Rodale Aquatic Center for Civic Health

2017 February-April Class Schedules and Prices

100 College Drive • Allentown, Pa. 18104
Phone: 610-606-4670
Fax: 610-740-3797
email: aquatics@cedarcrest.edu

1867 CEDAR CREST COLLEGE

www.cedarcrest.edu

RAC Insert_FEB-APR 2017.indd 2 1/25/17 11:00 AM

Adult Classes

Must be 18 or older to participate.

Lap & Learn

Price: $112 for 8 weeks.
Lap & Learn schedule is available online and at the front desk.

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

Special Focus Classes

7 Visits.....$76 14 Visits $146

- Additional single visits can be purchased for $12 each.
- Class participation requires the use of a "visit" from your account.

M3 (Mid Morning Masters) is a goal oriented swim class with challenging workouts for all levels of swimmers. Come join the camaraderie and fun as we swim across the world in 2017! Our workouts focus on efficient swimming which includes a warm up, main set and cool down utilizing all four strokes, drills, kick sets and the use of pull buoys and fins. Come and experience the "Joy of Swimming" and others. Mindful swimming is a pre-requisite (if needed) to learn the mechanics of all four strokes.

M3 (Mid Morning Masters) .....M/W/F 9:30 - 10:45 a.m.
Mindful Swimming & M3.....M 10:45 - 12:00 p.m.
M3 .....W/F 10:45 - 12:00 p.m.

Aquatic Fitness Classes

Flexible Scheduling System

7 classes $62
14 classes.....$119
21 classes.....$164
28 classes.....$204
35 classes.....$250

* You will be charged for each class you attend.

Aqua Pilates

T/TH ..... 11:00 a.m.
T .....6:30 p.m.
SAT ..... 12:30 p.m.

Arthritis Shallow Water

M/W/F ..... 11:00 a.m.

Arthritis Plus Shallow Water

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

Aquaticise

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

Deep Water Running

SAT .....9:00 a.m.

Deep Water Workout

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

Dryland ISUP

M (first Monday of every month) .....7:30 p.m.

This is a yoga inspired workout combining strength, core, balance and relaxation. This 45 minute class takes place in our back classroom.

Hydrorider Bike

M.....5:30 p.m.
T/TH .....9:00 a.m.
T/TH .....5:30 p.m.
SAT .....8:00 a.m.

Moms in Motion

W .....7:15 p.m.

Multiple Sclerosis Shallow Water

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

RAC Alert System

Sign up to be notified of any unexpected pool closures. Go to **www.cedarcrest.edu** and click on *Rodale Aquatic Center* for more information.

February - April 2017 Offerings

Please Note: Schedule subject to change. Please register in person for the most up to date information. You cannot register by phone.

Session	Class Dates	Registration Dates
Session D	February 27 – April 13	February 13-18 Current Students February 20-26 Past/New Students
Session E	April 24 - June 11	April 10-13 Current Students April 17-23 Past/New Students

The facility will be closed on the following dates:

Friday, April 14, 2017 ..... Spring Break
Saturday, April 15, 2017 ..... Spring Break
Sunday, April 16, 2017 ..... Spring Break

Facility closes under severe weather and thunderstorms.

One time Processing Fee of $20 for each individual

Practice swims
$5 per practice swim for currently enrolled participants.
Anyone under age 18 may only practice during family swim hours.

Family Swim Hours
Friday 7 p.m. – 8:45 p.m.
Saturday 1:30 p.m. – 3:15 p.m.
Sunday 3 p.m. – 4:30 p.m.
$10 for one visit. **Must be currently enrolled to purchase.**

For current detailed course descriptions, please see our latest informational brochure. Please register in person for the most up-to-date information.

