

AQUATICS PROGRAM

SUMMER 2020



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



LOCATIONS AND FACILITIES

CONTACT INFORMATION

Administration

919-996-6852 | 2401 Wade Avenue 27607

Seasonal Pools

919-996-6853 | 2401 Wade Avenue 27607

Supervisor: Laury Holley

Swim Lesson Hotline: 919-996-2109

Administration Office: 919-996-6852

Administration Fax: 919-831-6470

Email: aquatics@raleighnc.gov

Web: raleighnc.gov/aquatics

Register: reclink.raleighnc.gov

BILTMORE POOL

919-831-6736 • 701 Crown Crossing Lane 27610

Supervisor: Kevin Sweeney

June 6 – August 16

Lap Swim

Mon-Fri: 9:00am – 7:00pm

Sat: 10:00am – 7:00pm

Sun: 1:00pm – 6:00pm

Recreation Swim

Mon-Fri: 9:00am – 7:00pm

Sat: 10:00am – 7:00pm

Sun: 1:00pm – 6:00pm

*Special Hours

The facility will only be open from 4pm – 8pm on the following week:

June 8-12

Dates/Times of Closures

June 23 close at 4:00pm for Intra-City Swim Meet

July 4 10:00am-4:00pm operating hours for

Independence Day

July 21 close at 4:00pm for Intra-City Swim Meet

August 7 close at 7:00pm for Lifeguard Training

BUFFALOE ROAD AQUATIC CENTER

919-996-5600 • 5908 Buffalo Road 27616

Supervisors: Aaron Weaver, Priscilla Holcomb, Christian Cavanaugh

May 23 – September 7

Recreation Swim

Mon-Sat: 10:00am – 7:00pm

Sun: 1:00pm – 5:00pm

Water Slide, Vortex & Current Channel

Mon, Wed, Fri, Sat: 10:00am – 6:45pm

Tue, Thu: 12:00pm – 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

July 4 10:00am-4:00pm operating hours for

Independence Day

August 7 close at 7:00pm for Lifeguard Training

September 7 open at 10:00am for Labor Day

LAKE JOHNSON POOL

919-233-2111 • 5863 Jaguar Park Drive 27606

Supervisor: Ronnie Banks

May 30 – September 7

Lap Swim

Mon-Fri: 8:00am – 8:00pm

Sat: 9:00am – 8:00pm

Sun: 1:00pm – 6:00pm

Recreation Swim

Mon-Fri: 10:00am – 8:00pm

Sat: 10:00am – 8:00pm

Sun: 1:00pm – 6:00pm

Spray Ground

Mon-Fri: 10:00am – 8:00pm

Sat: 10:00am – 8:00pm

Sun: 1:00pm – 6:00pm

Wading Pool

Mon-Fri: 10:00am – 8:00pm

Sat: 10:00am – 8:00pm

Sun: 1:00pm – 6:00pm

Dates/Times of Closures

July 4 10:00am-4:00pm operating hours for

Independence Day

July 16 close at 4:00pm for Intra-City Swim Meet

August 7 close at 7:00pm for Lifeguard Training

September 7 open at 10:00 am for Labor Day

LONGVIEW POOL

919-831-6343 • 321 Bertie Drive 27610

Supervisor: Michelle George

June 6 – September 7

Lap Swim

Mon-Fri: 9:00am – 8:00pm

Sat: 10:00am – 7:00pm

Sun: 1:00pm – 6:00pm

Recreation Swim

Mon-Fri: 9:00am – 8:00pm

Sat: 10:00am – 7:00pm

Sun: 1:00pm – 6:00pm

*Special Hours

The facility will only be open from 4pm – 8pm on the following weeks:

June 8-12

August 24-28

August 31-September 4

Dates/Times of Closures

June 30 close at 4:00pm for Intra-City Swim Meet

July 4 10:00am-4:00pm operating hours for

Independence Day

August 7 close at 7:00pm for Lifeguard Training

September 7 open at 10:00am for Labor Day

MILLBROOK AQUATIC CENTER

919-996-4130 • 1905 Spring Forest Road 27615

Supervisors: Tim McAllister, Courtney Freuler

May 23 – September 7

Lap Swim

Mon-Fri: 5:30am – 8:00pm

Sat: 6:00am – 8:00pm

Sun: 7:00am – 9:30am; 1:00pm – 6:00pm

Recreation Swim

Mon-Fri: 12:00pm – 8:00pm
 Sat: 12:00pm – 8:00pm
 Sun: 1:00pm – 6:00pm

Spray Ground

Mon-Fri: 9:00am – 8:00pm
 Sat: 9:00am – 8:00pm
 Sun: 1:00pm – 6:00pm

Wading Pool

Mon-Fri: 9:00am – 8:00pm
 Sat: 9:00am – 8:00pm
 Sun: 1:00pm – 6:00pm

Dates/Times of Closures

May 25 open at 10:00am for Memorial Day
 June 25 close at 4:00pm for Intra-City Swim Meet
 July 4 10:00am-4:00pm operating hours for Independence Day
 August 7 close at 7:00pm for Lifeguard Training
 September 7 open at 10:00am for Labor Day

OPTIMIST AQUATIC CENTER

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

May 23 – September 7**Lap Swim**

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

Long Course

Mon-Fri: 5:30am-8:45am
 Sat-Sun: All Day

Recreation Swim

Mon-Fri: 10:00am – 8:00pm
 Sat: 12:30pm – 8:00pm
 Sun: 1:00pm – 6:00pm

Deep Water Pool

Mon-Fri: 12:30pm – 8:00pm
 Sat: 10:00am – 8:00pm
 Sun: 1:00pm – 6:00pm

Wading Pool

Mon-Fri: 9:00am – 8:00pm
 Sat: 10:00am – 8:00pm
 Sun: 1:00pm – 6:00pm

Dates/Times of Closures

May 25 open at 10:00am for Memorial Day
 June 20-21 closed for Marlins of Raleigh Swim Meet
 July 4 10:00am-4:00pm operating hours for Independence Day
 July 7 close at 4:00pm for Intra-City Swim Meet
 July 10-12 closed for Marlins of Raleigh Swim Meet
 August 1 closed for Intra-City Championship Swim Meet
 August 7 close at 7:00pm for Lifeguard Training
 September 7 open at 10:00am for Labor Day

PULLEN AQUATIC CENTER

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

May 23 – September 7**Lap Swim**

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

Long Course

Mon, Wed, Fri: 5:30am – 8:30am
 Tue & Thu: 5:30am – 10:00am
 Sat: 6:00am – 12:00pm

Recreation Swim

Mon-Fri: 12:30pm – 8:00pm
 Sat: 12:30pm – 7:00pm
 Sun: 1:00pm – 6:00pm

Teaching Pool and Diving Boards

Mon-Fri: 12:30pm – 5:00pm
 Sat: 12:30pm – 7:00pm
 Sun: 1:00pm – 6:00pm

Dates/Times of Closures

July 4 10:00am-4:00pm operating hours for Independence Day
 July 23 close at 4:00pm for Intra-City Swim Meet
 August 7 close at 7:00pm for Lifeguard Training
 September 7 open at 10:00am for Labor Day

RIDGE ROAD POOL

919-420-2322 • 1709 Ridge Road 27607
 Supervisor: Billy Thorne

May 30 – September 7**Lap Swim**

Mon-Fri: 8:00am – 5:00pm
 Sat: 9:00am – 8:00pm
 Sun: 1:00pm – 6:00pm

Recreation Swim

Mon-Fri: 10:00am – 8:00pm
 Sat: 10:00am – 8:00pm
 Sun: 1:00pm – 6:00pm

Wading Pool

Mon-Fri: 9:00am – 8:00pm
 Sat: 10:00am – 8:00pm
 Sun: 1:00pm – 6:00pm

Dates/Times of Closures

July 4 10:00am-4:00pm operating hours for Independence Day
 July 9 close at 4:00pm for Intra-City Swim Meet
 August 7 close at 7:00pm for Lifeguard Training
 September 7 open at 10:00am for Labor Day



DAILY ADMISSION FEES AND MEMBERSHIP PASSES

DAILY ADMISSION FEES AND PUNCH 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

Pullen, Optimist, Millbrook & Seasonal Pools

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

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 the Specialized Recreation and Inclusion Services program 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

BILTMORE POOL

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$39

#253631 Jul 11-25 Sa 10:10 AM-10:40 AM

Course Fee: \$41

#253630 Jun 29-Jul 2 M-Th 6:30 PM-7:00 PM

#253632 Jul 13-16 M-Th 6:30 PM-7:00 PM

#253633 Jul 27-30 M-Th 5:50 PM-6:20 PM

PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$39

#253636 Jul 11-25 Sa 10:10 AM-10:40 AM

#253637 Jul 11-25 Sa 10:50 AM-11:20 AM

Course Fee: \$41

#253634 Jun 29-Jul 2 M-Th 5:50 PM-6:20 PM

#253635 Jul 6-9 M-Th 5:50 PM-6:20 PM

#253638 Jul 27-30 M-Th 5:50 PM-6:20 PM

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$41

#253639 Jul 6-9 M-Th 5:50 PM-6:20 PM

#253640 Jul 13-16 M-Th 5:50 PM-6:20 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$39

