

AQUATICS PROGRAM

FALL 2019



RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov



LOCATIONS AND FACILITIES

CONTACT INFORMATION

Administration

919-996-6852 | 2401 Wade Avenue 27607
Aquatic Director: Terri Stroupe

Seasonal Pools

919-996-6853 | 2401 Wade Avenue 27607
Supervisor: Laury Holley

Swim Lesson Hotline: 919-996-2109

Administration Office: 919-996-6852

Email: aquatics@raleighnc.gov

Web: www.raleighnc.gov, keyword RaleighAqua

Register: reclink.raleighnc.gov

BUFFALOE ROAD AQUATIC CENTER

919-996-5600 • 5908 Buffalo Road 27616
Supervisors: Aaron Weaver, Priscilla Holcomb,
Christian Cavanaugh

Recreation Swim

Mon-Sat: 10:00am – 7:00pm
Sun: 1:00pm – 5:00pm

Water Slide, Vortex & Current Channel

Tue & Thu: 12:00pm – 6:45pm
Mon, Wed, Fri, Sat: 10:00am – 6:45pm
Sun: 1:00pm – 4:45pm

Lap Swim

Mon, Wed, Fri: 10:00am – 2:00pm
Tue & Thu: 12:00pm – 2:00pm

Dates/Times of Closures

Annual Maintenance Closure-
October 7th - November 3rd

Veteran's Day - November 11th
Thanksgiving - November 28th-29th
Christmas - December 24th-25th
New Year's Eve - Pool Closes at 12pm

MILLBROOK AQUATIC CENTER

919-996-4130 • 1905 Spring Forest Road 27615
Supervisors: Tim McAllister, Courtney Freuler,
Kevin Sweeney, Billy Thorne

Lap Swim

Mon-Fri: 5:30am – 8:00pm
Sat: 6:00am – 5:30pm
Sun: 7:00am – 1:00pm

Recreation Swim

Mon-Thu: 12:30pm – 5:30pm
Fri: 12:30pm – 8:00pm
Sat: 12:30pm – 5:30pm

Dates/Times of Closures

Annual Maintenance Closure-
September 16th - October 6th
Veteran's Day - November 11th
Thanksgiving - November 28th-29th
Christmas - December 24th-25th
New Year's Eve - Pool Closes at 12pm

OPTIMIST AQUATIC CENTER

919-996-2790 • 5902 Whittier Drive 27609
Supervisors: Jimmie Overton, Michelle George,
Reba Hodge, Ted Barnett

Lap Swim

Mon-Fri: 5:30am – 8:00pm
Sat: 6:00am – 5:30pm
Sun: 1:00pm – 5:30pm
Sun: 7:00am – 9:30am: 9/22, 9/29, 10/6

Recreation Swim

Mon & Wed: 9:00am – 8:00pm
Tue, Thu & Fri: 9:00am – 5:00pm
Sat: 12:30pm – 5:30pm
Sun: 1:00pm – 5:30pm

Dates/Times of Closures

Annual Maintenance Closure-
August 19th -September 15th
ICSA Swim Meet-
November 16th Pool Closes at 12pm
Veteran's Day - November 11th
Thanksgiving - November 28th-29th
Christmas - December 24th-25th
New Year's Eve - Pool Closes at 12pm

PULLEN AQUATIC CENTER

919-996-6197 • 410 Ashe Avenue 27606
Supervisors: Tricia Severa, Chris Macon, Ronnie Banks,
Kirk Lanier

Lap Swim

Mon-Fri: 5:30am – 8:00pm
Sat: 6:00am – 5:30pm
Sun: 1:00pm – 5:30pm

Recreation Swim - Main Pool

Mon-Thu: 9:00am – 5:00pm
Friday: 9:00am – 8:00pm
Sat: 12:30pm – 5:30pm
Sun: 1:00pm – 5:30pm

Recreation Swim - Teach Pool

Mon-Thu: 12:00pm – 5:00pm
Friday: 9:00am – 8:00pm
Sat: 12:30pm – 5:30pm
Sun: 1:00pm – 5:30pm

Diving Boards

Sat: 12:30pm – 5:30pm
Sun: 1:00pm – 5:30pm

Dates/Times of Closures

Marlins of Raleigh Swim Meet-
October 25th- Pool Closes at 12pm
Marlins of Raleigh Swim Meet- October 26th- All Day
Marlins of Raleigh Swim Meet- October 27th- All Day
Marlins of Raleigh Swim Meet-
November 15th- Pool Closes at 12pm
Marlins of Raleigh Swim Meet- November 16th- All Day
Marlins of Raleigh Swim Meet- November 17th- All Day
Holiday Express- December 4-8th-Pool Closes at 4pm
Holiday Express- December 11-15th-Pool Closes at 4pm
ICSA Swim Meet- December 14th- Pool Closes at 12pm
Veteran's Day - November 11th
Thanksgiving - November 28th-29th
Christmas - December 24th-25th
New Year's Eve - Pool Closes at 12pm



NOW HIRING – WORK THE WATER!

Lifeguards, swim instructors, cashiers, and shift supervisors for nine City of Raleigh locations.

APPLY ONLINE

1. Visit governmentjobs.com
2. Create a profile
3. Enter position "Lifeguard" "Cashier" etc.
4. Enter location "Raleigh, NC"

Contact: 919-996-6852 or aquatics@raleighnc.gov



CELEBRATE A BIRTHDAY AT A CITY OF RALEIGH POOL!

Birthday Party reservations include a reserved party space and admission for party attendees. To register visit the facility where you wish to host the Birthday Party.

Cost: Reservation fee + Admission fee per attendee + \$50 refundable cleaning deposit.

