm
#89805	Mar 2-25	T,Th	5:50-6:20pm
#89806	Mar 6-27	Sa	9:30-10:00am
#89808	Mar 6-27	Sa	10:10-10:40am
#89809	Apr 6-29	T,Th	10:10-10:40am
#89810	Apr 6-29	T,Th	11:30am-12:00pm
#89811	Apr 6-29	T,Th	5:10-5:40pm
#89813	Apr 6-29	T,Th	5:50-6:20pm

Optimist Pool

#89939	Jan 4-27	M,W	10:10-10:40am
#89940	Jan 4-27	M,W	6:30-7:00 pm
#89943	Feb 1-24	M,W	10:10-10:40am
#89944	Feb 1-24	M,W	6:30-7:00pm
#89946	Feb 6-27	Sa	9:30-10:00am
#89947	Mar 1-24	M,W	10:10-10:40am
#89949	Mar 1-24	M,W	4:30-5:00pm
#89950	Apr 5-28	M,W	10:10-10:40am
#89951	Apr 5-28	M,W	4:30-5:00pm
#89953	Apr 10-May 1	Sa	9:30-10:00am

Pullen Aquatic Center

#90125	Jan 5-28	T,Th	10:50-11:20am
#90130	Jan 5-28	T,Th	5:10-5:40pm
#90131	Feb 2-25	T,Th	10:50-11:20am
#90132	Feb 2-25	T,Th	5:10-5:40pm
#90133	Mar 2-25	T,Th	10:50-11:20am
#90134	Mar 2-25	T,Th	5:10-5:40pm
#90135	Mar 2-25	T,Th	5:50-6:20pm
#90136	Apr 6-29	T,Th	10:10-10:40am
#90137	Apr 6-29	T,Th	5:10-5:40pm
#90138	Apr 6-29	T,Th	5:50-6:20pm
#90139	Apr 10-May 1	Sa	9:30-10:00am

Preschool Aquatics Level 2

Age: 3-5 yrs. 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. \$50

Millbrook Pool

#89814	Jan 5-28	T,Th	10:50-11:20am
#89815	Jan 5-28	T,Th	5:10-5:40pm
#89818	Jan 9-30	Sa	9:30-10:00am
#89819	Feb 2-25	T,Th	10:50-11:20am
#89820	Feb 2-25	T,Th	5:10-5:40pm
#89821	Mar 2-25	T,Th	10:50-11:20am
#89822	Mar 2-25	T,Th	5:10-5:40pm
#89824	Mar 6-27	Sa	9:30-10:00am

#89825	Apr 6-29	T,Th	10:50-11:20am
#89826	Apr 6-29	T,Th	5:10pm-5:40pm

Optimist Pool

#89954	Jan 4-27	M,W	10:50-11:20am
#89955	Jan 4-27	M,W	5:10-5:40pm
#89956	Feb 1-24	M,W	10:50-11:20am
#89957	Feb 1-24	M,W	5:10-5:40pm
#89970	Feb 6-27	Sa	10:10-10:40am
#89972	Mar 1-24	M,W	10:10-10:40am
#89973	Mar 1-24	M,W	10:50-11:20am
#89974	Mar 1-24	M,W	4:30-5:00pm
#89975	Mar 1-24	M,W	5:10-5:40pm
#89976	Mar 1-24	M,W	5:50-6:20pm
#89977	Apr 5-28	M,W	10:10-10:40am
#89979	Apr 5-28	M,W	10:50-11:20am
#89981	Apr 5-28	M,W	4:30-5:00pm
#89982	Apr 5-28	M,W	5:10-5:40pm
#89983	Apr 5-28	M,W	5:50-6:20pm
#89985	Apr 10-May 1	Sa	10:10-10:40am

Pullen Aquatic Center

#90140	Jan 5-28	T,Th	10:10-10:40am
#90141	Jan 5-28	T,Th	11:30am-12:00pm
#90142	Jan 5-28	T,Th	5:50-6:20pm
#90143	Feb 2-25	T,Th	10:10-10:40am
#90144	Feb 2-25	T,Th	11:30am-12:00pm
#90145	Feb 2-25	T,Th	5:50-6:20pm
#90146	Mar 2-25	T,Th	10:10-10:40am
#90147	Mar 2-25	T,Th	11:30am-12:00pm
#90148	Mar 2-25	T,Th	5:50-6:20pm
#90149	Mar 2-25	T,Th	6:30-7:00pm
#90150	Apr 6-29	T,Th	10:50-11:20am
#90151	Apr 6-29	T,Th	11:30am-12:00pm
#90152	Apr 6-29	T,Th	5:50-6:20pm
#90153	Apr 6-29	T,Th	6:30-7:00pm
#90154	Apr 10-May 1	Sa	9:30-10:00am