#253642 Jul 11-25 Sa 10:50 AM-11:20 AM

Course Fee: \$41

#253641 Jun 29-Jul 2 M-Th 5:50 PM-6:20 PM

#253643 Jul 27-30 M-Th 5:50 PM-6:20 PM

SWIM LESSON - LEVEL 1 INTRO TO WATER SKILLS

Course Fee: \$39

#253624 Jul 11-25 Sa 11:30 AM-12:00 PM

Course Fee: \$41

#253622 Jun 29-Jul 2 M-Th 6:30 PM-7:00 PM

#253623 Jul 6-9 M-Th 6:30 PM-7:00 PM

#253625 Jul 27-30 M-Th 6:30 PM-7:00 PM

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$41

#253626 Jul 6-9 M-Th 6:30 PM-7:00 PM

#253627 Jul 13-16 M-Th 6:30 PM-7:00 PM

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$39

#253628 Jul 11-25 Sa 11:30 AM-12:00 PM

Course Fee: \$41

#253629 Jul 13-16 M-Th 6:30 PM-7:00 PM

BUFFALOE ROAD AQUATIC CENTER

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$39

#253666 Jul 11-25 Sa 10:10 AM-10:40 AM

Course Fee: \$41

#253663 May 30-Jun 20 Sa 10:10 AM-10:40 AM

#253669 Aug 8-29 Sa 10:10 AM-10:40 AM

Course Fee: \$56

#253661 May 12-28 Tu, Th 10:10 AM-10:40 AM

#253662 May 12-28 Tu, Th 4:30 PM-5:00 PM

#253664 Jun 16-Jul 2 Tu, Th 11:30 AM-12:00 PM

#253665 Jun 16-Jul 2 Tu, Th 4:30 PM-5:00 PM

#253667 Jul 14-30 Tu, Th 11:30 AM-12:00 PM

#253668 Jul 14-30 Tu, Th 4:30 PM-5:00 PM

#253670 Aug 11-20 Tu-Th 10:50 AM-11:20 AM

#253671 Aug 11-27 Tu, Th 4:30 PM-5:00 PM

PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$39

#253678 Jul 11-25 Sa 10:10 AM-10:40 AM

Course Fee: \$41

#253674 May 30-Jun 20 Sa 10:10 AM-10:40 AM

#253681 Aug 8-29 Sa 10:10 AM-10:40 AM

Course Fee: \$56

#253672 May 12-28 Tu, Th 10:10 AM-10:40 AM

#253673 May 12-28 Tu, Th 4:30 PM-5:00 PM

#253676 Jun 16-Jul 2 Tu, Th 11:30 AM-12:00 PM

#253677 Jun 16-Jul 2 Tu, Th 4:30 PM-5:00 PM

#253679 Jul 14-30 Tu, Th 11:30 AM-12:00 PM

#253680 Jul 14-30 Tu, Th 4:30 PM-5:00 PM

#253683 Aug 11-20 Tu-Th 10:50 AM-11:20 AM

#253684 Aug 11-27 Tu, Th 4:30 PM-5:00 PM

LESSON SCHEDULES

PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$39

#253690 Jul 11-25 Sa 10:50 AM-11:20 AM

Course Fee: \$41

#253687 May 30-Jun 20 Sa 10:50 AM-11:20 AM

#253693 Aug 8-29 Sa 10:50 AM-11:20 AM

Course Fee: \$56

#253685 May 12-28 Tu, Th 10:50 AM-11:20 AM

#253686 May 12-28 Tu, Th 5:10 PM-5:40 PM

#253688 Jun 16-Jul 2 Tu, Th 10:10 AM-10:40 AM

#253689 Jun 16-Jul 2 Tu, Th 5:10 PM-5:40 PM

#253691 Jul 14-30 Tu, Th 10:10 AM-10:50 AM

#253692 Jul 14-30 Tu, Th 5:10 PM-5:40 PM

#253694 Aug 11-20 Tu-Th 10:10 AM-10:40 AM

#253695 Aug 11-27 Tu, Th 5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$39

#253702 Jul 11-25 Sa 10:50 AM-11:20 AM

Course Fee: \$41

#253699 May 30-Jun 20 Sa 10:50 AM-11:20 AM

#253705 Aug 8-29 Sa 10:50 AM-11:20 AM

Course Fee: \$56

#253697 May 12-28 Tu, Th 11:30 AM-12:00 PM

#253698 May 12-28 Tu, Th 5:10 PM-5:40 PM

#253700 Jun 16-Jul 2 Tu, Th 10:10 AM-10:40 AM

#253701 Jun 16-Jul 2 Tu, Th 5:10 PM-5:40 PM

#253703 Jul 14-30 Tu, Th 10:10 AM-10:40 AM

#253704 Jul 14-30 Tu, Th 5:10 PM-5:40 PM

#253706 Aug 11-20 Tu-Th 10:10 AM-10:40 AM

#253707 Aug 11-27 Tu, Th 5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$39

#253717 Jul 11-25 Sa 10:50 AM-11:20 AM

Course Fee: \$41

#253714 May 30-Jun 20 Sa 10:50 AM-11:20 AM

#253720 Aug 8-29 Sa 10:50 AM-11:20 AM

Course Fee: \$56

#253708 May 12-28 Tu, Th 11:30 AM-12:00 PM

#253713 May 12-28 Tu, Th 5:10 PM-5:40 PM

#253715 Jun 16-Jul 2 Tu, Th 10:10 AM-10:40 AM

#253716 Jun 16-Jul 2 Tu, Th 5:10 PM-5:40 PM

#253718 Jul 14-30 Tu, Th 10:10 AM-10:40 AM

#253719 Jul 14-30 Tu, Th 5:10 PM-5:40 PM

#253721 Aug 11-20 Tu-Th 10:50 AM-11:20 AM

#253722 Aug 11-27 Tu, Th 5:10 PM-5:40 PM

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$39

#253727 Jul 11-25 Sa 11:30 AM-12:00 PM

Course Fee: \$41

#253724 May 30-Jun 20 Sa 11:30 AM-12:00 PM

#253730 Aug 8-29 Sa 11:30 AM-12:00 PM

Course Fee: \$56

#253723 May 12-28 Tu, Th 5:50 PM-6:20 PM

#253725 Jun 16-Jul 2 Tu, Th 10:50 PM-11:20 PM

#253726 Jun 16-Jul 2 Tu, Th 5:50 PM-6:20 PM

#253728 Jul 14-30 Tu, Th 10:50 PM-11:20 PM

#253729 Jul 14-30 Tu, Th 5:50 PM-6:20 PM

#253731 Aug 11-20 Tu-Th 11:30 AM-12:00 PM

#253732 Aug 11-27 Tu, Th 5:50 PM-6:20 PM

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$39

#253737 Jul 11-25 Sa 11:30 AM-12:00 PM

Course Fee: \$41

#253734 May 30-Jun 20 Sa 11:30 AM-12:00 PM

#253740 Aug 8-29 Sa 11:30 AM-12:00 PM

Course Fee: \$56

#253733 May 12-28 Tu, Th 5:50 PM-6:20 PM

#253735 Jun 16-Jul 2 Tu, Th 10:50 AM-11:20 AM

#253736 Jun 16-Jul 2 Tu, Th 5:50 PM-6:20 PM

#253738 Jul 14-30 Tu, Th 10:50 AM-11:20 AM

#253739 Jul 14-30 Tu, Th 5:50 PM-6:20 PM

#253741 Aug 11-20 Tu-Th 11:30 AM-12:00 PM

#253742 Aug 11-27 Tu, Th 5:50 PM-6:20 PM



LESSON SCHEDULES

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$39

#253747 Jul 11-25 Sa 11:30 AM-12:00 PM

Course Fee: \$41

#253744 May 30-Jun 20 Sa 11:30 AM-12:00 PM

#253750 Aug 8-29 Sa 11:30 AM-12:00 PM

Course Fee: \$56

#253743 May 12-28 Tu, Th 5:50 PM-6:20 PM

#253745 Jun 16-Jul 2 Tu, Th 10:50 AM-11:20 AM

#253746 Jun 16-Jul 2 Tu, Th 5:50 PM-6:20 PM

#253748 Jul 14-30 Tu, Th 10:50 AM-11:20 AM

#253749 Jul 14-30 Tu, Th 5:50 PM-6:20 PM

#253751 Aug 11-27 Tu, Th 5:50 PM-6:20 PM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$39

#253755 Jul 11-25 Sa 12:10 PM-12:40 PM

Course Fee: \$41

#253753 May 30-Jun 20 Sa 12:10 PM-12:40 PM

#253759 Aug 8-29 Sa 12:10 PM-12:40 PM

Course Fee: \$56

#253752 May 12-28 Tu, Th 6:30 PM-7:00 PM

#253754 Jun 16-Jul 2 Tu, Th 6:30 PM-7:00 PM

#253757 Jul 14-30 Tu, Th 6:30 PM-7:00 PM

#253760 Aug 11-27 Tu, Th 6:30 PM-7:00 PM

SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$39

#253765 Jul 11-25 Sa 12:10 PM-12:40 PM

Course Fee: \$41

#253763 May 30-Jun 20 Sa 12:10 PM-12:40 PM

#253767 Aug 8-29 Sa 12:10 PM-12:40 PM

Course Fee: \$56

#253762 May 12-28 Tu, Th 6:30 PM-7:00 PM

#253764 Jun 16-Jul 2 Tu, Th 6:30 PM-7:00 PM

#253766 Jul 14-30 Tu, Th 6:30 PM-7:00 PM

#253768 Aug 11-27 Tu, Th 6:30 PM-7:00 PM

LAKE JOHNSON POOL

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$39

#253823 Jun 13-27 Sa 9:30 AM-10:00 AM

#253826 Jul 11-25 Sa 10:10 AM-10:40 AM

Course Fee: \$41

#253824 Jun 22-25 M-Th 4:30 PM-5:00 PM

#253825 Jun 29-Jul 2 M-Th 10:10 AM-10:40 AM

#253827 Jul 20-23 M-Th 9:30 AM-10:00 AM

PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$39

#253828 Jun 13-27 Sa 9:30 AM-10:00 AM

#253829 Jun 13-27 Sa 10:50 AM-11:20 AM

#253834 Jul 11-25 Sa 9:30 AM-10:00 AM

#253835 Jul 11-25 Sa 10:50 AM-11:20 AM

Course Fee: \$41

#253830 Jun 15-18 M-Th 4:30 PM-5:00 PM

#253831 Jun 15-18 M-Th 5:10 PM-5:40 PM

#253832 Jun 22-25 M-Th 10:50 AM-11:20 AM

#253833 Jun 22-25 M-Th 5:10 PM-5:40 PM

#253836 Jul 13-16 M-Th 5:10 PM-5:40 PM

#253837 Jul 20-23 M-Th 5:10 PM-5:40 PM

#254252 Jul 27-30 M-Th 5:10 PM-5:40 PM



LESSON SCHEDULES

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$39

#253838	Jun 13-27	Sa	11:30 AM-12:00 PM
#253846	Jul 11-25	Sa	9:30 AM-10:00 AM

Course Fee: \$41

#253839	Jun 15-18	M-Th	4:30 PM-5:00 PM
#253840	Jun 22-25	M-Th	9:30 AM-10:00 AM
#253841	Jun 22-25	M-Th	4:30 PM-5:00 PM
#253842	Jun 22-25	M-Th	5:50 PM-6:20 PM
#253843	Jun 29-Jul 2	M-Th	9:30 AM-10:00 AM
#253844	Jun 29-Jul 2	M-Th	10:50 AM-11:20 AM
#253845	Jun 29-Jul 2	M-Th	5:10 PM-5:40 PM
#253847	Jul 13-16	M-Th	9:30 AM-10:00 AM
#253848	Jul 13-16	M-Th	5:50 PM-6:20 PM
#253849	Jul 20-23	M-Th	5:10 PM-5:40 PM
#253850	Jul 27-30	M-Th	10:50 AM-11:20 AM
#253851	Jul 27-30	M-Th	5:50 PM-6:20 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$39