Information on days, dates and times are available at the pool where you would like to register.

Reservation fees:

Buffaloe Road Aquatic Center	Party Room \$90
Millbrook Aquatic Center	Pool Deck Area \$20
Optimist Aquatic Center	Classroom \$70,
Pullen Aquatic Center	Classroom \$70, Mezzanine \$50

Admission fees [see next page]

DAILY ADMISSION FEES AND MEMBERSHIP PASSES

DAILY ADMISSION FEES AND MEMBERSHIP PASSES

To ensure everyone's safety, all visitors passing the front desk must pay. Children 12 years or younger must be accompanied by a paying adult 16 years or older.

ADMISSION AT THE DOOR

Millbrook, Optimist, Pullen

Age	1-12	13-54	55+
Resident	\$2	\$4	\$3
Non-Resident	\$3	\$7	\$5

Buffaloe Road Aquatic Center

Age	1-12	13-54	55+
Resident	\$4	\$8	\$6
Non-Resident	\$7	\$15	\$11

Dry Pass (Buffaloe Road Aquatic Center Only)

Resident \$3

Non-Resident \$6

PUNCH PASS

Valid at all City of Raleigh Aquatic Facilities (Good for 15 entries, valid two years to date)

Age	1-12	13-54	55+
Resident	\$24	\$48	\$36
Non-Resident	\$36	\$84	\$60

MONTHLY PASS

Valid at all City of Raleigh Aquatic Facilities (Valid one month to date)

Age	1-12	13-54	55+
Resident	\$18	\$36	\$27
Non-Resident	\$27	\$63	\$45

ANNUAL PASS

Valid at all City of Raleigh Aquatic Facilities (Valid one year to date)

Age	1-12	13-54	55+
Resident	\$120	\$240	\$180
Non-Resident	\$180	\$420	\$300

PURCHASING PASSES

- Daily Admission Fees and Punch Passes (15 admissions) are purchased at the aquatic facility.
- Monthly and Annual Passes are purchased at any of the year-round facilities – Buffaloe Road, Millbrook, Optimist, and Pullen.
- All passes are non-transferable and become City of Raleigh property upon expiration.
- Replacements are available for \$10.

ADAPTED AQUATICS

Swim lessons for individuals with disabilities are available following the inclusion model. Private lessons are also available for individuals wanting one on one instruction. For more information, please contact Specialized Recreation and Inclusion Services at 919-996-2147.

FINANCIAL ASSISTANCE

The City of Raleigh Parks, Recreation and Cultural Resources Department strives to provide programs to all. Thanks to generous donations and support, we are able to provide financial assistance to those in need. Financial assistance is provided on a sliding scale based on income and other financial circumstances. All patrons who wish to register for programs provided by the City of Raleigh Parks, Recreation and Cultural Resources Department are eligible to apply. Please note that financial assistance is not available for: specialty camps, organizations, adult teams, special events, or rentals. For more information on eligibility or to request the financial assistance application, please call 919-996-4839 or email Fee.Assistance@raleighnc.gov.

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 canceled 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 canceled. If class is canceled, 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 Buffaloe Road Aquatic Center, Millbrook Aquatic Center, Optimist Aquatic Center and Pullen Aquatic Center. Private lessons are offered any time that we are not having group lessons and during normal operating hours.

One 30-minute lesson for one student:
\$30.00 city resident • \$45.00 non-resident

Four 30-minute lessons for one student:
\$100.00 city resident • \$115.00 non-resident

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 6 months - 3 years*

Course 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 6 months - 3 years*

Participants improve on skills from Parent and Child Level 1 and learn more advanced skills to prepare them for Preschool Swim Lessons. Three-year olds ready to learn without a parent or caregiver should enroll in Preschool Swim Lessons.

PRESCHOOL LEVEL 1 *Ages 3 - 5 years*

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 - 5 years*

Participants must have completed exit skills in Preschool Swim Level 1. In Preschool Level 2, 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 already learned.

PRESCHOOL LEVEL 3 *Ages 3 - 5 years*

Participants must have completed exit skills in Preschool Level 2 Swim Lessons. While building on skills learned in Preschool Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. Preschool Level 3 lets participants master being able to perform skills without assistance.

LEVEL 1 INTRO TO WATER SKILLS *Ages 6 - 13 years*

School-age participants learn elementary aquatic skills. Level 1 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 - 13 years*

Participants 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 - 13 years*

Participants 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.

LEVEL 4 STROKE IMPROVEMENT *Ages 6 - 13 years*

Participants 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 - 13 years*

Participants 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 LEARNING THE BASICS SWIM CLASS *Age 13 years and up*

This class can help teens or adults overcome their fear of the water and learn the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance to be able to jump into deep water from the side, swim front crawl for 15 yards, maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.

ADULT REFINING SWIM STROKES CLASS *Age 13 years and up*

This class is for teens or adults who want to improve their foundational skills and swimming strokes to gain an overall level of comfort in the water, to be able to enjoy the water more safely with their children because they own a home pool or to open the door to training for other aquatic opportunities, such as to learn SCUBA.

ADULT FITNESS SWIMMING CLASS *Age 13 years and up*

This class is for adults who swim for fitness and want to learn to refine their strokes for a variety of reasons. Some may want to use the benefits of the water to improve their fitness levels, while others may want to participate in a masters swimming program or other competitive sports, such as, triathlons or open water distance swimming.