Preschool Aquatics Level 3

Age: 3-5 yrs. Must have completed exit skills in Level 2. 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. \$50

Millbrook Pool

#89828	Jan 5-28	T,Th	11:30am-12:00pm
#89829	Jan 5-28	T,Th	5:50-6:20pm
#89830	Jan 9-30	Sa	10:50-11:20am
#89831	Feb 2-25	T,Th	11:30am-12:00pm
#89832	Feb 2-25	T,Th	5:50-6:20pm
#89833	Mar 2-25	T,Th	11:30am-12:00pm
#89834	Mar 2-25	T,Th	5:50-6:20pm
#89835	Mar 6-27	Sa	10:50-11:20am
#89836	Apr 6-29	T,Th	11:30am-12:00pm
#89837	Apr 6-29	T,Th	5:50-6:20pm

Optimist Pool

#89986	Jan 4-27	M,W	5:10-5:40pm
#89988	Feb 1-24	M,W	5:10-5:40pm
#89989	Feb 6-27	Sa	10:50-11:20am
#89991	Mar 1-24	M,W	10:50-11:20am
#89993	Mar 1-24	M,W	5:50-6:20pm
#89995	Apr 5-28	M,W	10:50-11:20am
#89996	Apr 5-28	M,W	5:50-6:20pm
#89997	Apr 10-May 1	Sa	10:50-11:20am

Pullen Aquatic Center

#90231	Jan 5-28	T,Th	11:30am-12:00pm
#90232	Jan 5-28	T,Th	5:50-6:20pm
#90233	Feb 2-25	T,Th	11:30am-12:00pm
#90234	Feb 2-25	T,Th	6:30-7:00pm
#90235	Mar 2-25	T,Th	11:30am-12:00pm
#90236	Mar 2-25	T,Th	6:30-7:00pm
#90237	Apr 6-29	T,Th	11:30am-12:00pm
#90238	Apr 6-29	T,Th	6:30-7:00pm
#90239	Apr 10-May 1	Sa	9:30-10:00am

Aquatic continued next page —

Youth

Swim Lesson – Level 1 Introduction Water Skills

Age: 6-13yrs. Participants learn elementary aquatic skills. 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. \$50

Millbrook Pool

#89838	Jan 5-28	T,Th	6:30-7:00pm
#89839	Jan 9-30	Sa	10:10-10:40am
#89840	Feb 2-25	T,Th	6:30-7:00pm
#89841	Mar 2-25	T,Th	6:30-7:00pm
#89842	Mar 6-27	Sa	10:10-10:40am
#89843	Apr 6-29	T,Th	6:30-7:00pm

Optimist Pool

#89999	Jan 4-27	M,W	5:50-6:20pm
#90001	Feb 1-24	M,W	5:50-6:20pm
#90002	Feb 6-27	Sa	9:30-10:00am
#90007	Mar 1-24	M,W	4:30-5:00pm
#90009	Mar 1-24	M,W	6:30-7:00pm
#90010	Apr 5-28	M,W	4:30-5:00pm
#90012	Apr 5-28	M,W	6:30-7:00pm
#90013	Apr 10-May 1	Sa	9:30-10:00am

Pullen Aquatic Center

#90259	Jan 5-28	T,Th	5:10-5:40pm
#90260	Feb 2-25	T,Th	5:10-5:40pm
#90261	Mar 2-25	T,Th	5:10-5:40pm
#90262	Mar 2-25	T,Th	5:50-6:20pm
#90267	Apr 6-29	T,Th	5:10-5:40pm
#90268	Apr 6-29	T,Th	5:50-6:20pm
#90288	Apr 10-May 1	Sa	10:10-10:40am

Swim Lesson – Level 2 Fundamental Skills

Age: 6-13 yrs. 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. \$50

Millbrook Pool

#89844	Jan 5-28	T,Th	6:30-7:00pm
#89845	Jan 9-30	Sa	10:50-11:20am
#89846	Feb 2-25	T,Th	6:30-7:00pm
#89847	Mar 2-25	T,Th	6:30-7:00pm
#89848	Mar 6-27	Sa	10:50-11:20am
#89849	Apr 6-29	T,Th	6:30-7:00pm