#253852	Jun 13-27	Sa	8:50 AM-9:20 AM
#253855	Jul 11-25	Sa	8:50 AM-9:20 AM

Course Fee: \$41

#253853	Jun 22-25	M-Th	5:10 PM-5:40 PM
#253854	Jun 29-Jul 2	M-Th	5:10 PM-5:40 PM
#253856	Jul 13-16	M-Th	10:10 AM-10:40 AM
#253857	Jul 13-16	M-Th	5:10 PM-5:40 PM
#253858	Jul 20-23	M-Th	10:50 AM-11:20 AM
#253859	Jul 20-23	M-Th	5:50 PM-6:20 PM
#253860	Jul 27-30	M-Th	10:10 AM-10:40 AM
#253861	Jul 27-30	M-Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$39

#253863	Jun 13-27	Sa	10:10 AM-10:40 AM
#253864	Jun 13-27	Sa	11:30 AM-12:00 PM
#253868	Jul 11-25	Sa	10:50 AM-11:20 AM

Course Fee: \$41

#253865	Jun 15-18	M-Th	5:50 PM-6:20 PM
#253866	Jun 29-Jul 2	M-Th	8:50 AM-9:20 AM
#253867	Jun 29-Jul 2	M-Th	5:50 PM-6:20 PM
#253869	Jul 13-16	M-Th	9:30 AM-10:00 AM
#253871	Jul 27-30	M-Th	9:30 AM-10:00 AM
#253872	Jul 27-30	M-Th	5:50 PM-6:20 PM



LESSON SCHEDULES

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$39

#253873	Jun 13-27	Sa	10:50 AM-11:20 AM
#253874	Jun 15-18	M-Th	5:10 PM-5:40 PM
#253875	Jun 15-18	M-Th	5:50 PM-6:20 PM
#253876	Jun 22-25	M-Th	9:30 AM-10:30 AM
#253877	Jun 22-25	M-Th	10:10 AM-10:40 AM
#253878	Jun 22-25	M-Th	5:50 PM-6:20 PM
#253879	Jun 29-Jul 02	M-Th	10:10 AM-10:40 AM
#253880	Jun 29-Jul 02	M-Th	5:50 PM-6:20 PM
#253881	Jul 11-25	Sa	10:10 AM-10:40 AM
#253882	Jul 13-16	M-Th	10:10 AM-10:40 AM
#253883	Jul 13-16	M-Th	5:50 PM-6:20 PM
#253884	Jul 20-23	M-Th	10:10 AM-10:40 AM
#253885	Jul 20-23	M-Th	5:50 PM-6:20 PM
#253886	Jul 27-30	M-Th	5:10 PM-5:40 PM

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$39

#253887	Jun 13-27	Sa	8:50 AM-9:20 AM
#253895	Jul 11-25	Sa	11:30 AM-12:00 PM

Course Fee: \$41

#253888	Jun 15-18	M-Th	6:30 PM-7:00 PM
#253889	Jun 22-25	M-Th	10:10 AM-10:40 AM
#253890	Jun 22-25	M-Th	10:50 AM-11:20 AM
#253891	Jun 22-25	M-Th	6:30 PM-7:00 PM
#253892	Jun 29-Jul 2	M-Th	8:50 AM-9:20 AM
#253893	Jun 29-Jul 2	M-Th	10:50 AM-11:20 AM
#253894	Jun 29-Jul 2	M-Th	4:30 PM-5:00 PM
#253896	Jul 13-16	M-Th	10:50 AM-11:20 AM
#253897	Jul 13-16	M-Th	6:30 PM-7:00 PM
#253898	Jul 20-23	M-Th	9:30 AM-10:00 AM
#253899	Jul 20-23	M-Th	10:50 AM-11:20 AM
#253900	Jul 20-23	M-Th	6:30 PM-7:00 PM
#253901	Jul 27-30	M-Th	9:30 AM-10:00 AM
#253902	Jul 27-30	M-Th	10:10 AM-10:40 AM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$39

#253904	Jun 13-27	Sa	10:10 AM-10:40 AM
#253910	Jul 11-25	Sa	8:50 AM-9:20 AM

Course Fee: \$41

#253905	Jun 15-18	M-Th	6:30 PM-7:00 PM
#253906	Jun 22-25	M-Th	6:30 PM-7:00 PM
#253907	Jun 29-Jul 2	M-Th	9:30 AM-10:00 AM
#253908	Jun 29-Jul 2	M-Th	4:30 PM-5:00 PM
#253909	Jun 29-Jul 2	M-Th	6:30 PM-7:00 PM
#253911	Jul 13-16	M-Th	10:50 AM-11:20 AM

#253912	Jul 13-16	M-Th	6:30 PM-7:00 PM
#253913	Jul 20-23	M-Th	10:10 AM-10:40 AM
#253914	Jul 20-23	M-Th	6:30 PM-7:00 PM
#253915	Jul 27-30	M-Th	10:50 AM-11:20 AM
#253916	Jul 27-30	M-Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$39

#253918	Jul 11-25	Sa	11:30 AM-12:00 PM
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Course Fee: \$41

#253917	Jun 29-Jul 2	M-Th	6:30 PM-7:00 PM
#253919	Jul 20-23	M-Th	7:10 PM-7:40 PM

LONGVIEW POOL

Non-residents: Add \$15 to course fee

PARENT & CHILD LEVEL 1

Course Fee: \$39

#253944	Jun 13-27	Sa	10:10 AM-10:40 AM
#253945	Jul 11-25	Sa	10:10 AM-10:40 AM

PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$39

#253946	Jun 13-27	Sa	10:10 AM-10:40 AM
#253947	Jul 11-25	Sa	10:50 AM-11:20 AM

Course Fee: \$41

#253949	Jun 16-25	Tu, Th	5:10 PM-5:40 PM
#253950	Jul 6-9	M-Th	5:50 PM-6:20 PM

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$39

#253951	Jun 13-27	Sa	11:30 AM-12:00 PM
#253953	Jul 11-25	Sa	10:50 AM-11:20 AM

Course Fee: \$41

#253952	Jun 16-25	Tu, Th	5:50 PM-6:20 PM
#253955	Jul 6-9	M-Th	5:50 PM-6:20 PM
#253956	Jul 20-23	M-Th	5:50 PM-6:20 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$39

#253959	Jul 11-25	Sa	11:30 AM-12:00 PM
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SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$39

#253960	Jun 13-27	Sa	10:50 AM-11:20 AM
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Course Fee: \$41

LESSON SCHEDULES

#253961	Jun 16-25	Tu, Th	5:50 PM-6:20 PM
#253962	Jul 6-9	M-Th	6:30 PM-7:00 PM
#253963	Jul 20-23	M-Th	5:10 PM-5:40 PM
#253964	Jul 20-23	M-Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$39

#253965	Jun 13-27	Sa	10:50 AM-11:20 AM
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Course Fee: \$41

#253970	Jun 16-25	Tu, Th	5:10 PM-5:40 PM
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SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$39

#253973	Jul 11-25	Sa	10:10 AM-10:40 AM
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Course Fee: \$41

#253972	Jun 16-25	Tu, Th	6:30 PM-7:00 PM
#253974	Jul 6-9	M-Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$39

#253977	Jun 13-27	Sa	11:30 AM-12:00 PM
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Course Fee: \$41

#253978	Jun 16-25	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: \$39

#254059	Jul 11-25	Sa	9:30 AM-10:00 AM
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Course Fee: \$41

#254053	May 30-Jun 20	Sa	9:30 AM-10:00 AM
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#254056	Jun 29-Jul 2	M-Th	5:10 PM-5:40 PM
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#254064	Aug 8-29	Sa	9:30 AM-10:00 AM
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Course Fee: \$56

#254052	May 4-20	M, W	10:50 AM-11:20 AM
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#254054	Jun 2-11	Tu-Th	10:50 AM-11:20 AM
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#254055	Jun 16-25	Tu-Th	9:30 AM-10:00 AM
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#254057	Jul 7-16	Tu-Th	9:30 AM-10:00 AM
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#254058	Jul 7-16	Tu-Th	5:10 PM-5:40 PM
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#254060	Jul 21-30	Tu-Th	9:30 AM-10:00 AM
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#254061	Jul 21-30	Tu-Th	5:10 PM-5:40 PM
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#254062	Aug 4-13	Tu-Th	9:30 AM-10:00 AM
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#254063	Aug 4-13	Tu-Th	5:10 PM-5:40 PM
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PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$39

#254071	Jul 11-25	Sa	10:10 AM-10:40 AM
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Course Fee: \$41

#254066	May 30-Jun 20	Sa	10:10 AM-10:40 AM
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#254068	Jun 29-Jul 2	M-Th	5:50 PM-6:20 PM
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#254075	Aug 8-29	Sa	10:10 AM-10:40 AM
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Course Fee: \$56

#254065	May 4-20	M, W	11:30 AM-12:00 PM
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#254067	Jun 16-25	Tu-Th	10:10 AM-10:40 AM
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#254069	Jul 7-16	Tu-Th	10:10 AM-10:40 AM
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#254070	Jul 7-16	Tu-Th	5:50 PM-6:20 PM
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#254072	Jul 21-30	Tu-Th	10:10 AM-10:40 AM
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#254073	Jul 21-30	Tu-Th	5:50 PM-6:20 PM
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#254074	Aug 4-13	Tu-Th	10:10 AM-10:40 AM
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LESSON SCHEDULES

PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$39

#254088 Jul 11-25 Sa 9:30 AM-10:00 AM

Course Fee: \$41

#254078 May 30-Jun 20 Sa 8:50 AM-9:20 AM

#254079 May 30-Jun 20 Sa 9:30 AM-10:00 AM

#254084 Jun 29-Jul 2 M-Th 5:10 PM-5:40 PM

#254094 Aug 8-29 Sa 8:50 AM-9:20 AM

#254095 Aug 8-29 Sa 9:30 AM-10:00 AM

Course Fee: \$56

#254076 May 4-20 M, W 10:50 AM-11:20 AM

#254077 May 4-20 M, W 5:10 PM-5:40 PM

#254080 Jun 2-11 Tu-Th 10:50 AM-11:20 AM

#254081 Jun 2-11 Tu-Th 5:10 PM-5:40 PM

#254082 Jun 16-25 Tu-Th 9:30 AM-10:00 AM

#254083 Jun 16-25 Tu-Th 11:30 AM-12:00 PM

#254085 Jul 7-16 Tu-Th 9:30 AM-10:00 AM

#254086 Jul 7-16 Tu-Th 10:50 AM-11:20 AM

#254087 Jul 7-16 Tu-Th 5:10 PM-5:40 PM

#254089 Jul 21-30 Tu-Th 9:30 AM-10:00 AM

#254090 Jul 21-30 Tu-Th 10:50 AM-11:20 AM

#254091 Jul 21-30 Tu-Th 5:10 PM-5:40 PM

#254092 Aug 4-13 Tu-Th 9:30 AM-10:00 AM

#254093 Aug 4-13 Tu-Th 5:10 PM-5:40 PM

#254096 Aug 17-Sep 2 M, W 5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$39