LESSON SCHEDULES

BUFFALOE ROAD AQUATIC CENTER

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$38

#243688	Nov 9-23	Sa	10:10 AM-10:40 AM
#243793	Dec 7-21	Sa	10:10 AM-10:40 AM

Course Fee: \$40

243685	Sep 7-28	Sa	10:10 AM-10:40 AM
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Course Fee: \$55

#243686	Sep 10-26	Tu, Th	4:30 PM-5:00 PM
#243687	Nov 5-21	Tu, Th	4:30 PM-5:00 PM
#243792	Dec 3-19	Tu, Th	4:30 PM-5:00 PM

PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$38

#243692	Nov 9-23	Sa	10:10 AM-10:40 AM
#243795	Dec 7-21	Sa	10:10 AM-10:40 AM

Course Fee: \$40

#243690	Sep 7-28	Sa	10:10 AM-10:40 AM
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Course Fee: \$55

#243689	Sep 10-26	Tu, Th	4:30 PM-5:00 PM
#243691	Nov 5-21	Tu, Th	4:30 PM-5:00 PM
#243693	Dec 3-19	Tu, Th	4:30 PM-5:00 PM

PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$38

#243699	Nov 9-23	Sa	10:50 AM-11:20 AM
#243702	Dec 7-21	Sa	10:50 AM-11:20 AM

Course Fee: \$40

#243695	Sep 7-28	Sa	10:50 AM-11:20 AM
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Course Fee: \$55

#243696	Sep 10-26	Tu, Th	5:10 PM-5:40 PM
#243697	Nov 5-21	Tu, Th	5:10 PM-5:40 PM
#243700	Dec 3-19	Tu, Th	5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$38

#243706	Nov 9-23	Sa	10:50 AM-11:20 AM
#243708	Dec 7-21	Sa	10:50 AM-11:20 AM

Course Fee: \$40

#243703	Sep 7-28	Sa	10:50 AM-11:20 AM
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Course Fee: \$55

#243704	Sep 10-26	Tu, Th	5:10 PM-5:40 PM
#243705	Nov 5-21	Tu, Th	5:10 PM-5:40 PM
#243707	Dec 3-19	Tu, Th	5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$38

#243712	Nov 9-23	Sa	10:50 AM-11:20 AM
#243714	Dec 7-21	Sa	10:50 AM-11:20 AM

Course Fee: \$40

#243709	Sep 7-28	Sa	10:50 AM-11:20 AM
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Course Fee: \$55

#243710	Sep 10-26	Tu, Th	5:10 PM-5:40 PM
#243711	Nov 5-21	Tu, Th	5:10 PM-5:40 PM
#243713	Dec 3-19	Tu, Th	5:10 PM-5:40 PM

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$38

#243718	Nov 9-23	Sa	11:30 AM-12:00 PM
#243720	Dec 7-21	Sa	11:30 AM-12:00 PM

Course Fee: \$40

#243715	Sep 7-28	Sa	11:30 AM-12:00 PM
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Course Fee: \$55

#243716	Sep 10-26	Tu, Th	5:50 PM-6:20 PM
#243717	Nov 5-21	Tu, Th	5:50 PM-6:20 PM
#243719	Dec 3-19	Tu, Th	5:50 PM-6:20 PM



LESSON SCHEDULES

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$38

#243724	Nov 9-23	Sa	11:30 AM-12:00 PM
#243726	Dec 7-21	Sa	11:30 AM-12:00 PM

Course Fee: \$40

#243721	Sep 7-28	Sa	11:30 AM-12:00 PM
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Course Fee: \$55

#243722	Sep 10-26	Tu, Th	5:50 PM-6:20 PM
#243723	Nov 5-21	Tu, Th	5:50 PM-6:20 PM
#243725	Dec 3-19	Tu, Th	5:50 PM-6:20 PM

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$38

#243730	Nov 9-23	Sa	11:30 AM-12:00 PM
#243732	Dec 7-21	Sa	11:30 AM-12:00 PM

Course Fee: \$40

#243727	Sep 7-28	Sa	11:30 AM-12:00 PM
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Course Fee: \$55

#243728	Sep 10-26	Tu, Th	5:50 PM-6:20 PM
#243729	Nov 5-21	Tu, Th	5:50 PM-6:20 PM
#243731	Dec 3-19	Tu, Th	5:50 PM-6:20 PM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$38

#243736	Nov 9-23	Sa	12:10 PM-12:40 PM
#243738	Dec 7-21	Sa	12:10 PM-12:40 PM

Course Fee: \$40

#243733	Sep 7-28	Sa	12:10 PM-12:40 PM
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Course Fee: \$55

#243734	Sep 10-26	Tu, Th	6:30 PM-7:00 PM
#243735	Nov 5-21	Tu, Th	6:30 PM-7:00 PM
#243737	Dec 3-19	Tu, Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$38

#243740	Nov 9-23	Sa	12:10 PM-12:40 PM
#243741	Dec 7-21	Sa	12:10 PM-12:40 PM

Course Fee: \$40

#243739	Sep 7-28	Sa	12:10 PM-12:40 PM
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Course Fee: \$55

#243742	Dec 3-19	Tu, Th	6:30 PM-7:00 PM
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MILLBROOK AQUATIC CENTER

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$40

#243908	Oct 12-Nov 2	Sa	9:30 AM-10:00 AM
#243909	Nov 9-Dec 7	Sa	9:30 AM-10:00 AM

PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$40

#243910	Oct 12-Nov 2	Sa	10:10 AM-10:40 AM
#243911	Nov 9-Dec 7	Sa	10:10 AM-10:40 AM

PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$40

#243914	Oct 12-Nov 2	Sa	9:30 AM-10:00 AM
#243917	Oct 12-Nov 2	Sa	10:10 AM-10:40 AM
#243920	Nov 9-Dec 7	Sa	9:30 AM-10:00 AM
#243921	Nov 9-Dec 7	Sa	10:10 AM-10:40 AM