Optimist Pool

#90018	Jan 4-27	M,W	6:30-7:00pm
#90019	Feb 1-24	M,W	6:30-7:00pm
#90020	Feb 6-27	Sa	10:10-10:40am
#90022	Mar 1-24	M,W	5:10-5:40pm
#90023	Mar 1-24	M,W	6:30-7:00pm
#90024	Apr 5-28	M,W	5:10-5:40pm
#90025	Apr 5-28	M,W	6:30-7:00pm
#90026	Apr 10-May 1	Sa	10:10-10:40am

Pullen Aquatic Center

#90276	Jan 5-28	T,Th	6:30-7:00pm
#90277	Feb 2-25	T,Th	5:50-6:20am
#90278	Mar 2-25	T,Th	5:50-6:20am
#90279	Mar 2-25	T,Th	7:10-7:40pm
#90280	Apr 6-29	T,Th	5:50-6:20am
#90281	Apr 6-29	T,Th	7:10-7:40pm
#90282	Apr 10-May 1	Sa	10:10-10:40am
#90283	Apr 10-May 1	Sa	11:30am-12:00pm



Swim Lesson – Level 3 Stroke Development

Age: 6-13yrs. Must have completed exit skills in Level 2. 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. \$50

Millbrook Pool

#89850	Jan 5-28	T,Th	6:30-7:00pm
#89851	Jan 9-30	Sa	10:50-11:20am
#89852	Feb 2-25	T,Th	6:30-7:00pm
#89853	Mar 2-25	T,Th	6:30-7:00pm
#89854	Mar 6-27	Sa	10:50-11:20am
#89855	Apr 6-29	T,Th	6:30-7:00pm

Optimist Pool

#90028	Jan 4-27	M,W	5:50-6:20pm
#90030	Feb 1-24	M,W	5:50-6:20pm
#90031	Feb 6-27	Sa	10:50-11:20am
#90033	Mar 1-24	M,W	4:30-5:00pm
#90034	Mar 1-24	M,W	5:50-6:20pm
#90035	Mar 1-24	M,W	6:30-7:00pm
#90036	Apr 5-28	M,W	4:30-5:00pm
#90037	Apr 5-28	M,W	5:50-6:20pm
#90038	Apr 5-28	M,W	6:30-7:00pm
#90040	Apr 10-May 1	Sa	10:50-11:20am

Pullen Aquatic Center

#90289	Jan 5-28	T,Th	6:30-7:00pm
#90292	Jan 5-28	T,Th	7:10-7:40pm
#90294	Feb 2-25	T,Th	6:30-7:00pm
#90295	Mar 2-25	T,Th	6:30-7:00pm
#90296	Mar 2-25	T,Th	7:10-7:40pm
#90298	Apr 6-29	T,Th	6:30-7:00pm
#90301	Apr 6-29	T,Th	7:10-7:40pm
#90311	Apr 10-May 1	Sa	11:30am-12:00pm

Swim Lesson – Level 4 Stroke Improvement

Age: 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. \$50

Millbrook Pool

#89859	Jan 5-28	T,Th	7:10-7:40pm
#89860	Jan 9-30	Sa	11:30am-12:00pm
#89861	Feb 2-25	T,Th	7:10-7:40pm
#89863	Mar 2-25	T,Th	7:10-7:40pm
#89864	Mar 6-27	Sa	11:30am-12:00pm
#89865	Apr 6-29	T,Th	7:10-7:40pm

Optimist Pool

#90041	Jan 4-27	M,W	6:30-7:00pm
#90042	Feb 1-24	M,W	6:30-7:00pm
#90043	Feb 6-27	Sa	11:30am-12:00pm
#90045	Mar 1-24	M,W	5:10-5:40pm
#90046	Apr 5-28	M,W	5:10-5:40pm
#90047	Apr 10-May 1	Sa	11:30am-12:00pm

Pullen Aquatic Center

#90312	Jan 5-28	T,Th	7:10-7:40pm
#90313	Feb 2-25	T,Th	7:10-7:40pm
#90314	Mar 2-25	T,Th	6:30-7:00pm
#90316	Mar 2-25	T,Th	7:10-7:40pm
#90317	Apr 6-29	T,Th	6:30-7:00pm
#90320	Apr 6-29	T,Th	7:10-7:40pm
#90321	Apr 10-May 1	Sa	10:50-11:20am