#254107 Jul 11-25 Sa 8:50 AM-9:20 AM

#254108 Jul 11-25 Sa 10:10 AM-10:40 AM

#254109 Jul 11-25 Sa 10:50 AM-11:20 AM

Course Fee: \$41

#254099 May 30-Jun 20 Sa 10:10 AM-10:40 AM

#254100 May 30-Jun 20 Sa 10:50 AM-11:20 AM

#254104 Jun 29-Jul 2 M-Th 5:50 PM-6:20 PM

#254114 Aug 8-29 Sa 10:10 AM-10:40 AM

#255078 Aug 8-29 Sa 10:50 AM-11:20 AM

Course Fee: \$56

#254097 May 4-20 M, W 11:30 AM-12:00 PM

#254098 May 4-20 M, W 5:50 PM-6:20 PM

#254101 Jun 2-11 Tu-Th 11:30 AM-12:00 PM

#254102 Jun 2-11 Tu-Th 5:50 PM-6:20 PM

#254103 Jun 16-25 Tu-Th 10:10 AM-10:40 AM

#254105 Jul 7-16 Tu-Th 10:10 AM-10:40 AM

#254106 Jul 7-16 Tu-Th 5:50 PM-6:20 PM

#254110 Jul 21-30 Tu-Th 10:10 AM-10:40 AM

#254111 Jul 21-30 Tu-Th 5:50 PM-6:20 PM

#254112 Aug 4-13 Tu-Th 10:10 AM-10:40 AM

#254113 Aug 4-13 Tu-Th 5:50 PM-6:20 PM

#254115 Aug 17-Sep 2 M, W 5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$39

#254124 Jul 11-25 Sa 10:50 AM-11:20 AM

Course Fee: \$41

#254117 May 30-Jun 20 Sa 10:50 AM-11:20 AM

#254121 Jun 29-Jul 2 M-Th 5:50 PM-6:20 PM

#254129 Aug 8-29 Sa 10:50 AM-11:20 AM

Course Fee: \$56

#254116 May 4-20 M, W 5:50 PM-6:20 PM

#254118 Jun 2-11 Tu-Th 11:30 AM-12:00 PM

#254119 Jun 2-11 Tu-Th 5:50 PM-6:20 PM

#254120 Jun 16-25 Tu-Th 10:50 AM-11:20 AM

#254122 Jul 7-16 Tu-Th 10:50 AM-11:20 AM

#254123 Jul 7-16 Tu-Th 5:50 PM-6:20 PM

#254125 Jul 21-30 Tu-Th 10:50 AM-11:20 AM

#254126 Jul 21-30 Tu-Th 5:50 PM-6:20 PM

#254127 Aug 4-13 Tu-Th 10:50 AM-11:20 AM

#254128 Aug 4-13 Tu-Th 5:50 PM-6:20 PM

#254130 Aug 17-Sep 2 M, W 5:50 PM-6:20 PM

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$39

#254142 Jul 11-25 Sa 9:30 AM-10:00 AM

Course Fee: \$41

#254132 May 30-Jun 20 Sa 8:50 AM-9:20 AM

#254133 May 30-Jun 20 Sa 9:30 AM-10:00 AM

#254137 Jun 29-Jul 2 M-Th 5:10 PM-5:40 PM

#254149 Aug 8-29 Sa 9:30 AM-10:00 AM

Course Fee: \$56

#254131 May 4-20 M, W 5:10 PM-5:40 PM

#254134 Jun 2-11 Tu-Th 5:10 PM-5:40 PM

#254135 Jun 16-25 Tu-Th 9:30 AM-10:00 AM

#254136 Jun 16-25 Tu-Th 10:50 AM-11:20 AM

#254138 Jul 7-16 Tu-Th 9:30 AM-10:00 AM

#254139 Jul 7-16 Tu-Th 11:30 AM-12:00 PM

#254140 Jul 7-16 Tu-Th 5:10 PM-5:40 PM

#254141 Jul 7-16 Tu-Th 6:30 PM-7:00 PM

#254143 Jul 21-30 Tu-Th 9:30 AM-10:00 AM

#254144 Jul 21-30 Tu-Th 11:30 AM-12:00 PM

#254145 Jul 21-30 Tu-Th 5:10 PM-5:40 PM

#254146 Jul 21-30 Tu-Th 6:30 PM-7:00 PM

#254147 Aug 4-13 Tu-Th 10:50 AM-11:20 AM

#254148 Aug 4-13 Tu-Th 6:30 PM-7:00 PM

#254150 Aug 17-Sep 2 M, W 5:50 PM-6:20 PM

LESSON SCHEDULES

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$39

#254159	Jul 11-25	Sa	8:50 AM-9:20 AM
#254160	Jul 11-25	Sa	10:10 AM-10:40 AM
#254161	Jul 11-25	Sa	11:30 AM-12:00 PM

Course Fee: \$41

#254152	May 30-Jun 20	Sa	10:10 AM-10:40 AM
#254153	May 30-Jun 20	Sa	11:30 AM-12:00 PM
#254156	Jun 29-Jul 2	M-Th	6:30 PM-7:00 PM
#254166	Aug 8-29	Sa	10:10 AM-10:40 AM
#254167	Aug 8-29	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254151	May 4-20	M, W	6:30 PM-7:00 PM
#254154	Jun 2-11	Tu-Th	6:30 PM-7:00 PM
#254155	Jun 16-25	Tu-Th	10:10 AM-10:40 AM
#254157	Jul 7-16	Tu-Th	10:10 AM-10:40 AM
#254158	Jul 7-16	Tu-Th	6:30 PM-7:00 PM
#254162	Jul 21-30	Tu-Th	10:10 AM-10:40 AM
#254163	Jul 21-30	Tu-Th	6:30 PM-7:00 PM
#254164	Aug 4-13	Tu-Th	11:30 AM-12:00 PM
#254165	Aug 4-13	Tu-Th	6:30 PM-7:00 PM
#254168	Aug 17-Sep 2	M, W	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$39

#254176	Jul 11-25	Sa	10:50 AM-11:20 AM
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Course Fee: \$41

#254170	May 30-Jun 20	Sa	10:50 AM-11:20 AM
#254173	Jun 29-Jul 2	M-Th	6:30 PM-7:00 PM
#254181	Aug 8-29	Sa	10:50 AM-11:20 AM

Course Fee: \$56

#254169	May 4-20	M, W	6:30 PM-7:00 PM
#254171	Jun 2-11	Tu-Th	6:30 PM-7:00 PM
#254172	Jun 16-25	Tu-Th	10:50 AM-11:20 AM
#254174	Jul 7-16	Tu-Th	10:50 AM-11:20 AM
#254175	Jul 7-16	Tu-Th	6:30 PM-7:00 PM
#254177	Jul 21-30	Tu-Th	10:50 AM-11:20 AM
#254178	Jul 21-30	Tu-Th	6:30 PM-7:00 PM
#254179	Aug 4-13	Tu-Th	11:30 AM-12:00 PM
#254180	Aug 4-13	Tu-Th	7:10 PM-7:40 PM
#254182	Aug 17-Sep 2	M, W	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$39

#254189	Jul 11-25	Sa	11:30 AM-12:00 PM
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Course Fee: \$41

#254184	May 30-Jun 20	Sa	11:30 AM-12:00 PM
#254186	Jun 29-Jul 2	M-Th	6:30 PM-7:00 PM
#254193	Aug 8-29	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254183	May 4-20	M, W	7:10 PM-7:40 PM
#254185	Jun 16-25	Tu-Th	11:30 AM-12:00 PM
#254187	Jul 7-16	Tu-Th	11:30 AM-12:00 PM
#254188	Jul 7-16	Tu-Th	7:10 PM-7:40 PM
#254190	Jul 21-30	Tu-Th	11:30 AM-12:00 PM
#254191	Jul 21-30	Tu-Th	7:10 PM-7:40 PM
#254192	Aug 4-13	Tu-Th	7:10 PM-7:40 PM
#254194	Aug 17-Sep 2	M, W	7:10 PM-7:40 PM

SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$39

#254200	Jul 11-25	Sa	11:30 AM-12:00 PM
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Course Fee: \$41

#254195	May 30-Jun 20	Sa	11:30 AM-12:00 PM
#254198	Jun 29-Jul 2	M-Th	7:10 PM-7:40 PM
#254202	Aug 8-29	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254196	Jun 2-11	Tu-Th	7:10 PM-7:40 PM
#254197	Jun 16-25	Tu-Th	11:30 AM-12:00 PM
#254199	Jul 7-16	Tu-Th	11:30 AM-12:00 PM
#254201	Jul 21-30	Tu-Th	11:30 AM-12:00 PM
#254203	Aug 17-Sep 2	M, W	7:10 PM-7:40 PM



LESSON SCHEDULES

OPTIMIST AQUATIC CENTER

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$41

#254353	Aug 8-29	Sa	10:10 AM-10:40 AM
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Course Fee: \$56

#254345	Jun 1-11	M, W-Th	10:10 AM-10:40 AM
#254346	Jun 1-11	M, W-Th	5:10 PM-5:40 PM
#254347	Jun 22-Jul 2	M, W-Th	10:10 AM-10:40 AM
#254348	Jun 22-Jul 2	M, W-Th	5:10 PM-5:40 PM
#254349	Jul 13-23	M, W-Th	10:10 AM-10:40 AM
#254350	Jul 13-23	M, W-Th	5:10 PM-5:40 PM
#254351	Aug 3-13	M, W-Th	10:10 AM-10:40 AM
#254352	Aug 3-13	M, W-Th	5:10 PM-5:40 PM

PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$41

#254364	Aug 8-29	Sa	10:50 AM-11:20 AM
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Course Fee: \$56

#254354	Jun 1-11	M, W-Th	10:10 AM-10:40 AM
#254355	Jun 1-11	M, W-Th	5:10 PM-5:40 PM
#254356	Jun 22-Jul 2	M, W-Th	10:10 AM-10:40 AM
#254357	Jun 22-Jul 2	M, W-Th	5:10 PM-5:40 PM
#254360	Jul 13-23	M, W-Th	10:10 AM-10:40 AM
#254361	Jul 13-23	M, W-Th	5:10 PM-5:40 PM
#254362	Aug 3-13	M, W-Th	10:10 AM-10:40 AM
#254363	Aug 3-13	M, W-Th	5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$41