Course Fee: \$55

#243912	Oct 7-23	M, W	10:10 AM-10:40 AM
#243913	Oct 7-23	M, W	5:10 PM-5:40 PM
#243919	Nov 4-20	M, W	5:50 PM-6:20 PM
#243922	Dec 2-18	M, W	5:50 PM-6:20 PM

LESSON SCHEDULES

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$40

#243927	Oct 12-Nov 2	Sa	10:10 AM-10:40 AM
#243930	Nov 9-Dec 7	Sa	10:10 AM-10:40 AM

Course Fee: \$55

#243924	Oct 7-23	M, W	10:50 AM-11:20 AM
#243926	Oct 7-23	M, W	5:10 PM-5:40 PM
#243929	Nov 4-20	M, W	5:10 PM-5:40 PM
#243931	Dec 2-18	M, W	5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$40

#243934	Oct 12-Nov 2	Sa	10:50 AM-11:20 AM
#243936	Nov 9-Dec 7	Sa	10:50 AM-11:20 AM

Course Fee: \$55

#243932	Oct 7-23	M, W	11:30 AM-12:00 PM
#243933	Oct 7-23	M, W	5:50 PM-6:20 PM
#243935	Nov 4-20	M, W	5:10 PM-5:40 PM
#243937	Dec 2-18	M, W	5:10 PM-5:40 PM

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$40

#243939	Oct 12-Nov 2	Sa	9:30 AM-10:00 AM
#243940	Oct 12-Nov 2	Sa	11:30 AM-12:00 PM
#243942	Nov 9-Dec 7	Sa	9:30 AM-10:00 AM
#243943	Nov 9-Dec 7	Sa	11:30 AM-12:00 PM

Course Fee: \$55

#243938	Oct 7-23	M, W	5:50 PM-6:20 PM
#243941	Nov 4-20	M, W	5:50 PM-6:20 PM
#243944	Dec 2-18	M, W	5:50 PM-6:20 PM

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$40

#243946	Oct 12-Nov 2	Sa	10:50 AM-11:20 AM
#243948	Nov 9-Dec 7	Sa	10:50 AM-11:20 AM

Course Fee: \$55

#243945	Oct 7-23	M, W	6:30 PM-7:00 PM
#243947	Nov 4-20	M, W	6:30 PM-7:00 PM
#243949	Dec 2-18	M, W	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$40

#243951	Oct 12-Nov 2	Sa	10:50 AM-11:20 AM
#243953	Nov 9-Dec 7	Sa	10:50 AM-11:20 AM

Course Fee: \$55

#243950	Oct 7-23	M, W	6:30 PM-7:00 PM
#243952	Nov 4-20	M, W	6:30 PM-7:00 PM
#243954	Dec 2-18	M, W	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$40

#243956	Oct 12-Nov 2	Sa	11:30 AM-12:00 PM
#243958	Nov 9-Dec 7	Sa	11:30 AM-12:00 PM

Course Fee: \$55

#243955	Oct 7-23	M, W	7:10 PM-7:40 PM
#243957	Nov 4-20	M, W	7:10 PM-7:40 PM
#243959	Dec 2-18	M, W	7:10 PM-7:40 PM

SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$40

#243960	Oct 12-Nov 2	Sa	11:30 AM-12:00 PM
#243961	Nov 9-Dec 7	Sa	11:30 AM-12:00 PM

Course Fee: \$55

#243962	Dec 2-18	M, W	7:10 PM-7:40 PM
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LESSON SCHEDULES

OPTIMIST AQUATIC CENTER

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$38

#244007	Dec 7-21	Sa	10:10 AM-10:40 AM
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Course Fee: \$40

#244004	Sep 21-Oct 12	Sa	10:10 AM-10:40 AM
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#244005	Oct 26-Nov 16	Sa	10:10 AM-10:40 AM
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PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$38

#244010	Dec 7-21	Sa	10:50 AM-11:20 AM
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Course Fee: \$40

#244008	Sep 21-Oct 12	Sa	10:50 AM-11:20 AM
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#244009	Oct 26-Nov 16	Sa	10:50 AM-11:20 AM
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PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$38

#244018	Dec 7-21	Sa	10:10 AM-10:40 AM
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#244019	Dec 7-21	Sa	11:30 AM-12:00 PM
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Course Fee: \$40

#244011	Sep 21-Oct 12	Sa	10:10 AM-10:40 AM
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#244012	Sep 21-Oct 12	Sa	11:30 AM-12:00 PM
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#244014	Oct 26-Nov 16	Sa	10:10 AM-10:40 AM
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#244015	Oct 26-Nov 16	Sa	11:30 AM-12:00 PM
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PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$38

#244027	Dec 7-21	Sa	10:10 AM-10:40 AM
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#244028	Dec 7-21	Sa	11:30 AM-12:00 PM
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Course Fee: \$40

#244020	Sep 21-Oct 12	Sa	10:10 AM-10:40 AM
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#244021	Sep 21-Oct 12	Sa	11:30 AM-12:00 PM
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#244023	Oct 26-Nov 16	Sa	10:10 AM-10:40 AM
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#244024	Oct 26-Nov 16	Sa	11:30 AM-12:00 PM
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Course Fee: \$55

#244022	Sep 24-Oct 10	Tu, Th	5:10 PM-5:40 PM
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#244025	Nov 5-21	Tu, Th	5:10 PM-5:40 PM
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#244026	Dec 3-19	Tu, Th	5:10 PM-5:40 PM
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PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$38

#244036	Dec 7-21	Sa	10:50 AM-11:20 AM
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#244037	Dec 7-21	Sa	11:30 AM-12:00 PM
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Course Fee: \$40

