

RODALE AQUATIC



CENTER

for civic health

CEDAR CREST COLLEGE

Winter 2010 Class Schedules and Prices

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2010 WINTER SESSION C & D OFFERINGS

Session	Class Dates	Registration Dates
Session C	January 4 – February 21	December 14-20 Current Students December 21-27 Past/New Students
Session D	March 1 – April 18	February 15-21 Current Students February 22-28 1 Past/New Students

The facility will be closed on the following dates:

Thursday, December 31, 2009	New Year's Eve
Friday, January 1, 2010	New Year's Day
Friday, April 2, 2010	Friday in Spring
Sunday, April 4, 2010	Easter

Hours of Operation

Monday, Wednesday, Friday	5:30am – 9:00pm
Tuesday, Thursday	5:30am – 8:00pm
Saturday	7:00am – 6:00pm
Sunday	11:00am – 5:00pm

Family Swim Hours

Friday	7:00pm-8:45pm
Saturday	1:30pm-2:45pm and 5:00pm-5:45pm
Sunday	3:00pm-4:45pm

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

\$4.00 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.

PARENT/CHILD 7 CLASSES PER SESSION

LITTLE PEARLS (6 months to 18 months) Ratio - 15:1

Day/ Class	Time	Code	Per Session
Monday	8:30 am	PCL10830a	\$76
Tuesday	5:30 pm	PCL20530p	\$76
Thursday	8:30 am	PCL40830a	\$76
Thursday	5:30 pm	PCL40530p	\$76
Saturday	10:30 am	PCL61030a	\$76
Sunday	2:00 pm	PCL70200p	\$76

CULTURED PEARLS (19 months to 24 months) Ratio - 15:1

Day/ Class	Time	Code	Per Session
Monday	4:00 pm	PCC10400p	\$76
Tuesday	8:30 am	PCC20830a	\$76
Wednesday	4:00 pm	PCC30400p	\$76
Friday	8:30 am	PCC50830a	\$76
Saturday	11:00 am	PCC61100a	\$76

STARFISH (approximately 2 to 3.5 years) Ratio - 15:1

Day/ Class	Time	Code	Per Session
Tuesday	4:00 pm	PCS20400p	\$76
Thursday	4:00 pm	PCS40400p	\$76
Sunday	12:30 pm	PCS71230p	\$76

GROUP CLASSES 7 CLASSES PER SESSION

RED CROSS LEVEL 1 • 4 Students per instructor

Day	Time	Code	Per Session
Monday	9:00 am	LV110900a	\$90
Monday	6:00 pm	LV110600p	\$90
Tuesday	5:00 pm	LV120500p	\$90
Wednesday	5:30 pm	LV130530p	\$90
Thursday	9:00 am	LV140900a	\$90
Thursday	5:00 pm	LV140500p	\$90
Saturday	9:00 am	LV160900a	\$90

RED CROSS LEVEL 1+ • 4 Students per instructor

Day	Time	Code	Per Session
Monday	5:00 pm	LV1+10500p	\$90
Tuesday	9:00 am	LV1+20900a	\$90
Wednesday	4:30 pm	LV1+30430p	\$90
Sunday	1:00 pm	LV1+70100p	\$90

RED CROSS LEVEL 2 • 4 Students per instructor

Day	Time	Code	Per Session
Monday	9:30 am	LV210930a	\$90
Monday	6:00 pm	LV210600p	\$90
Tuesday	4:30 pm	LV220430p	\$90
Wednesday	9:00 am	LV230900a	\$90
Thursday	9:30 am	LV240930a	\$90
Thursday	4:30 pm	LV240430p	\$90
Sunday	1:30 pm	LV270130p	\$90

RED CROSS LEVEL 2+ • 4 Students per instructor

Day	Time	Code	Per Session
Monday	5:30 pm	LV2+10530p	\$90
Tuesday	9:30 am	LV2+20930a	\$90
Wednesday	5:00 pm	LV2+30500p	\$90
Friday	9:30 am	LV2+50930a	\$90
Saturday	9:30 am	LV2+60930a	\$90

RED CROSS LEVEL 3 • 4 Students per instructor

Day	Time	Code	Per Session
Monday	4:30 pm	LV310430p	\$90
Tuesday	3:30 pm	LV320330p	\$90
Wednesday	9:30 am	LV330930a	\$90
Thursday	3:30 pm	LV340330p	\$90
Friday	9:00 am	LV350900a	\$90
Saturday	10:00 am	LV361000a	\$90

RED CROSS LEVEL 4 • 5 Students per instructor

Day	Time	Code	Per Session
Tuesday	5:00 pm	LV420500p	\$90
Tuesday	5:30 pm	LV420530p	\$90
Friday	5:00 pm	LV450500p	\$90
Friday	5:30 pm	LV450530p	\$90
Saturday	10:30 am	LV461030a	\$90
Sunday	2:00 pm	LV470200p	\$90

RED CROSS LEVEL 5 • 5 Students per instructor

Day	Time	Code	Per Session
Tuesday	5:00 pm	LV520500p	\$90
Tuesday	5:30 pm	LV520530p	\$90
Friday	5:00pm	LV550500P	\$90
Friday	5:30pm	LV550530P	\$90
Saturday	10:00 am	LV561000a	\$90

YES I CAN – YOUTH SWIMMING FOR SPORT AND FITNESS

Monday – Friday 5:00 – 7:00 pm
 Saturday 12:00 – 1:30 pm

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

ADAPTED AQUATICS

Price: \$101 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.