#254394	Aug 8-29	Sa	10:10 AM-10:40 AM
#254395	Aug 8-29	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254366	Jun 1-11	M, W-Th	10:10 AM-10:40 AM
#254368	Jun 1-11	M, W-Th	10:50 AM-11:20 AM
#254375	Jun 1-11	M, W-Th	5:10 PM-5:40 PM
#254377	Jun 1-11	M, W-Th	5:50 PM-6:20 PM
#254378	Jun 22-Jul 2	M, W-Th	10:10 AM-10:40 AM
#254380	Jun 22-Jul 2	M, W-Th	10:50 AM-11:20 AM
#254381	Jun 22-Jul 2	M, W-Th	5:10 PM-5:40 PM
#254382	Jun 22-Jul 2	M, W-Th	5:50 PM-6:20 PM
#254383	Jul 13-23	M, W-Th	10:10 AM-10:40 AM
#254385	Jul 13-23	M, W-Th	10:50 AM-11:20 AM
#254386	Jul 13-23	M, W-Th	5:10 PM-5:40 PM
#254387	Jul 13-23	M, W-Th	5:50 PM-6:20 PM
#254388	Aug 3-13	M, W-Th	10:10 AM-10:40 AM
#254389	Aug 3-13	M, W-Th	10:50 AM-11:20 AM
#254390	Aug 3-13	M, W-Th	5:10 PM-5:40 PM
#254392	Aug 3-13	M, W-Th	5:50 PM-6:20 PM

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$41

#254412	Aug 8-29	Sa	10:10 AM-10:40 AM
#254413	Aug 8-29	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254396	Jun 1-11	M, W-Th	10:10 AM-10:40 AM
#254397	Jun 1-11	M, W-Th	10:50 AM-11:20 AM
#254398	Jun 1-11	M, W-Th	5:50 PM-6:20 PM
#254399	Jun 1-11	M, W-Th	6:30 PM-7:00 PM
#254400	Jun 22-Jul 2	M, W-Th	10:10 AM-10:40 AM
#254401	Jun 22-Jul 2	M, W-Th	10:50 AM-11:20 AM
#254402	Jun 22-Jul 2	M, W-Th	5:50 PM-6:20 PM
#254403	Jun 22-Jul 2	M, W-Th	6:30 PM-7:00 PM
#254404	Jul 13-23	M, W-Th	10:10 AM-10:40 AM
#254405	Jul 13-23	M, W-Th	10:50 AM-11:20 AM
#254406	Jul 13-23	M, W-Th	5:50 PM-6:20 PM
#254407	Jul 13-23	M, W-Th	6:30 PM-7:00 PM
#254408	Aug 3-13	M, W-Th	10:10 AM-10:40 AM
#254409	Aug 3-13	M, W-Th	10:50 AM-11:20 AM
#254410	Aug 3-13	M, W-Th	5:50 PM-6:20 PM
#254411	Aug 3-13	M, W-Th	6:30 PM-7:00 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$41

#254422	Aug 8-29	Sa	10:50 AM-11:20 AM
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Course Fee: \$56

#254414	Jun 1-11	M, W-Th	11:30 AM-12:00 PM
#254415	Jun 1-11	M, W-Th	6:30 PM-7:00 PM
#254416	Jun 22-Jul 2	M, W-Th	11:30 AM-12:00 PM
#254417	Jun 22-Jul 2	M, W-Th	6:30 PM-7:00 PM
#254418	Jul 13-23	M, W-Th	11:30 AM-12:00 PM
#254419	Jul 13-23	M, W-Th	6:30 PM-7:00 PM
#254420	Aug 3-13	M, W-Th	11:30 AM-12:00 PM
#254421	Aug 3-13	M, W-Th	6:30 PM-7:00 PM



Email: aquatics@raleighnc.gov • Web: raleighnc.gov/aquatics • Register: relink.raleighnc.gov

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

LESSON SCHEDULES

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$41

#254436	Aug 8-29	Sa	10:10 AM-10:40 AM
#254437	Aug 8-29	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254423	Jun 1-11	M, W-Th	10:50 AM-11:20 AM
#254424	Jun 1-11	M, W-Th	5:10 PM-5:40 PM
#254425	Jun 1-11	M, W-Th	6:30 PM-7:00 PM
#254426	Jun 22-Jul 2	M, W-Th	10:50 AM-11:20 AM
#254427	Jun 22-Jul 2	M, W-Th	5:10 PM-5:40 PM
#254429	Jun 22-Jul 2	M, W-Th	6:30 PM-7:00 PM
#254430	Jul 13-23	M, W-Th	10:50 AM-11:20 AM
#254431	Jul 13-23	M, W-Th	5:10 PM-5:40 PM
#254432	Jul 13-23	M, W-Th	6:30 PM-7:00 PM
#254433	Aug 3-13	M, W-Th	10:50 AM-11:20 AM
#254434	Aug 3-13	M, W-Th	5:10 PM-5:40 PM
#254435	Aug 3-13	M, W-Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$41

#254451	Aug 8-29	Sa	10:50 AM-11:20 AM
#254452	Aug 8-29	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254438	Jun 1-11	M, W-Th	10:50 AM-11:20 AM
#254439	Jun 1-11	M, W-Th	5:50 PM-6:20 PM
#254440	Jun 1-11	M, W-Th	6:30 PM-7:00 PM
#254441	Jun 22-Jul 2	M, W-Th	10:50 AM-11:20 AM
#254442	Jun 22-Jul 2	M, W-Th	5:50 PM-6:20 PM
#254443	Jun 22-Jul 2	M, W-Th	6:30 PM-7:00 PM
#254444	Jul 13-23	M, W-Th	10:50 AM-11:20 AM
#254445	Jul 13-23	M, W-Th	5:50 PM-6:20 PM
#254446	Jul 13-23	M, W-Th	6:30 PM-7:00 PM
#254447	Aug 3-13	M, W-Th	10:50 AM-11:20 AM
#254448	Aug 3-13	M, W-Th	5:50 PM-6:20 PM
#254449	Aug 3-13	M, W-Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$41

#254463	Aug 8-29	Sa	10:50 AM-11:20 AM
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Course Fee: \$56

#254453	Jun 1-11	M, W-Th	11:30 AM-12:00 PM
#254456	Jun 1-11	M, W-Th	5:50 PM-6:20 PM
#254457	Jun 22-Jul 2	M, W-Th	11:30 AM-12:00 PM
#254458	Jun 22-Jul 2	M, W-Th	5:50 PM-6:20 PM
#254459	Jul 13-23	M, W-Th	11:30 AM-12:00 PM
#254460	Jul 13-23	M, W-Th	5:50 PM-6:20 PM
#254461	Aug 3-13	M, W-Th	11:30 AM-12:00 PM
#254462	Aug 3-13	M, W-Th	5:50 PM-6:20 PM

SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$41

#254472	Aug 8-29	Sa	9:30 AM-10:00 AM
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Course Fee: \$56

#254464	Jun 1-11	M, W-Th	11:30 AM-12:00 PM
#254465	Jun 1-11	M, W-Th	7:10 PM-7:40 PM
#254466	Jun 22-Jul 2	M, W-Th	11:30 AM-12:00 PM
#254467	Jun 22-Jul 2	M, W-Th	7:10 PM-7:40 PM
#254468	Jul 13-23	M, W-Th	11:30 AM-12:00 PM
#254469	Jul 13-23	M, W-Th	7:10 PM-7:40 PM
#254470	Aug 3-13	M, W-Th	11:30 AM-12:00 PM
#254471	Aug 3-13	M, W-Th	7:10 PM-7:40 PM

SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$41

#254481	Aug 8-29	Sa	9:30 AM-10:00 AM
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Course Fee: \$56

#254473	Jun 1-11	M, W-Th	11:30 AM-12:00 PM
#254474	Jun 1-11	M, W-Th	7:10 PM-7:40 PM
#254475	Jun 22-Jul 2	M, W-Th	11:30 AM-12:00 PM
#254476	Jun 22-Jul 2	M, W-Th	7:10 PM-7:40 PM
#254477	Jul 13-23	M, W-Th	11:30 AM-12:00 PM
#254478	Jul 13-23	M, W-Th	7:10 PM-7:40 PM
#254479	Aug 3-13	M, W-Th	11:30 AM-12:00 PM
#254480	Aug 3-13	M, W-Th	7:10 PM-7:40 PM

PULLEN AQUATIC CENTER

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$39

#254875	Jun 13-27	Sa	11:30 AM-12:00 PM
#254880	Jul 11-25	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254876	Jun 15-25	M, W-Th	10:10 AM-10:40 AM
#254877	Jun 15-25	M, W-Th	5:10 PM-5:40 PM
#254878	Jun 29-Jul 9	M, W-Th	10:10 AM-10:40 AM
#254879	Jun 29-Jul 9	M, W-Th	5:10 PM-5:40 PM
#254881	Jul 20-30	M, W-Th	10:10 AM-10:40 AM
#254882	Jul 20-30	M, W-Th	5:10 PM-5:40 PM
#254883	Aug 3-13	M, W-Th	10:10 AM-10:40 AM
#254884	Aug 3-13	M, W-Th	5:10 PM-5:40 PM

Course Fee: \$73

#254873	May 12-Jun 4	Tu, Th	10:50 AM-11:20 AM
#254874	May 12-Jun 4	Tu, Th	5:10 PM-5:40 PM

LESSON SCHEDULES

PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$39

#254886	Jun 13-27	Sa	10:50 AM-11:20 AM
#254891	Jul 11-25	Sa	10:50 AM-11:20 AM

Course Fee: \$56

#254887	Jun 15-25	M, W-Th	10:50 AM-11:20 AM
#254888	Jun 15-25	M, W-Th	5:50 PM-6:20 PM
#254889	Jun 29-Jul 9	M, W-Th	10:50 AM-11:20 AM
#254890	Jun 29-Jul 9	M, W-Th	5:50 PM-6:20 PM
#254892	Jul 20-30	M, W-Th	10:50 AM-11:20 AM
#254893	Jul 20-30	M, W-Th	5:50 PM-6:20 PM
#254894	Aug 3-13	M, W-Th	10:50 AM-11:20 AM
#254895	Aug 3-13	M, W-Th	5:50 PM-6:20 PM