#244029	Sep 21-Oct 12	Sa	10:50 AM-11:20 AM
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#244030	Sep 21-Oct 12	Sa	11:30 AM-12:00 PM
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#244032	Oct 26-Nov 16	Sa	10:50 AM-11:20 AM
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#244033	Oct 26-Nov 16	Sa	11:30 AM-12:00 PM
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Course Fee: \$55

#244031	Sep 24-Oct 10	Tu, Th	5:50 PM-6:20 PM
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#244034	Nov 5-21	Tu, Th	5:50 PM-6:20 PM
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#244035	Dec 3-19	Tu, Th	5:50 PM-6:20 PM
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SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$38

#244043	Dec 7-21	Sa	10:10 AM-10:40 AM
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Course Fee: \$40

#244038	Sep 21-Oct 12	Sa	10:10 AM-10:40 AM
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#244040	Oct 26-Nov 16	Sa	10:10 AM-10:40 AM
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Course Fee: \$55

#244039	Sep 24-Oct 10	Tu, Th	5:50 PM-6:20 PM
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#244041	Nov 5-21	Tu, Th	5:50 PM-6:20 PM
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#244042	Dec 3-19	Tu, Th	5:50 PM-6:20 PM
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LESSON SCHEDULES



SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$38

#244051	Dec 7-21	Sa	10:50 AM-11:20 AM
#244052	Dec 7-21	Sa	11:30 AM-12:00 PM

Course Fee: \$40

#244044	Sep 21-Oct 12	Sa	10:50 AM-11:20 AM
#244045	Sep 21-Oct 12	Sa	11:30 AM-12:00 PM
#244047	Oct 26-Nov 16	Sa	10:50 AM-11:20 AM
#244048	Oct 26-Nov 16	Sa	11:30 AM-12:00 PM

Course Fee: \$55

#244046	Sep 24-Oct 10	Tu, Th	6:30 AM-7:00 PM
#244049	Nov 5-21	Tu, Th	6:30 PM-7:00 PM
#244050	Dec 3-19	Tu, Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$38

#244060	Dec 7-21	Sa	10:50 AM-11:20 AM
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Course Fee: \$40

#244055	Sep 21-Oct 12	Sa	10:50 AM-11:20 AM
#244057	Oct 26-Nov 16	Sa	10:50 AM-11:20 AM

Course Fee: \$55

#244056	Sep 24-Oct 10	Tu, Th	6:30 PM-7:00 PM
#244058	Nov 5-21	Tu, Th	6:30 PM-7:00 PM
#244059	Dec 3-19	Tu, Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$38

#244066	Dec 7-21	Sa	9:30 AM-10:00 AM
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Course Fee: \$40

#244061	Sep 21-Oct 12	Sa	9:30 AM-10:00 AM
#244063	Oct 26-Nov 16	Sa	9:30 AM-10:00 AM

Course Fee: \$55

#244062	Sep 24-Oct 10	Tu, Th	7:10 PM-7:40 PM
#244064	Nov 5-21	Tu, Th	7:10 PM-7:40 PM
#244065	Dec 3-19	Tu, Th	7:10 PM-7:40 PM

SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$38

#244076	Dec 7-21	Sa	9:30 AM-10:00 AM
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Course Fee: \$40

#244071	Sep 21-Oct 12	Sa	9:30 AM-10:00 AM
#244073	Oct 26-Nov 16	Sa	9:30 AM-10:00 AM

Course Fee: \$55

#244072	Sep 24-Oct 10	Tu, Th	7:10 PM-7:40 PM
#244074	Nov 5-21	Tu, Th	7:10 PM-7:40 PM
#244075	Dec 3-19	Tu, Th	7:10 PM-7:40 PM

PULLEN AQUATIC CENTER

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$40

#244083	Sep 14-Oct 5	Sa	11:30 AM-12:00 PM
#244085	Oct 12-Nov 9	Sa	11:30 AM-12:00 PM

Course Fee: \$55

#244086	Dec 3-Dec 19	Tu, Th	11:30 AM-12:00 PM
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Course Fee: \$72

#244084	Oct 1-Oct 24	Tu, Th	5:10 PM-5:40 PM
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PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$55

#244087	Nov 5-21	Tu, Th	5:10 PM-5:40 PM
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PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$40

#244089	Sep 14-Oct 5	Sa	10:10 AM-10:40 AM
#244091	Oct 12-Nov 9	Sa	10:10 AM-10:40 AM

Course Fee: \$55

#244092	Nov 5-Nov 21	Tu, Th	5:10 PM-5:40 PM
#244093	Dec 3-Dec 19	Tu, Th	10:10 AM-10:40 AM

Course Fee: \$72

#244088	Sep 3-Sep 26	Tu, Th	5:10 PM-5:40 PM
#244090	Oct 1-Oct 24	Tu, Th	5:10 PM-5:40 PM

LESSON SCHEDULES

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$40

#244095	Sep 14-Oct 5	Sa	9:30 AM-10:00 AM
#244097	Oct 12-Nov 9	Sa	9:30 AM-10:00 AM

Course Fee: \$55

#244098	Nov 5-21	Tu, Th	5:50 PM-6:20 PM
#244099	Dec 3-19	Tu, Th	9:30 AM-10:00 AM

Course Fee: \$72

#244094	Sep 3-26	Tu, Th	5:10 PM-5:40 PM
#244096	Oct 1-24	Tu, Th	5:50 PM-6:20 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$40

#244101	Sep 14-Oct 5	Sa	9:30 AM-10:00 AM
#244103	Oct 12-Nov 9	Sa	9:30 AM-10:00 AM

