

Rodale Aquatic Center for Civic Health

Session D 2012 Class Schedules and Prices

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CEDAR CREST
COLLEGE

www.cedarcrest.edu

2012 SESSION D OFFERINGS

Session	Class Dates	Registration Dates
Session D	February 27-April 15	February 13-19 Current Students February 20-26 Past/New Students

The facility will be closed on the following dates:

Friday, April 6, 2012..... Friday in Spring
 Saturday, April 7, 2012Saturday in Spring
 Sunday, April 8, 2012Easter

Hours of Operation

Facility closes under severe weather and thunderstorms.

Monday, Wednesday, Friday 5:30 a.m. – 9:00 p.m.
 Tuesday, Thursday 5:30 a.m. – 8:00 p.m.
 Saturday 7:00 a.m. – 6:00 p.m.
 Sunday 11:00 a.m. – 5:00 p.m.

Family Swim Hours

Friday 7:00 p.m. – 8:45 p.m.
 Saturday 1:30 p.m. – 3:30 p.m.
 Sunday 3:00 p.m. – 4:45 p.m.

Two ways to purchase family swim

By the Session - \$84 for 8 weeks
 By the Visit - \$10 for one visit

Practice swims for all programs

\$4 per practice swim

For current detailed course descriptions, please see our latest informational brochure. To enroll/register, please complete the registration form and follow registration procedures as stated in the Program Guide. Information and registration forms are also available at www.rodaleaquaticcenter.org

PARENT/CHILD 7 CLASSES PER SESSION

Little Pearls (6 months to 18 months)

Day/ Class	Time	Code	Per Session
Tuesday	5:30 p.m.	PCL20530p	\$76
Thursday	8:30 a.m.	PCL40830a	\$76
Thursday	4:00 p.m.	PCL40400p	\$76
Saturday	9:00 a.m.	PCL60900a	\$65

Cultured Pearls (19 months to 24 months)

Day/ Class	Time	Code	Per Session
Tuesday	8:30 a.m.	PCC20830a	\$76
Friday	8:30 a.m.	PCC50830a	\$65
Saturday	11:30 a.m.	PCC61130a	\$76

Starfish (approximately 2 to 3.5 years)

Day/ Class	Time	Code	Per Session
Monday	8:30 a.m.	PCS10830a	\$76
Tuesday	4:00 p.m.	PCS20400p	\$76
Thursday	5:30 p.m.	PCS40530p	\$76
Sunday	12:30 p.m.	PCS71230p	\$65

GROUP CLASSES 7 CLASSES PER SESSION

Our programming structure does not allow for make-up classes.

Red Cross Level 1 • 4 Students per instructor

Day	Time	Code	Per Session
Monday	9:00a.m.	LV110900a	\$90
Monday	6:00 p.m.	LV110600p	\$90
Tuesday	3:30 p.m.	LV120330p	\$90
Tuesday	5:30 p.m.	LV120530p	\$90
Wednesday	9:00 a.m.	LV130900a	\$90
Wednesday	5:30 p.m.	LV130530p	\$90
Thursday	9:30 a.m.	LV140930a	\$90
Thursday	3:30 p.m.	LV140330p	\$90
Thursday	5:00 p.m.	LV140500p	\$90
Friday	6:00 p.m.	LV150600p	\$77
Saturday	9:00 a.m.	LV160900a	\$77
Sunday	11:30 a.m.	LV171130a	\$77

Red Cross Level 1+ • 4 Students per instructor

Day	Time	Code	Per Session
Monday	5:00 p.m.	LV1+10500p	\$90
Monday	5:30 p.m.	LV1+10530p	\$90
Tuesday	9:00 a.m.	LV1+20900a	\$90
Tuesday	6:00 p.m.	LV1+20600p	\$90
Wednesday	9:30 a.m.	LV1+30930a	\$90
Wednesday	4:30 p.m.	LV1+30430p	\$90
Thursday	9:00 a.m.	LV1+40900a	\$90
Thursday	4:30 p.m.	LV1+40430p	\$90
Saturday	10:00 a.m.	LV1+61000a	\$77
Saturday	11:30 a.m.	LV1+61130a	\$77
Sunday	1:00 p.m.	LV1+70100p	\$77
Sunday	2:00 p.m.	LV1+70200p	\$77