HOME SCHOOL Ratio 15:2

Day	Time	Code	Price
Monday	1:00 pm	HOME10100P	\$65*
Friday	2:00 pm	HOME50200P	\$65*

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

ADULT CLASSES

LAP & LEARN

Price: \$104.00 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

FLEXIBLE PRICING/VISIT STRUCTURE FOR THE FOLLOWING SPECIALTY COURSES ONLY:

Advanced WorkoutM 9:30 - 10:45 a.m.
 Beginning MastersW 9:30 - 10:45 a.m.
 Fun with Scott.....F 9:00 - 10:15 a.m.
 Kick & CoreM 11:00 - 12:15 p.m.
 Mindful SwimmingW 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 eight-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 class visits\$55.00
 14 class visits\$105.00
 21 class visits\$143.00
 28 class visits\$176.00
 35 class visits\$215.00
 42 class visits\$253.00

AQUA PILATES

M..... 7:15 pm
 W..... 7:00 pm
 T/TH 11:00 am
 SAT..... 12:30 pm

ARTHRITIS SHALLOW WATER

M/W/F..... 11:00 am

ARTHRITIS PLUS SHALLOW WATER

M/W/F..... 10:00 am
 T/TH 12:00 pm

AQUATICISE

M/W/F..... 9:00 am
 M/W 5:30 pm
 M..... 6:30 pm
 W/F..... 6:15 pm
 T/TH 10:00 am
 T/TH 6:30 pm
 T/TH 7:15 pm
 SAT..... 11:30 am

DEEP WATER WORKOUT

M/T/W/TH/F..... 9:00 am
 M/W/F..... 5:30 pm
 T/TH 6:30 pm
 W..... 6:15 pm
 SAT..... 9:00 am

HYDRORIDER BIKE

M.....	6:00 pm
T/TH	9:00 am
SAT.....	8:00 am

INSTRUCTOR'S CHOICE

SAT.....	8:30 am
T/TH	4:30 pm

MOMS IN MOTION

W.....	6:00 pm
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MULTIPLE SCLEROSIS SHALLOW WATER

M/W/F.....	10:00 am
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SUPER CIRCUIT

T/TH	5:15 pm
SAT.....	7:15 am

RED CROSS CERTIFICATION**PROFESSIONAL CPR/AED – \$60.00**

Day	Code	Time
1/23/2010, 10-5pm SAT	RCPR012310	5-9pm
1/25/2010 & 1/27/2010 M/W	RCPR012510	5-9pm
2/6/2010 SAT	RCPR020610	10-5pm
2/20/2010 SAT	RCPR022010	10-5pm
3/13/2010 SAT	RCPR031310	10-5pm
3/23/2010 & 3/25/2010 T/TH	RCPR032310	5-9pm
4/6/2010 & 4/8/2010 T/TH	RCPR040610	5-9pm
6/5/2010 SAT	RCPR060510	10-5pm

PROFESSIONAL CPR/AED CHALLENGE \$40**You must bring your own pocket mask.**

Day	Code	Time
1/13/2010 W	RCPRC011310	5-8pm
1/16/2010 SAT	RCPRC011610	12-3pm
1/30/2010 SAT	RCPRC013010	10-1pm
2/3/2010 W	RCPRC020310	5-8pm
2/9/2010 T	RCPRC020910	5-8pm
2/25/2010 TH	RCPRC022510	5-8pm
3/18/2010 TH	RCPRC031810	5-8pm
3/27/2010 SAT	RCPRC032710	10-1pm
4/14/2010 W	RCPRC041410	5-8pm
5/5/2010 W	RCPRC050510	5-8pm
5/17/2010 M	RCPRC051710	5-8pm
5/22/2010 SAT	RCPRC052210	10-1pm
6/3/2010 TH	RCPRC060310	5-8pm

LIFEGUARD TRAINING (INCLUDES CPR/AED AND 1ST AID) – \$225

Day	Code	Time
3/1/2010 to 3/29/2010 M/W	RLGT030110	6-9pm
4/15/2010 to 5/13/2010 T/TH	RLGT041510	6-9pm
4/17/2010 to 5/15/2010 SAT	RLGT041710	10-4pm
5/18/2010 to 5/27/2010, T/W/TH	RLGT051810	3:30-8pm
6/14 – 6/16/2010 3-6pm and 6/17 – 6/19/2010 10-4pm M-SAT	RLGT061410	

LIFEGUARDING CHALLENGE (INCLUDES CPR/AED AND 1ST AID) – \$100**You must bring your own pocket mask.**

Day	Code	Time
2/27/2010 SAT	RLGTC022710	10-4pm
4/3/2010 SAT	RLGTC040310	10-4pm
5/29/2010 SAT	RLGTC052910	10-4pm

Prerequisites: Swim 300 yards using front crawl and breast stroke continuously. Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10lbs object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or stairs, within 1 minute, 40 seconds. **MUST ATTEND ALL DATES IN THE SESSION THAT YOU ARE ENROLLED.** This program includes Basic First Aid, Professional CPR/AED, Preventing Disease Transmission and Lifeguard Training.

Cost includes: Textbook and pocket mask. Students who have a book (copyright 2007) may deduct \$20.00.