Course Fee: \$55

#244104	Nov 5-21	Tu, Th	5:50 PM-6:20 PM
#244105	Dec 3-19	Tu, Th	9:30 AM-10:00 AM

Course Fee: \$72

#244100	Sep 3-26	Tu, Th	5:50 PM-6:20 PM
#244102	Oct 1-24	Tu, Th	5:50 PM-6:20 PM

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$40

#244131	Sep 14-Oct 5	Sa	10:10 AM-10:40 AM
#244169	Oct 12-Nov 9	Sa	10:10 AM-10:40 AM

Course Fee: \$55

#244170	Nov 5-21	Tu, Th	6:30 PM-7:00 PM
#244171	Dec 3-19	Tu, Th	10:10 AM-10:40 AM

Course Fee: \$72

#244130	Sep 3-26	Tu, Th	5:50 PM-6:20 PM
#244132	Oct 1-24	Tu, Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$40

#244173	Sep 14-Oct 5	Sa	10:50 AM-11:20 AM
#244175	Oct 12-Nov 9	Sa	10:50 AM-11:20 AM

Course Fee: \$55

#244176	Nov 5-21	Tu, Th	6:30 PM-7:00 PM
#244177	Dec 3-19	Tu, Th	10:50 AM-11:20 AM

Course Fee: \$72

#244172	Sep 3-26	Tu, Th	6:30 PM-7:00 PM
#244174	Oct 1-24	Tu, Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$40

#244179	Sep 14-Oct 5	Sa	10:50 AM-11:20 AM
#244181	Oct 12-Nov 9	Sa	10:50 AM-11:20 AM

Course Fee: \$55

#244182	Nov 5-21	Tu, Th	7:10 PM-7:40 PM
#244183	Dec 3-19	Tu, Th	10:50 AM-11:20 AM

Course Fee: \$72

#244178	Sep 3-26	Tu, Th	6:30 PM-7:00 PM
#244180	Oct 1-24	Tu, Th	7:10 PM-7:40 PM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$40

#244184	Sep 14-Oct 5	Sa	11:30 AM-12:00 PM
#244185	Oct 12-Nov 9	Sa	11:30 AM-12:00 PM

Course Fee: \$55

#244186	Nov 5-21	Tu, Th	7:10 PM-7:40 PM
#244188	Dec 3-19	Tu, Th	11:30 AM-12:00 PM



ADULT SWIM LESSONS

BUFFALOE ROAD AQUATIC CENTER

Non-residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$44

#243746	Nov 9-23	Sa	12:10 PM-12:50 PM
#243787	Dec 7-21	Sa	12:10 PM-12:50 PM

Course Fee: \$46

#243743	Sep 7-28	Sa	12:10 PM-12:50 PM
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Course Fee: \$61

#243744	Sep 10-26	Tu, Th	6:30 PM-7:10 PM
#243745	Nov 5-21	Tu, Th	6:30 PM-7:10 PM
#243786	Dec 3-19	Tu, Th	6:30 PM-7:10 PM

ADULT REFINING SWIM STROKES CLASS

Course Fee: \$44

#243789	Nov 9-23	Sa	12:10 PM-12:50 PM
#243791	Dec 7-21	Sa	12:10 PM-12:50 PM

Course Fee: \$46

#243747	Sep 7-28	Sa	12:10 PM-12:50 PM
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Course Fee: \$61

#243748	Sep 10-26	Tu, Th	6:30 PM-7:10 PM
#243788	Nov 5-21	Tu, Th	6:30 PM-7:10 PM
#243790	Dec 3-19	Tu, Th	6:30 PM-7:10 PM

MILLBROOK AQUATIC CENTER

Non-Residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$46

243964	Oct 12-Nov 2	Sa	8:40 AM-9:20 AM
243965	Nov 9-Dec 7	Sa	8:40 AM-9:20 AM

Course Fee: \$61

243963	Oct 7-23	M, W	7:10 PM-7:50 PM
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ADULT REFINING SWIM STROKES CLASS

Course Fee: \$46

243966	Oct 12-Nov 2	Sa	8:40 AM-9:20 AM
243968	Nov 9-Dec 7	Sa	8:40 AM-9:20 AM

Course Fee: \$61

243967	Nov 4-20	M, W	7:10 PM-7:50 PM
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ADULT FITNESS SWIMMING CLASS

Course Fee: \$46

243969	Oct 12-Nov 2	Sa	8:40 AM-9:20 AM
243970	Nov 9-Dec 7	Sa	8:40 AM-9:20 AM

OPTIMIST AQUATIC CENTER

Non-Residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$44

#244079	Dec 7-21	Sa	9:20 AM-10:00 AM
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Course Fee: \$46

#244077	Sep 21-Oct 12	Sa	9:20 AM-10:00 AM
#244078	Oct 26-Nov 16	Sa	9:20 AM-10:00 AM

ADULT REFINING SWIM STROKES CLASS

Course Fee: \$44

#244082	Dec 7-21	Sa	9:20 AM-10:00 AM
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Course Fee: \$46

#244080	Sep 21-Oct 12	Sa	9:20 AM-10:00 AM
#244081	Oct 26-Nov 16	Sa	9:20 AM-10:00 AM

PULLEN AQUATIC CENTER

Non-Residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$78

#244189	Sep 3-26	Tu, Th	7:10 PM-7:40 PM
#244190	Oct 1-24	Tu, Th	7:10 PM-7:40 PM

ADULT REFINING SWIM STROKES CLASS

Course Fee: \$78

#244191	Sep 3-26	Tu, Th	7:10 PM-7:40 PM
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WATER EXERCISE

Passes can be purchased at any pool. No preregistration is required. This pass allows you to attend any 8 water exercise classes within 1 year. Classes are subject to change. For the most up to date information, brochures with class descriptions, locations and times are available at all pools and online at raleighnc.gov search keyword: water exercise
Raleigh Resident: Adult \$40 • Senior \$32
Non-Raleigh Resident: Adult \$52 • Senior \$44

WANT TO TRY JUST ONE CLASS?