Course Fee: \$73

#254885	May 12-Jun 4	Tu, Th	11:30 AM-1:00 PM
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PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$39

#254898	Jun 13-27	Sa	11:30 AM-12:00 PM
#254904	Jul 11-25	Sa	11:30 AM-12:00 PM

Course Fee: \$56

#254899	Jun 15-25	M, W-Th	10:10 AM-10:40 AM
#254900	Jun 15-25	M, W-Th	5:10 PM-5:40 PM
#254901	Jun 29-Jul 9	M, W-Th	10:10 AM-10:40 AM
#254903	Jun 29-Jul 9	M, W-Th	5:10 PM-5:40 PM
#254905	Jul 20-30	M, W-Th	10:10 AM-10:40 AM
#254906	Jul 20-30	M, W-Th	5:10 PM-5:40 PM
#254907	Aug 3-13	M, W-Th	10:10 AM-10:40 AM
#254908	Aug 3-13	M, W-Th	5:10 PM-5:40 PM

Course Fee: \$73

#254896	May 12-Jun 4	Tu, Th	10:10 AM-10:40 AM
#254897	May 12-Jun 4	Tu, Th	5:10 PM-5:40 PM

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$39

#254914	Jun 13-27	Sa	10:50 AM-11:20 AM
#254919	Jul 11-25	Sa	10:50 AM-11:20 AM

Course Fee: \$56

#254915	Jun 15-25	M, W-Th	10:50 AM-11:20 AM
#254916	Jun 15-25	M, W-Th	5:50 PM-6:20 PM
#254917	Jun 29-Jul 9	M, W-Th	10:50 AM-11:20 AM
#254918	Jun 29-Jul 9	M, W-Th	5:50 PM-6:20 PM
#254920	Jul 20-30	M, W-Th	10:50 AM-11:20 AM
#254921	Jul 20-30	M, W-Th	5:50 PM-6:20 PM
#254922	Aug 3-13	M, W-Th	10:50 AM-11:20 AM
#254923	Aug 3-13	M, W-Th	5:50 PM-6:20 PM

Course Fee: \$73

#254913	May 12-Jun 4	Tu, Th	10:50 AM-11:20 AM
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PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$39

#254926	Jun 13-27	Sa	10:10 AM-10:40 AM
#254932	Jul 11-25	Sa	10:10 AM-10:40 AM

Course Fee: \$56

#254927	Jun 15-25	M, W-Th	11:30 AM-12:00 PM
#254929	Jun 15-25	M, W-Th	6:30 PM-7:00 PM
#254930	Jun 29-Jul 9	M, W-Th	11:30 AM-12:00 PM
#254931	Jun 29-Jul 9	M, W-Th	6:30 PM-7:00 PM
#254933	Jul 20-30	M, W-Th	11:30 AM-12:00 PM
#254934	Jul 20-30	M, W-Th	6:30 PM-7:00 PM
#254935	Aug 3-13	M, W-Th	11:30 AM-12:00 PM
#254936	Aug 3-13	M, W-Th	6:30 PM-7:00 PM

Course Fee: \$73

#254924	May 12-Jun 4	Tu, Th	11:30 AM-12:00 PM
#254925	May 12-Jun 4	Tu, Th	5:50 PM-6:20 PM

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$39

#254958	Jun 13-27	Sa	9:30 AM-10:00 AM
#254969	Jul 11-25	Sa	9:30 AM-10:00 AM

Course Fee: \$56

#254965	Jun 15-25	M, W-Th	10:10 AM-10:40 AM
#254966	Jun 15-25	M, W-Th	5:10 PM-5:40 PM
#254967	Jun 29-Jul 9	M, W-Th	10:10 AM-10:40 AM
#254968	Jun 29-Jul 9	M, W-Th	5:10 PM-5:40 PM
#254970	Jul 20-30	M, W-Th	10:10 AM-10:40 AM
#254971	Jul 20-30	M, W-Th	5:10 PM-5:40 PM
#254972	Aug 3-13	M, W-Th	10:10 AM-10:40 AM
#254973	Aug 3-13	M, W-Th	5:10 PM-5:40 PM

Course Fee: \$73

#254948	May 12-Jun 4	Tu, Th	5:50 PM-6:20 PM
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SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$39

#254975	Jun 13-27	Sa	10:10 AM-10:40 AM
#254981	Jul 11-25	Sa	10:10 AM-10:40 AM

Course Fee: \$56

#254977	Jun 15-25	M, W-Th	10:50 AM-11:20 AM
#254978	Jun 15-25	M, W-Th	5:50 PM-6:20 PM
#254979	Jun 29-Jul 9	M, W-Th	10:50 AM-11:20 AM
#254980	Jun 29-Jul 9	M, W-Th	5:50 PM-6:20 PM
#254982	Jul 20-30	M, W-Th	10:50 AM-11:20 AM
#254983	Jul 20-30	M, W-Th	5:50 PM-6:20 PM
#254984	Aug 3-13	M, W-Th	10:50 AM-11:20 AM
#254985	Aug 3-13	M, W-Th	5:50 PM-6:20 PM

Course Fee: \$73

#254974	May 12-Jun 4	Tu, Th	6:30 PM-7:00 PM
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LESSON SCHEDULES

SWIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$39

#254989	Jun 13-27	Sa	9:30 AM-10:00 AM
#254994	Jul 11-25	Sa	9:30 AM-10:00 AM

Course Fee: \$56

#254990	Jun 15-25	M, W-Th	11:30 AM-12:00 PM
#254991	Jun 15-25	M, W-Th	6:30 PM-7:00 PM
#254992	Jun 29-Jul 9	M, W-Th	11:30 AM-12:00 PM
#254993	Jun 29-Jul 9	M, W-Th	6:30 PM-7:00 PM
#254995	Jul 20-30	M, W-Th	11:30 AM-12:00 PM
#254996	Jul 20-30	M, W-Th	6:30 PM-7:00 PM
#254997	Aug 3-13	M, W-Th	11:30 AM-12:00 PM
#254998	Aug 3-13	M, W-Th	6:30 PM-7:00 PM

Course Fee: \$73

#254987	May 12-Jun 4	Tu, Th	6:30 PM-7:00 PM
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SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$56

#255060	Jun 15-25	M, W-Th	11:30 AM-12:00 PM
#255061	Jun 15-25	M, W-Th	6:30 PM-7:00 PM
#255062	Jun 29-Jul 9	M, W-Th	11:30 AM-12:00 PM
#255063	Jun 29-Jul 9	M, W-Th	6:30 PM-7:00 PM
#255064	Jul 20-30	M, W-Th	11:30 AM-12:00 PM
#255065	Jul 20-30	M, W-Th	6:30 PM-7:00 PM
#255066	Aug 3-13	M, W-Th	11:30 AM-12:00 PM
#255067	Aug 3-13	M, W-Th	6:30 PM-7:00 PM

SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$56

#255068	Jun 15-25	M, W-Th	7:10 PM-7:40 PM
#255069	Jun 29-Jul 9	M, W-Th	7:10 PM-7:40 PM
#255070	Jul 20-30	M, W-Th	7:10 PM-7:40 PM
#255071	Aug 3-13	M, W-Th	7:10 PM-7:40 PM

RIDGE ROAD POOL

Non-residents: Add \$15 to course fee

PARENT & CHILD AQUATICS LEVEL 1

Course Fee: \$39

#255237	Jul 11-25	Sa	9:30 AM-10:00 AM
#255238	Jul 11-25	Sa	11:30 AM-12:00 PM

Course Fee: \$41

#255236	Jul 6-9	M-Th	9:30 AM-10:00 AM
#255239	Jul 20-23	M-Th	5:10 PM-5:40 PM
#255240	Jul 27-30	M-Th	6:30 PM-7:00 PM

Course Fee: \$56

#255235	Jun 16-25	Tu-Th	10:10 AM-10:40 AM
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PARENT & CHILD AQUATICS LEVEL 2

Course Fee: \$39

#255241	Jun 13-27	Sa	10:10 AM-10:40 AM
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Course Fee: \$56

#255242	Jun 16-25	Tu-Th	5:50 PM-6:20 PM
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PRESCHOOL AQUATICS LEVEL 1

Course Fee: \$39

#255243	Jun 13-27	Sa	8:50 AM-9:20 AM
#255245	Jun 13-27	Sa	10:50 AM-11:20 AM
#255254	Jul 11-25	Sa	9:30 AM-10:00 AM
#255255	Jul 11-25	Sa	10:50 AM-11:20 AM

Course Fee: \$41

#255251	Jun 29-Jul 2	M-Th	10:10 AM-10:40 AM
#255252	Jun 29-Jul 2	M-Th	6:30 PM-7:00 PM
#255253	Jul 6-9	M-Th	10:10 AM-10:40 AM
#255256	Jul 20-23	M-Th	10:50 AM-11:20 AM
#255257	Jul 27-30	M-Th	9:30 AM-10:00 AM
#255258	Jul 27-30	M-Th	5:10 PM-5:40 PM

Course Fee: \$56

#255246	Jun 16-25	Tu-Th	9:30 AM-10:00 AM
#255249	Jun 16-25	Tu-Th	10:50 AM-11:20 AM
#255250	Jun 16-25	Tu-Th	5:10 PM-5:40 PM



LESSON SCHEDULES

PRESCHOOL AQUATICS LEVEL 2

Course Fee: \$39

#255260	Jun 13-27	Sa	8:50 AM-9:20 AM
#255261	Jun 13-27	Sa	11:30 AM-12:00 PM
#255503	Jul 11-25	Sa	8:50 AM-9:20 AM

Course Fee: \$41

#255288	Jun 29-Jul 2	M-Th	10:10 AM-10:40 AM
#255289	Jun 29-Jul 2	M-Th	5:10 PM-5:40 PM
#255295	Jul 6-9	M-Th	10:50 AM-11:20 AM
#255296	Jul 6-9	M-Th	5:50 PM-6:20 PM
#255504	Jul 20-23	M-Th	9:30 AM-10:00 AM
#255505	Jul 20-23	M-Th	10:50 AM-11:20 AM
#255506	Jul 20-23	M-Th	5:10 PM-5:40 PM
#255507	Jul 27-30	M-Th	9:30 AM-10:00 AM
#255508	Jul 27-30	M-Th	5:10 PM-5:40 PM

Course Fee: \$56

#255262	Jun 16-25	Tu-Th	9:30 AM-10:00 AM
#255263	Jun 16-25	Tu-Th	4:30 PM-5:00 PM

PRESCHOOL AQUATICS LEVEL 3

Course Fee: \$41

#255509	Jun 29-Jul 2	M-Th	9:30 AM-10:00 AM
#255510	Jul 6-9	M-Th	6:30 PM-7:00 PM
#255513	Jul 20-23	M-Th	10:10 AM-10:40 AM
#255514	Jul 20-23	M-Th	5:50 PM-6:20 PM
#255515	Jul 27-30	M-Th	10:50 AM-11:20 AM