Red Cross Level 2 • 4 Students per instructor

Day	Time	Code	Per Session
Monday	9:30a.m.	LV210930a	\$90
Monday	4:00 p.m.	LV210400p	\$90
Monday	6:00 p.m.	LV210600p	\$90
Tuesday	4:30 p.m.	LV220430p	\$90
Wednesday	9:00a.m.	LV230900a	\$90
Wednesday	4:30 p.m.	LV220430p	\$90
Thursday	9:30a.m.	LV240930a	\$90
Thursday	4:30 p.m.	LV240430p	\$90
Thursday	6:00 p.m.	LV240600p	\$90
Saturday	9:30 a.m.	LV260930a	\$77
Sunday	1:30 p.m.	LV270130p	\$77
Sunday	2:00 p.m.	LV270200p	\$77

Red Cross Level 2+ • 4 Students per instructor

Day	Time	Code	Per Session
Monday	5:30 p.m.	LV2+10530p	\$90
Tuesday	9:30 a.m.	LV2+20930a	\$90
Tuesday	6:00 p.m.	LV2+20600p	\$90
Wednesday	5:00 p.m.	LV2+30500p	\$90
Thursday	4:30 p.m.	LV2+40430p	\$90
Friday	9:30 a.m.	LV2+50930a	\$77
Friday	6:00 p.m.	LV2+50600p	\$77
Saturday	9:30 a.m.	LV2+60930a	\$77
Sunday	12:00 p.m.	LV2+701200p	\$77
Sunday	1:30 p.m.	LV2+70130p	\$77

Red Cross Level 3 • 4 Students per instructor

Day	Time	Code	Per Session
Monday	4:30 p.m.	LV310430p	\$90
Tuesday	3:30 p.m.	LV320330p	\$90
Tuesday	5:00 p.m.	LV320500p	\$90
Wednesday	9:30a.m.	LV330930a	\$90
Wednesday	5:30 p.m.	LV330530p	\$90
Thursday	3:30 p.m.	LV340330p	\$90
Thursday	5:00 p.m.	LV340500p	\$90
Thursday	6:00 p.m.	LV340600p	\$90
Friday	9:00 a.m.	LV350900a	\$77
Saturday	10:00a.m.	LV361000a	\$77
Sunday	1:00 p.m.	LV370100p	\$77
Sunday	2:00 p.m.	LV370200p	\$77

Red Cross Level 4 • 5 Students per instructor

Day	Time	Code	Per Session
Tuesday	5:00 p.m.	LV420500p	\$90
Wednesday	5:00 p.m.	LV430500p	\$90
Thursday	5:00 p.m.	LV440500p	\$90
Friday	5:00 p.m.	LV450500p	\$77
Saturday	9:00 a.m.	LV460900a	\$77
Sunday	11:00 a.m.	LV471100a	\$77

Red Cross Level 5 • 5 Students per instructor

Day	Time	Code	Per Session
Monday	5:00 p.m.	LV510500p	\$90
Wednesday	5:30 p.m.	LV530530p	\$90
Thursday	5:00 p.m.	LV540500p	\$90
Friday	5:00 p.m.	LV550500p	\$77
Saturday	11:30 a.m.	LV561130a	\$77
Sunday	12:30 p.m.	LV571230p	\$77

YES I CAN – YOUTH SWIMMING FOR SPORT AND FITNESS

Monday – Friday 5:00 – 7:00 p.m.
 Saturday 12:00 – 1:30 p.m.

6 Visits \$78.00 18 Visits \$162.00
 12 Visits \$132.00 24 Visits \$180.00

HOME SCHOOL Ratio 15:2

Day	Time	Code	Per Session
Monday	1:00 p.m.	HOME10100p	\$65*
Friday	2:00 p.m.	HOME50200p	\$65*

*\$50.00 for the second sibling, \$35.00 for third and additional siblings.

ADAPTED AQUATICS

Price: \$175 per participant for 7 classes.

SEMI-PRIVATE CLASSES Ratio: 2:1

Price: \$168 per participant for 7 classes.

PRIVATE CLASSES Ratio: 1:1

Price: \$238 per participant for 7 classes.

ADULT CLASSES

LAP & LEARN

Price: \$104 for 8 weeks.

MASTERS SWIMMING

Monday – Friday 5:30 a.m.; Saturday 7:00 a.m.; Sunday 11:00 a.m.
 Price: \$303.00 for 6 months; \$60.00/month; \$10.00/visit

SPECIALTY CLASSES

FLEXIBLE PRICING/VISIT STRUCTURE FOR THE FOLLOWING COURSES ONLY:

Advanced Workout	M/F	9:30 - 10:45 a.m.
Beginning Masters.....	W	9:30 - 10:45 a.m.
Kick & Core.....	M	11:00 - 12:15 p.m.
Mindful Swimming.....	W	11:00 - 12:15 p.m.