Single classes can be purchased at the front desk.

Resident Adult \$8

Non-Resident Adult \$9

Resident Senior \$6

Non-Resident Senior \$7

CLASS DESCRIPTIONS

Intensity Scale for all classes: 1-2 (easy), 3 (moderate), 4-5 (high intensity).

Shallow Water Classes

Join-t Class (Intensity Level 1-2)

This class is designed for people with arthritis, fibromyalgia or other conditions that would benefit from a range of motion exercise.

Aqua-Blast (Intensity Level 2-3)

This class focuses on posture and exercise pattern awareness with dynamic and energizing movements.

Hydro-Fusion (Intensity Level 2-4)

Designed for all fitness levels, this class offers a variety of continuous exercises to gain muscular strength, coordination, and cardiovascular endurance.

Water Walking (Intensity Level 1-2)

Basic exercises for range of motion, with long movements and basic cardiovascular workout.

Water Walking Plus (Intensity Level 1-3)

This class has a little more movement with some added cardiovascular activities to the basic water walking class.

Pool Pilates (Intensity Level 1-2)

This non-impact exercise routine improves flexibility, builds strength, and develops control and endurance in the entire body. The class puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance.

Deep Water Classes

Intervals (Intensity Level 3)

Combination of high and low intensity exercises to keep your heart rate up.

Power Hour (Intensity Level 4-5)

Quick, continuous and powerful movements with no impact for the advanced exerciser.

LOCATIONS

Millbrook Aquatic Center

Deep Water Exercise – Power Hour	Tu, Th Sat	6:00 PM-7:00 PM 8:00 AM-9:00 AM
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Optimist Aquatic Center

Shallow Water Exercise – Hydro-Fusion	M, W, F Tu, Th	10:00 AM-11:00 AM 9:00 AM-10:00 AM
Shallow Water Exercise – Water Walking	M, W, F	9:00 AM-10:00 AM
Deep Water Exercise – Intervals	M, W, F	11:00 AM-12:00 PM

Pullen Aquatic Center

Shallow Water Exercise – Join-t Class	M, W, F	9:45 AM-10:45 AM
Shallow Water Exercise – Pool-Pilates	Tu, Th	10:00 AM-11:00 AM
Shallow Water Exercise – Aqua-Blast	Tu, Th	11:00 AM-12:00 PM
Deep Water Exercise – Intervals	M, W, F	8:30 AM-9:30 AM

SPECIALTY CLASSES

SWIM TEAM - INTRA-CITY SWIM ASSOCIATION

Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Prerequisite - participants must be able to swim 25 yards unassisted.

Course Fee: \$77

Non-Residents: Add \$15 to course fee

Buffaloe Road Aquatic Center

Ages 3-10

#243878 Nov 4-Dec 16 M, W 5:15 PM-6:00 PM

Ages 11-18

#243879 Nov 4-Dec 16 M, W 6:15 PM-7:00 PM

Millbrook Aquatic Center

Ages 3-10

#243971 Nov 5-Dec 17 Tu, Th 6:00 PM-6:45 PM

Ages 11-18

#243972 Nov 5-Dec 17 Tu, Th 7:00 PM-7:45 PM

Optimist Aquatic Center

Ages 3-10

#244053 Nov 4-Dec 16 M, W 6:00 PM-6:45 PM

Ages 11-18

#244054 Nov 4-Dec 16 M, W 7:00 PM-7:45 PM

Pullen Aquatic Center

Ages 3-10

#244192 Nov 4-Dec 16 M, W 5:45 PM-6:30 PM

Ages 11-18

#244193 Nov 4-Dec 16 M, W 6:45 PM-7:30 PM

SWIM MEET DATES

Saturday, November 16 – Optimist Aquatic Center

Check-in: 1:00PM

Warm-ups: 1:30 PM

Meet Start 2:00PM

Saturday, December 14 – Pullen Aquatic Center

Check-in: 1:00PM

Warm-ups: 1:30 PM

Meet Start 2:00PM

GROUP SWIM AND PLAY

This program combines a 30-minute swim lesson for varying skill levels with 45 minutes of self-directed recreational swimming scheduled during the day for children that are home schooled, tracked out or on a non-traditional calendar.

Course Fee: \$64

Non-Residents: Add \$15 to course fee

Buffaloe Road Aquatic Center

Ages 3-6

#243881 Sep 9-25 M, W 10:15 AM-11:30 AM

Ages 7-13

#243882 Sep 9-25 M, W 10:15 AM-11:30 AM



SWIM WITH SANTA

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. Participants must complete prerequisite skills test on the first class to remain in the class which includes 300-yard swim [freestyle and/or breaststroke], 2 minutes treading water without hands, and a timed brick retrieval using a 10lb brick.

Course Fee: \$200

Non-Residents: Add \$15 to course fee

Optimist Aquatic Center

#244197 Oct 1-24 Tu, Th 5:00 PM-9:00 PM

Pullen Aquatic Center

#244194 Sep 3-26 Tu, Th 5:00 PM-9:00 PM

LIFEGUARDING INSTRUCTOR - AMERICAN RED CROSS

Age: 17yrs. and up

This American Red Cross program will train future lifeguard instructors. This includes teaching techniques for the lifeguarding course plus information on automated external defibrillators, oxygen administration and preventing disease transmission. Participants must be at least 17 years old and demonstrate proficiency in lifeguarding skills and knowledge.