SWIM LESSON - LEVEL 1 INTRO WATER SKILLS

Course Fee: \$39

#255516	Jun 13-27	Sa	9:30 AM-10:00 AM
#255523	Jul 11-Aug 1	Sa	11:30 AM-12:00 PM

Course Fee: \$41

#255519	Jun 29-Jul 2	M-Th	10:50 AM-11:20 AM
#255520	Jun 29-Jul 2	M-Th	5:10 PM-5:40 PM
#255521	Jul 6-9	M-Th	9:30 AM-10:00 AM
#255522	Jul 6-9	M-Th	5:10 PM-5:40 PM
#255524	Jul 27-30	M-Th	5:50 PM-6:20 PM

Course Fee: \$56

#255517	Jun 16-25	Tu-Th	10:10 AM-10:40 AM
#255518	Jun 16-25	Tu-Th	5:10 PM-5:40 PM

SWIM LESSON - LEVEL 2 FUNDAMENTAL SKILLS

Course Fee: \$39

#255527	Jun 13-27	Sa	9:30 AM-10:00 AM
#255528	Jun 13-27	Sa	10:10 AM-10:40 AM
#255536	Jul 11-25	Sa	10:10 AM-10:40 AM

Course Fee: \$41

#255531	Jun 29-Jul 2	M-Th	9:30 - 10:00 am
#255532	Jun 29-Jul 2	M-Th	10:50-11:20 am
#255533	Jun 29-Jul 2	M-Th	5:50-6:20 pm
#255534	Jul 6-Jul 9	M-Th	10:50-11:30 am
#255535	Jul 6-Jul 9	M-Th	5:10-5:40 am
#255537	Jul 20-Jul 23	M-Th	9:30-10:00 am
#255538	Jul 27-Jul 30	M-Th	10:10-10:40 am
#255539	Jul 27-Jul 30	M-Th	5:50 – 6:20 pm

Course Fee: \$56

#255529	Jun 16-25	Tu-Th	10:50 AM-11:20 AM
#255530	Jun 16-25	Tu-Th	5:50 PM-6:20 PM

WIM LESSON - LEVEL 3 STROKE DEVELOPMENT

Course Fee: \$39

#255541	Jun 13-27	Sa	11:30 AM-12:00 PM
#255549	Jul 11-25	Sa	10:10 AM-10:40 AM

Course Fee: \$41

#255545	Jun 29-Jul 2	M-Th	5:50 PM-6:20 PM
#255546	Jul 6-9	M-Th	10:10 AM-10:40 AM
#255547	Jul 6-9	M-Th	5:50 PM-6:20 PM
#255550	Jul 20-23	M-Th	10:10 AM-10:40 AM
#255551	Jul 20-23	M-Th	5:50 PM-6:20 PM
#255552	Jul 27-30	M-Th	10:10 AM-10:40 AM
#255553	Jul 27-30	M-Th	6:30 PM-7:00 PM

Course Fee: \$56

#255544	Jun 16-25	Tu-Th	6:30 PM-7:00 PM
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SWIM LESSON - LEVEL 4 STROKE IMPROVEMENT

Course Fee: \$39

#255554	Jun 13-27	Sa	10:50 AM-11:20 AM
#255562	Jul 11-25	Sa	10:50 AM-11:20 AM

Course Fee: \$41

#255560	Jun 29-Jul 2	M-Th	6:30 PM-7:00 PM
#255561	Jul 6-9	M-Th	6:30 PM-7:00 PM
#255563	Jul 20-23	M-Th	6:30 PM-7:00 PM
#255564	Jul 27-30	M-Th	10:50 AM-11:20 AM

Course Fee: \$56

#255559	Jun 16-25	Tu-Th	6:30 PM-7:00 PM
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SWIM LESSON - LEVEL 5 STROKE REFINEMENT

Course Fee: \$41

#255569	Jul 20-23	M-Th	6:30 PM-7:00 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 & 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 (low intensity), 3 (moderate intensity), 4-5 (high intensity). No swimming ability is necessary for shallow water classes but being comfortable in the water is encouraged.

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.

Hydro-Fusion (Intensity Level 3-5)

A class, designed for all fitness levels, concentrates on gaining muscular strength, coordination, and cardiovascular endurance. Individuals of all fitness levels will work towards a higher level of personal fitness.

Water Walking (Intensity level 1-2)

Flexibility, range of motion and cardiovascular endurance are the focus of this class, allowing participants to reach a higher level of personal fitness.

Water Walking Plus (Intensity level 3)

Class involves faster movements with exercises and combination movements than those in the water walking class for the more advanced walker.

Pool-Pilates (Intensity level 1-2)

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

Deep Water Classes

For Deep water classes, although flotation equipment is used in most classes, participants should be comfortable in deep water and have minimum swimming ability.

Intervals (Level 3-4)

Combination of high and low intensity exercises.

Power Hour (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	6:00 PM-7:00 PM
Sat	8:00 AM-9:00 AM

Optimist Aquatic Center

Shallow Water Exercise – Water Walking Plus

M, W, F	9:00 AM-10:00 AM
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Shallow Water Exercise – Hydro-Fusion

M, W, F	10:00 AM-11:00 AM
Tu, Th	9:00 AM-10:00 AM

Deep Water Exercise - Intervals

M, W, F	11:00 AM-12:00 PM
Tu, Th	8:00 AM-9:00 AM

Course begins on June 15, 2020

Pullen Aquatic Center

Shallow Water Exercise – Join-t Class

M, W, F	9:45 AM-10:45 AM
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Shallow Water Exercise – Pool-Pilates

Tu, Th	10:00 AM-11:00 AM
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Shallow Water Exercise – Water Walking

Tu, Th	11:00 AM-12:00 PM
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Deep Water Exercise - Intervals

M, W, F	8:30 AM-9:30 AM
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ADULT SWIM LESSONS

BUFFALOE ROAD AQUATIC CENTER

Non-residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$45

#253773 Jul 11-25 Sa 12:10 PM-12:50 PM

Course Fee: \$47

#253770 May 30-Jun 20 Sa 12:10 PM-12:50 PM

#253776 Aug 8-29 Sa 12:10 PM-12:50 PM

Course Fee: \$62

#253769 May 12-28 Tu, Th 6:30 PM-7:10 PM

#253771 Jun 16-Jul 2 Tu, Th 11:30 AM-12:10 PM

#253772 Jun 16-Jul 2 Tu, Th 6:30 PM-7:10 PM

#253774 Jul 14-30 Tu, Th 11:30 AM-12:10 PM

#253775 Jul 14-30 Tu, Th 6:30 PM-7:10 PM

#253777 Aug 11-27 Tu, Th 6:30 PM-7:10 PM

ADULT REFINING SWIM STROKES CLASS

Course Fee: \$45

#253782 Jul 11-25 Sa 12:10 PM-12:50 PM

Course Fee: \$47

#253779 May 30-Jun 20 Sa 12:10 PM-12:50 PM

#253785 Aug 8-29 Sa 12:10 PM-12:50 PM

Course Fee: \$62

#253778 May 12-28 Tu, Th 6:30 PM-7:10 PM

#253780 Jun 16-Jul 2 Tu, Th 11:30 AM-12:10 PM

#253781 Jun 16-Jul 2 Tu, Th 6:30 PM-7:10 PM

#253783 Jul 14-30 Tu, Th 11:30 AM-12:10 PM

#253784 Jul 14-30 Tu, Th 6:30 PM-7:10 PM

#253786 Aug 11-27 Tu, Th 6:30 PM-7:10 PM

LAKE JOHNSON POOL

Non-residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$47

#253920 Jul 13-16 M-Th 7:10 PM-7:50 PM

#253921 Jul 27-30 M-Th 7:10 PM-7:50 PM

LONGVIEW POOL

Non-residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$45

#253942 Jul 11-25 Sa 11:30 AM-12:10 PM

Course Fee: \$47

#253943 Jul 6-9 M-Th 7:10 PM-7:50 PM

MILLBROOK AQUATIC CENTER

Non-residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$45

#254208 Jul 11-25 Sa 8:40 AM-9:20 AM

Course Fee: \$47

#254205 May 30-Jun 20 Sa 8:40 AM-9:20 AM

#254206 Jun 29-Jul 2 M-Th 7:10 PM-7:50 PM

#254210 Aug 8-29 Sa 8:40 AM-9:20 AM

Course Fee: \$62

#254204 May 4-20 M, W 7:10 PM-7:50 PM

#254207 Jul 7-16 Tu-Th 7:10 PM-7:50 PM

#254209 Jul 21-30 Tu-Th 7:10 PM-7:50 PM

ADULT REFINING SWIM STROKES CLASS

Course Fee: \$47

#254212 Jun 29-Jul 2 M-Th 7:10 PM-7:50 PM

#254215 Aug 8-29 Sa 8:40 AM-9:20 AM

Course Fee: \$62

#254211 Jun 2-11 Tu-Th 7:10 PM-7:50 PM

#254213 Jul 7-16 Tu-Th 7:10 PM-7:50 PM

#254214 Jul 21-30 Tu-Th 7:10 PM-7:50 PM



ADULT SWIM LESSONS

OPTIMIST AQUATIC CENTER

Non-residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$47

#254487 Aug 8-29 Sa 9:20 AM-10:00 AM

Course Fee: \$62

#254482 Jun 1-11 M, W-Th 7:10 PM-7:50 PM

#254483 Jun 22-Jul 2 M, W-Th 7:10 PM-7:50 PM

#254484 Jul 13-23 M, W-Th 7:10 PM-7:50 PM

#254486 Aug 3-13 M, W-Th 7:10 PM-7:50 PM

ADULT REFINING SWIM STROKES CLASS

Course Fee: \$47

#254492 Aug 8-29 Sa 9:20 AM-10:00 AM

Course Fee: \$62

#254488 Jun 1-11 M, W-Th 7:10 PM-7:50 PM

#254489 Jun 22-Jul 2 M, W-Th 7:10 PM-7:50 PM

#254490 Jul 13-23 M, W-Th 7:10 PM-7:50 PM

#254491 Aug 3-13 M, W-Th 7:10 PM-7:50 PM

PULLEN AQUATIC CENTER:

Non-residents: Add \$15 to course fee

ADULT LEARNING THE BASICS SWIM CLASS

Course Fee: \$62

#255073 Jun 15-25 M, W-Th 7:10 PM-7:50 PM

#255074 Jun 29-Jul 9 M, W-Th 7:10 PM-7:50 PM

#255075 Jul 20-30 M, W-Th 7:10 PM-7:50 PM

#255076 Aug 3-13 M, W-Th 7:10 PM-7:50 PM

Course Fee: \$79

#255072 May 12-Jun 4 Tu, Th 7:10 PM-7:50 PM

ADULT REFINING SWIM STROKES CLASS

Course Fee: \$62

#255096 Jun 15-25 M, W-Th 7:10 PM-7:50 PM

#255098 Jun 29-Jul 9 M, W-Th 7:10 PM-7:50 PM

#255099 Jul 20-30 M, W-Th 7:10 PM-7:50 PM

#255100 Aug 3-13 M, W-Th 7:10 PM-7:50 PM

Course Fee: \$79

#255095 May 12-Jun 4 Tu, Th 7:10 PM-7:50 PM

BIRTHDAY PARTIES

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.