This system will give you the flexibility in your choice of classes, as well as days and times for your busy schedule within the seven-week session. The flexible scheduling system works internally through our computer system with your I.D. card. Each time you check-in for class, you will receive a receipt confirming the number of visits remaining on your account. If you choose to participate in more than one class per visit, please inform the staff at the front desk so that they can subtract the appropriate number of visits from your account.

Structure & Costs

7 Visits.....\$69

- Visits must be purchased in increments of 7 (based upon swim school instruction guidelines).
- Additional single visits can be purchased for \$10 each.
- Class participation requires the use of a "visit" from your account.

Restrictions

- All refunds require a signed doctor's note.
- Practice swims may not be used for class participation.

AQUATIC FITNESS CLASSES

FLEXIBLE SCHEDULING SYSTEM

7 classes.....	\$55
14 classes.....	\$105
21 classes.....	\$143
28 classes.....	\$176
35 classes.....	\$215
42 classes.....	\$253

* You will be charged for each class you attend.

AQUA PILATES

M.....	7:15 p.m.
T/TH.....	11:00 a.m.
SAT.....	12:30 p.m.

ARTHRITIS SHALLOW WATER

M/W/F.....	11:00 a.m.
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ARTHRITIS PLUS SHALLOW WATER

M/W/F.....	10:00 a.m.
T/TH.....	12:00 p.m.

AQUATICISE

M/W.....	6:30 p.m.
M/W/F.....	9:00 a.m.
T/TH.....	10:00 a.m.
SAT.....	11:30 a.m.

DEEP WATER RUNNING

SAT.....	9:00 a.m.
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DEEP WATER WORKOUT

M/T/W/TH/F.....	9:00 a.m.
M/W.....	5:30 p.m.
T/TH.....	6:00 p.m.

HYDRORIDER BIKE

M.....	5:45 p.m.
T/TH.....	9:00 a.m.
SAT.....	8:00 a.m.

MOMS IN MOTION

W.....	6:15 p.m.
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MULTIPLE SCLEROSIS SHALLOW WATER

M/W/F.....	10:00 a.m.
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SUPER CIRCUIT

T/TH.....	4:30 p.m.
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ZUMBA

T/TH.....	6:30 p.m.
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RED CROSS CERTIFICATION

PROFESSIONAL CPR/AED – \$100

Day	Time	Code
SAT 2/4/2012	9-4 p.m.	RCPR020412
SAT 02/25/11	10 a.m.-5 p.m.	RCPR022512
M/W 03/19/12 & 03/21/12	5-9 p.m.	RCPR031912
M/W 04/09/12 & 04/11/12	5-9 p.m.	RCPR040912
SAT 05/05/12	10 a.m.-5 p.m.	RCPR050512
M/W 06/04/12 & 06/06/12,	5-9 p.m.	RCPR060412

PROFESSIONAL CPR/AED REVIEW \$80

You must bring your own pocket mask.

Day	Time	Code
SAT 1/14/2012	11:30-3:30 p.m.	RCPRR011412
W 02/22/12	5-9 p.m.	RCPRR022212
W 04/18/12	5-9 p.m.	RCPRR041812
W 05/02/12	5-9 p.m.	RCPRR050212
M 05/14/12	5-9 p.m.	RCPRR051412
SAT 05/19/12	10 a.m.-2 p.m.	RCPRR051912
SAT 06/02/11	11:30-3:30 p.m.	RCPRR060212

CPR/FIRST AID FOR PARENTS \$70

Day	Time	Code
SAT 03/17/12	10 a.m.-4 p.m.	RCPR1ST031712
SAT 06/09/12	10 a.m.-4 p.m.	RCPR1ST060912

LIFEGUARDING \$350

Day	Time	Code
M/W 02/27/12-03/26/12	6-9 p.m.	RLGT022712
T/R 4/12/2012 to 5/10/12	5-8pm	RLGT041212
SAT 4/14/2012 to 5/12/12	9-3pm	RLGT041412
T/W/TH 5/15/2012 to 5/24/12	4:00-8pm	RLGT051512
M/T/W/TH/F/SAT 06/11/12-06/16/12		RLGT061112

Times: M/T/W/TH/F 4-9 p.m. and SAT 9 a.m.-4 p.m.

LIFEGUARDING CHALLENGE/REVIEW \$200

Day	Time	Code
SAT 02/25/12	10 a.m.-4 p.m.	RLGTR022512
SAT 03/31/12	10 a.m.-4 p.m.	RLGTR033112
SAT 5/26/2012	10 a.m.-4 p.m.	RLGTC052612