Parent/Child 7 Classes per Session

Little Pearls (6 months to 18 months)

Day/ Class	Time	Code	Per Session
Tuesday	4:00 p.m.	PCL20400p	$88
Saturday	9:00 a.m.	PCL60900a	$75*

Cultured Pearls (19 months to 24 months)

Day/ Class	Time	Code	Per Session
Wednesday	5:00 p.m.	PCC30500p	$88
Friday	5:30 p.m.	PCC50530p	$75*

Starfish (approximately 2 to 3.5 years)

Day/ Class	Time	Code	Per Session
Monday	8:30 a.m.	PCS10830a	$88
Monday	5:00 p.m.	PCS10500p	$88
Tuesday	5:00 p.m.	PCS20500p	$88
Saturday	11:30 a.m.	PCS71130a	$75*

*No Class April 14 and 15

Group Classes 7 Classes per Session

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

Level 1 • 4 Students per instructor
*Primary focus: Bubbles, bobbing, back float
*Exit skills: Bob with head fully submerged; assisted float on front and back

Day	Time	Code	Per Session
Monday	9:00 a.m.	LV110900a	$104
Monday	6:00 p.m.	LV110600p	$104
Tuesday	3:30 p.m.	LV120330p	$104
Tuesday	5:00 p.m.	LV120500p	$104
Wednesday	9:00 a.m.	LV130900a	$104
Thursday	9:30 a.m.	LV140930a	$104
Thursday	5:30 p.m.	LV140530p	$104
Friday	4:00 p.m.	LV150400p	$89*
Friday	5:30 p.m.	LV150530p	$89*
Saturday	9:00 a.m.	LV160900a	$89*
Sunday	1:30 p.m.	LV170130p	$89*

*No Class April 14, 15 and 16

Level 1+ • 4 Students per instructor
*Primary focus: Face in water; independent swim with kicking and arm movement
*Exit skills: Independent swim on front for 5 feet

Day	Time	Code	Per Session
Monday	4:30 p.m.	LV1+10430p	$104
Monday	5:00 p.m.	LV1+10500p	$104
Tuesday	9:00 a.m.	LV1+20900a	$104
Tuesday	6:00 p.m.	LV1+20600p	$104
Wednesday	9:30 a.m.	LV1+30930a	$104
Wednesday	5:00 p.m.	LV1+30500p	$104
Thursday	9:00 a.m.	LV1+40900a	$104
Friday	4:30 p.m.	LV1+50430p	$89*
Saturday	10:00 a.m.	LV1+61000a	$89*
Saturday	11:30 a.m.	LV1+61130a	$89*
Sunday	11:30 a.m.	LV1+71130a	$89*
Sunday	1:00 p.m.	LV1+70100p	$89*

*No Class April 14, 15 and 16

Level 2 • 4 Students per instructor
*Primary focus: Kicking with straight legs; front and back arm action
*Exit skills: Independent front and back floating; independent swim on front with face in water and back using arms and legs for 15 feet

Day	Time	Code	Per Session
Monday	9:30a.m.	LV210930a	$104
Monday	4:00 p.m.	LV210400p	$104
Monday	6:00 p.m.	LV210600p	$104
Wednesday	4:30 p.m.	LV230430p	$104
Wednesday	5:30 p.m.	LV230530p	$104
Thursday	5:00 p.m.	LV240500p	$104
Friday	6:00 p.m.	LV250600p	$89*
Saturday	9:30 a.m.	LV260930a	$89*
Saturday	11:00 a.m.	LV261100a	$89*
Sunday	1:30 p.m.	LV270130p	$89*
Sunday	2:00 p.m.	LV270200p	$89*

*No Class April 14, 15 and 16

Schedule subject to change based on instructor availability and participant requests. Register in person.

Level 2+ • 4 Students per instructor

*Primary focus: Freestyle and backstroke with effective kicks and arm action; endurance

*Exit skills: Freestyle and backstroke with proper arm and leg action for 25 feet

Day	Time	Code	Per Session
Monday	5:30 p.m.	LV2+10530p	$104
Tuesday	9:30 a.m.	LV2+20930a	$104
Tuesday	6:00 p.m.	LV2+20600p	$104
Wednesday	6:00 p.m.	LV2+30600p	$104
Thursday	4:30 p.m.	LV2+40430p	$104
Friday	5:00 p.m.	LV2+50500p	$104
Friday	6:00 p.m.	LV2+50600p	$89*
Saturday	9:30 a.m.	LV2+60930a	$89*
Sunday	12:00 p.m.	LV2+71200p	$89*
Sunday	1:30 p.m.	LV2+70130p	$89*

*No Class April 14, 15 and 16

Level 3 • 4 Students per instructor

*Primary focus: Freestyle with bi-lateral side breathing; backstroke, elementary backstroke