Course Fee: \$275

Non-Residents: Add \$15 to course fee

Pullen Aquatic Center

#244195 Oct 22-Nov 14 Tu, Th 5:00 PM-9:00 PM

WATER SAFETY INSTRUCTOR - AMERICAN RED CROSS

Age: 16yrs. and up

This American Red Cross course will certify candidates to teach water safety, including Basic Water Rescue course, Learn to Swim program and Parent and Child classes. All course materials are included in price of the course. Participants must be able to demonstrate proficiency in Freestyle, Backstroke, Breaststroke, and Butterfly.

Course Fee: \$225

Non-Residents: Add \$15 to course fee

Optimist Aquatic Center

#244196 Sep 24-Oct 17 Tu, Th 5:00 PM-9:00 PM

SATURDAY, DECEMBER 7

BUFFALOE ROAD AQUATIC CENTER

11AM-1PM

Santa will make a special trip to the Buffalo Road Aquatic Center during the holiday season to hear your children's wishes. Parents will be allowed to take pictures of their child visiting Santa. Children will have an opportunity to play in the zero-depth entry area with Santa and all swimming guests can enjoy the other attractions at the Buffalo Road Aquatic Center. There will be holiday themed arts and crafts on the pool deck. If you plan to participate, please register each child that will be attending. There is no fee for the program except the cost of admission to the facility which is paid upon your arrival for the event. All individuals entering the facility must pay admission.





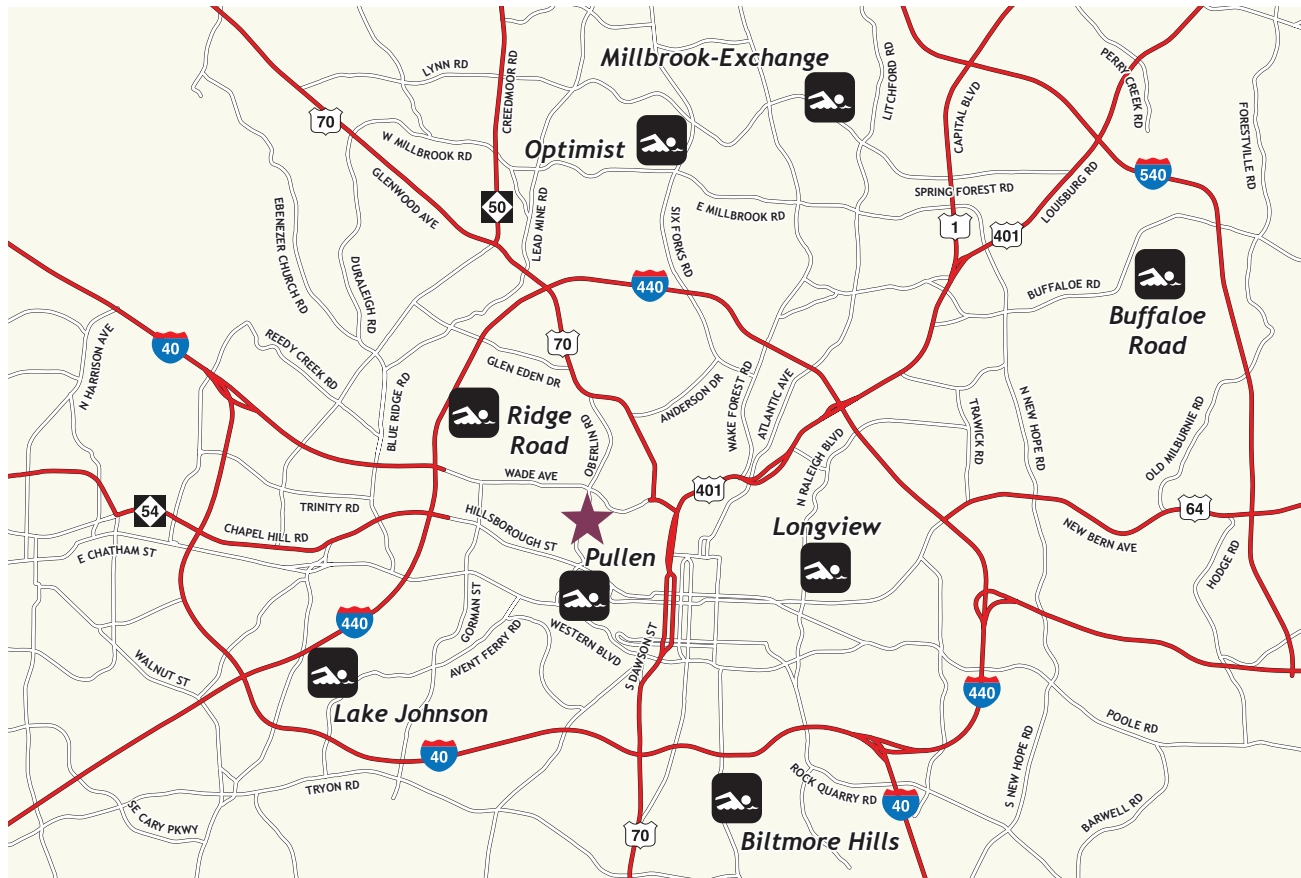
RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

Raleigh Parks, Recreation & Cultural Resources Department
Aquatics Division

2401 Wade Avenue
Raleigh, NC 27607

P&R 6513
Aquatics Admin

LOCATIONS



Email: aquatics@raleighnc.gov • **Web:** www.raleighnc.gov, keyword RaleighAqua • **Register:** reclink.raleighnc.gov

Swim Lesson Hotline: 919-996-2109 • **Administration Office:** 919-996-6852