Swim Lesson – Level 5 Stroke Refinement

Age: 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. \$50

Millbrook Pool

#89866	Jan 5-28	T,Th	7:10-7:40pm
#89867	Jan 9-30	Sa	11:30am-12:00pm
#89868	Feb 2-25	T,Th	7:10-7:40pm
#89869	Mar 2-25	T,Th	7:10-7:40pm
#89870	Mar 6-27	Sa	11:30am-12:00pm
#89871	Apr 6-29	T,Th	7:10-7:40pm

Optimist Pool

#90048	Feb 6-27	Sa	11:30am-12:00pm
#90049	Mar 1-24	M,W	6:30-7:00pm
#90050	Apr 5-28	M,W	6:30-7:00pm
#90051	Apr 10-May 1	Sa	11:30am-12:00pm

Pullen Aquatic Center

#90322	Feb 2-25	T,Th	7:10-7:40pm
#90323	Mar 2-25	T,Th	7:10-7:40pm
#90325	Apr 6-29	T,Th	7:10-7:40pm

Swim Team – Intra-City Swim Association

Age: 3-18yrs. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. \$60

Millbrook Pool

#89883	Feb 15-Apr 7	M,W	6:00-6:45pm
#89884	Feb 15-Apr 7	M,W	7:00-7:45pm

Optimist Pool

#90060	Feb 16-Apr 8	T,Th	6:00-6:45pm
#90061	Feb 16-Apr 8	T,Th	7:00-7:45pm

Pullen Aquatic Center

#90392	Feb 15-Apr 7	M,W	5:30-6:15pm
#90393	Feb 15-Apr 7	M,W	6:30-7:15pm

Adult

Adult Beginner Swim Class

Age: 14yrs and up. The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills. \$53

Millbrook Pool

#89872	Jan 5-28	T,Th	7:10-7:40pm
#89874	Jan 9-30	Sa	11:30am-12:00pm
#89875	Feb 2-25	T,Th	7:10-7:40pm
#89876	Mar 2-25	T,Th	7:10-7:40pm
#89877	Apr 6-29	T,Th	7:10-7:40pm

Optimist Pool

#89901	Jan 4-27	M,W	7:10-7:40pm
#89904	Feb 6-27	Sa	11:30am-12:00pm
#89905	Mar 1-24	M,W	7:10-7:40pm
#89906	Apr 5-28	M,W	7:10-7:40pm
#89907	Apr 10-May 1	Sa	11:30am-12:00pm

Pullen Aquatic Center

#90327	Jan 5-28	T,Th	7:10-7:40pm
#90328	Feb 2-25	T,Th	6:30-7:00pm
#90329	Mar 2-25	T,Th	6:30-7:00pm
#90330	Apr 6-29	T,Th	6:30-7:00pm
#90331	Apr 10-May 1	Sa	10:50-11:20am

Adult Intermediate Swim Class

Age: 14yrs and 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. \$53

Optimist Pool

#89910	Jan 4-27	M,W	7:10-7:40pm
#89912	Feb 6-27	Sa	11:30am-12:00pm
#89913	Mar 1-24	M,W	7:10-7:40pm
#89914	Apr 5-28	M,W	7:10-7:40pm
#89915	Apr 10-May 1	Sa	11:30am-12:00pm

Pullen Aquatic Center

#90336	Jan 5-28	T,Th	6:30-7:00pm
#90337	Feb 2-25	T,Th	7:10-7:40pm
#90338	Mar 2-25	T,Th	7:10-7:40pm
#90339	Apr 6-29	T,Th	7:10-7:40pm
#90340	Apr 10-May 1	Sa	11:30am-12:00pm

Lifeguarding – American Red Cross

Age: 15yrs and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED for the Professional Rescuer. \$180

Optimist Pool

#90071	Jan 5-28	T,Th	5:00-9:00pm
#90073	Feb 2-25	T,Th	5:00-9:00pm
#90074	Mar 2-25	T,Th	5:00-9:00pm
#90076	Mar 6-27	Sa	8:00am-5:00pm
#90077	Apr 6-29	T,Th	5:00-9:00pm
#90078	Apr 10-May 1	Sa	8:00am-5:00pm

Pullen Aquatic Center

#90345	Jan 4-27	M,W	5:00-9:00pm
#90346	Feb 1-24	M,W	5:00-9:00pm
#90347	Mar 1-24	M,W	5:00-9:00pm
#90349	Apr 6-29	T,Th	5:00-9:00pm
#90355	Apr 10-May 1	Sa	8:00am-5:00pm

Triathlon Swim Training

Age: All Ages. This class is set-up for active triathletes. The class will focus on improving Freestyle and training methods. \$68