*Exit skills: Freestyle with bi-lateral side breathing for 15 yards; backstroke and elementary backstroke for 15 yards; tread water for 30 seconds

Day	Time	Code	Per Session
Monday	4:30 p.m.	LV310430p	$104
Tuesday	4:30 p.m.	LV320430p	$104
Wednesday	5:30 p.m.	LV330530p	$104
Thursday	6:00 p.m.	LV340600p	$104
Friday	5:00 p.m.	LV350500p	$89*
Saturday	10:00 a.m.	LV361000a	$89*
Saturday	10:30 a.m.	LV361030a	$89*
Sunday	11:00 a.m.	LV371100a	$89*
Sunday	1:00 p.m.	LV370100p	$89*

*No Class April 14, 15 and 16

Level 3+ • 4 Students per instructor

*Primary focus: Proficient in freestyle, backstroke and elementary backstroke; endurance and confidence in large pool

*Exit skills: Kneeling dive in deep end of large pool; freestyle with by-lateral side breathing, backstroke and elementary backstroke in large pool

Day	Time	Code	Per Session
Monday	4:30 p.m.	LV3+10430p	$104
Tuesday	5:30 p.m.	LV3+20530p	$104
Wednesday	6:00 p.m.	LV3+20600p	$104
Thursday	5:00 p.m.	LV3+40500p	$104
Friday	4:30 p.m.	LV3+50430p	$89*
Saturday	9:30 a.m.	LV3+60930a	$89*
Sunday	12:30 p.m.	LV3+71230p	$89*
Sunday	2:00 p.m.	LV3+70200p	$89*
Sunday	2:30 p.m.	LV3+70230p	$89*

*No Class April 14, 15 and 16

Level 4 • 5 Students per instructor

*Primary focus: Breaststroke, improving technique, endurance and lap swimming

*Exit skills: Standing dive; freestyle with bi-lateral side breathing 25 yards; breaststroke 25 yards; elementary backstroke 25 yards; tread water 1 minute

Day	Time	Code	Per Session
Tuesday	4:00 p.m.	LV420400p	$104
Tuesday	5:00 p.m.	LV420500p	$104
Wednesday	4:30 p.m.	LV430430p	$104
Thursday	4:00 p.m.	LV430400p	$104
Friday	4:00 p.m.	LV450400p	$89*
Saturday	9:00 a.m.	LV460900a	$89*
Sunday	11:30 a.m.	LV471130a	$75*

*No Class April 2, 14, 15 and 16

Level 5 • 5 Students per instructor

*Primary focus: Butterfly; technique of all strokes, endurance

*Exit skills: Standing dive; freestyle 50 yards; breaststroke 25 yards; backstroke 25 yards; butterfly 15 yards; tread water 2 minutes

Day	Time	Code	Per Session
Monday	5:00 p.m.	LV510500p	$104
Tuesday	4:30 p.m.	LV520430p	$104
Thursday	4:30 p.m.	LV540430p	$104
Saturday	11:30 a.m.	LV561130a	$89*
Sunday	12:00 p.m.	LV571200p	$75*

*No Class April 2, 15 and 16

Level 5+ • 8 Students per instructor

*Primary focus: Preparation for Yes I Can

*Exit skills: Freestyle 100 yards; backstroke 50 yards; breaststroke and butterfly 25 yards; streamline on back 25 yards; streamline underwater starts

Day	Time	Code	Per Session
Monday	6:30 p.m.	LV5+50630p	$157
Thursday	6:30 p.m.	LV5+40630p	$157
Saturday	11:00 a.m.	LV5+61100a	$135*

*No Class April 15

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 $84.00 12 Visits $168.00 18 Visits $234.00

Home School Ratio 15:2

Day	Time	Code	Per Session
Monday	1:00 p.m.	HOME10100p	$77*

*$67.00 for the second sibling, $57.00 for third and additional siblings.

Adapted Aquatics Ratio: 1:1

Price: $175 per participant for 7 classes.

Semi-Private Classes Ratio: 2:1 • Must have a partner

Price: $210 per participant for 7 classes.

Private Classes Ratio: 1:1

Price: $280 per participant for 7 classes.

Please see back for adult classes and fitness class schedule and prices.