For information on days, dates and times are available please contact or visit the facility where you would like to have your party.

PARTY DAYS/TIMES AND RESERVATION FEES:

All registrations must be made in person at the facility.

Buffaloe Road Aquatic Center | Party Room \$90

Wed 1:30-3:00 PM; 3:30-5:00 PM

Fri 3:00-4:30 PM; 5:00-6:30 PM

Sat 1:00-2:30 PM; 3:00-4:30 PM; 5:00-6:30 PM

Sun 1:00-2:30 PM; 3:00-4:30 PM

Millbrook Aquatic Center | Aquatic Shelter \$50, Pool Deck Area \$20

Sat 10:00-11:30 AM - Toddler Area ONLY; 12:30-2:00 PM;

3:00-4:30 PM; 5:30-7:00 PM

Sun 1:30-3:00 PM; 4:00-5:30 PM

Optimist Aquatic Center | Pool Deck Area \$20

Sat 10:00-11:30 AM Toddler Area ONLY; 12:30-2:00 PM;

3:00-4:30 PM; 5:30-7:00 PM

Sun 1:30-3:00 PM; 4:00-5:30 PM

Biltmore, Lake Johnson, Longview, & Ridge Road | Pool Deck Area \$20

Sat 10:00-11:30 AM; 12:30-2:00 PM; 3:00-4:30 PM; 5:30-7:00 PM

Sun 1:30-3:00 PM; 4:00-5:30 PM

Pullen Aquatic Center | Classroom \$70, Mezzanine \$50

Sat 12:30-2:00 PM; 3:00-4:30 PM; 5:30-7:00 PM

Sun 1:30-3:00 PM; 4:00-5:30 PM

Admission fees [see front of brochure]



INTRA-CITY SWIM TEAMS

SWIM TEAM - INTRA-CITY SWIM ASSOCIATION

Course Fee: \$74

Non-residents: Add \$15 to course fee

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.

Biltmore Pool Barracudas (BH)

#253644	Jun 15-Aug 3	M, W, F	6:15 PM-7:00 PM	Ages 3-18
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Buffaloe Road Aquatic Center Blue Whales (BRAC)

#253787	Jun 15-Aug 3	M, W, F	4:15 PM-5:00 PM	Ages 3-8
#253788	Jun 15-Aug 3	M, W, F	5:15 PM-6:00 PM	Ages 3-10
#253789	Jun 15-Aug 3	M, W, F	6:15 PM-7:00 PM	Ages 11-18

Lake Johnson Pool Green Rays (LJ)

#253922	Jun 15-Aug 3	M, W, F	9:00 AM-9:45 AM	Ages 3-18
#253923	Jun 15-Aug 3	M, W, F	6:15 PM-7:00 PM	Ages 3-10
#253924	Jun 15-Aug 3	M, W, F	7:15 PM-8:00 PM	Ages 11-18

Longview Pool Yellow Sharks (LV)

#253979	Jun 15-Aug 3	M, W, F	9:00 AM-9:45 AM	Ages 3-18
#253982	Jun 15-Aug 3	M, W, F	6:15 PM-7:00 PM	Ages 3-10
#253983	Jun 15-Aug 3	M, W, F	7:15 PM-8:00 PM	Ages 11-18

Millbrook Aquatic Center Marlins (MAC)

#254232	Jun 15-Aug 3	M, W, F	8:30 AM-9:15 AM	Ages 3-18
#254237	Jun 15-Aug 3	M, W, F	6:00 PM-6:45 PM	Ages 3-10
#254238	Jun 15-Aug 3	M, W, F	7:00 PM-7:45 PM	Ages 11-18

Optimist Aquatic Center Otters (OAC)

#254529	Jun 15-Aug 3	M, W, F	9:00 AM-9:45 AM	Ages 3-18
#254530	Jun 15-Aug 3	M, W, F	6:00 PM-6:45 PM	Ages 3-10
#254531	Jun 15-Aug 3	M, W, F	7:00 PM-7:45 PM	Ages 11-18

Pullen Aquatic Center Pirates (PAC)

#255115	Jun 15-Aug 3	M, W, F	5:30 PM-6:15 PM	Ages 3-10
#255116	Jun 15-Aug 3	M, W, F	6:30 PM-7:15 PM	Ages 11-18

Ridge Road Pool Red Dolphins (RR)

#255591	Jun 15-Aug 3	M, W, F	9:00 AM-9:45 AM	Ages 3-18
#255622	Jun 15-Aug 3	M, W, F	6:15 PM-7:00 PM	Ages 3-10
#255627	Jun 15-Aug 3	M, W, F	7:15 PM-8:00 PM	Ages 11-18



SPECIALTY CLASSES

JUNIOR LIFEGUARD

The City of Raleigh Junior Lifeguard Program provides youth ages 11-14 an introduction into the role of a professional lifeguard. The program helps participants build a foundation of knowledge, attitudes and skills that they will need to be responsible future lifeguards. Lessons are grouped into four main areas: prevention, response, leadership, and professionalism. For additional information please contact Lake Johnson Pool at 919-233-2111.

Course Fee: \$135

Non-residents: Add \$15 to course fee

Lake Johnson Pool

To view a list of available courses please visit reclink.raleighnc.gov. For questions and to register, please contact any aquatic facility.

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

To view a list of available courses please visit reclink.raleighnc.gov. For questions and to register, please contact any aquatic facility.

Pullen Aquatic Center

To view a list of available courses please visit reclink.raleighnc.gov. For questions and to register, please contact any aquatic facility.

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

To view a list of available courses please visit reclink.raleighnc.gov. For questions and to register, please contact any aquatic facility.

Pullen Aquatic Center

To view a list of available courses please visit reclink.raleighnc.gov. For questions and to register, please contact any aquatic facility.





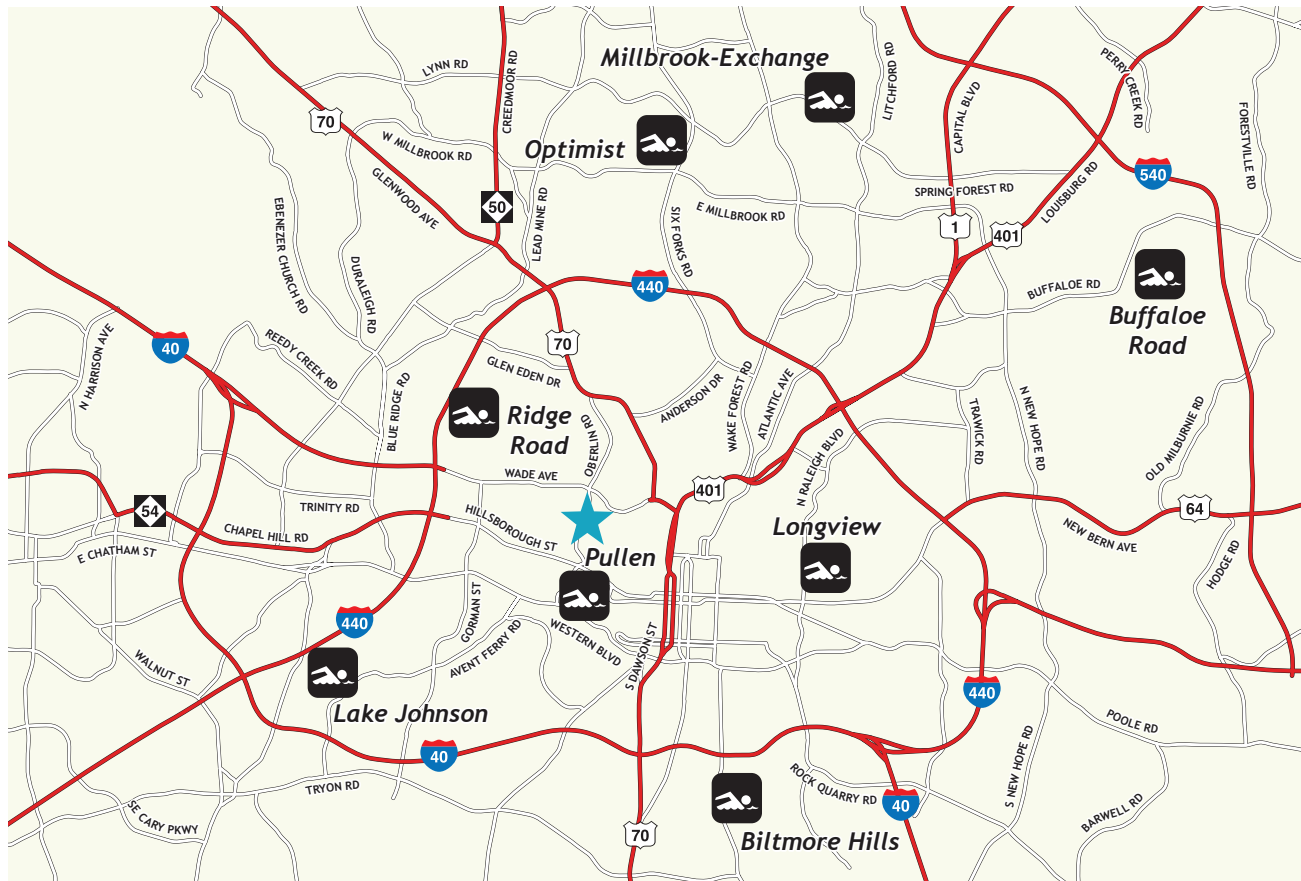
RALEIGH Parks,
Recreation and
Cultural Resources
parks.raleighnc.gov

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:** raleighnc.gov/aquatics • **Register:** reclink.raleighnc.gov

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