Millbrook Pool

#89880	Mar 6-27	Sa	11:30am-12:30pm
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Pullen Aquatic Center

#90356	Feb 1-24	M,W	7:00-8:00pm
#90357	Mar 1-24	M,W	7:00-8:00pm
#90358	Apr 5-28	M,W	7:00-8:00pm

Arts

Preschool

Art –

Dora and Diego Preschool Express

Age: 3-6yrs. Come join us on our preschool adventure featuring the beloved characters of Dora and Diego! Each week we will develop our cognitive level thinking and our school readiness skills as we help Dora and Diego through many storyline journeys. Then we'll create a unique hands-on craft project, inspired by the books we have discovered, using all washable materials! Each week will culminate in a puppet show featuring many favorite tunes from Dora and Diego that are sure to delight us all! So grab your thinking cap and we hope to see you there! Bring a \$50 materials fee to first class. Fee covers all materials, art supplies, props and treats needed for this 8-week class. Parent/caregiver participation required. Instructor: Rhonda Felton, BS in Education. Class Fee: \$50

Lake Lynn Community Center

#89520	Jan 8-Feb 26	F	12:00-1:00pm
#89521	Mar 5-Apr 30	F	12:00-1:00pm

Brier Creek Community Center

#90672	Jan 6-Feb 24	W	12:00-1:00pm
#90674	Mar 3-Apr 28	W	12:00-1:00pm

Art – Krafty Kids

Optimist Community Center

Age: 3-5yrs. Join us for a different and creative arts and craft project or edible creation. A new project is introduced with

each theme class. Fee is per class. Class

Fee: \$8

Winter Wonders

#89504	Jan 8	F	12:30-1:30pm
#89505	Jan 9	Sa	12:30-1:30pm

Valentine's For Everyone

#89506	Feb 12	F	12:30-1:30pm
#89507	Feb 13	Sa	12:30-1:30pm

Leapin' Leprechauns

#89508	Mar 12	F	12:30-1:30pm
#89509	Mar 13	Sa	12:30-1:30pm

Spring Surprise

#89510	Apr 9	F	12:30-1:30pm
#89511	Apr 10	Sa	12:30-1:30pm

Art – Play Dough and Picasso!

Age: 3-6yrs. Students will learn about a variety of master artists including Monet, Van Gogh, and Picasso in addition to lessons, projects, a Play Dough Station, wall painting and more! Exposure to a variety of materials including washable tempera and glitter paint, stick and liquid glue, chalk and scissors. Curiosity, discovery and self-expression are the focus of this fantastic class! Additional supply fee of \$50 paid to instructor at first class. This fee covers all materials and supplies needed in this 8 week session. Parent/caregiver participation required. Instructor: Rhonda Felton, BS in Education. Class Fee: \$50

Lake Lynn Community Center

#89522	Jan 8-Feb 26	F	1:00-2:00pm
#89524	Mar 5-Apr 30	F	1:00-2:00pm

Brier Creek

#90683	Jan 6-Feb 24	W	1:00-2:00pm
#90684	Mar 10-May 5	W	1:00-2:00pm

Art –

Winter Wiggles by Moving to Music

Age: 18mths-4yrs. Tired of being stuck in the house with energy to burn? Shake those winter blues in this energetic class full of song, dance and wonderfully washable art projects! Your children will learn about the winter season and the many special cold weather animals through song, instrument play and preschool games which will increase school readiness. We will create beautiful crafts as we learn about snowflakes, hibernation, arctic animals and other winter concepts in this mini-preschool for our smallest students. So raise your voice, clap your hands and let your imagination run wild! Parent/caregiver participation required. There will be a \$50 supply fee payable to instructor at the first class. This fee includes all art materials, music CD, props and other supplies needed for this 8 week class. Instructor: Rhonda Felton, BS in Education. Class Fee: \$50

Lake Lynn Community Center

#89514	Jan 8-Feb 26	F	9:00-10:30am
#89516	Jan 8-Feb 26	F	10:30am-12:00pm
#89517	Mar 5-Apr 30	F	9:00-10:30am
#89519	Mar 5-Apr 30	F	10:30am-12:00pm

Brier Creek

#90685	Jan 6-Feb 24	W	9:00-10:30am
#90686	Jan 6-Feb 24	W	10:30am-12:00pm
#90687	Mar 3-Apr 28	W	9:00-10:30am
#90688	Mar 3-Apr 28	W	10:30am-12:00pm

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