

Rodale Aquatic Center for Civic Health

**2017**  
**September-October**  
**Class Schedules**  
**and Prices**

**100 College Drive • Allentown, Pa. 18104**

**Phone: 610-606-4670**

**Fax: 610-740-3797**

**email: [aquatics@cedarcrest.edu](mailto:aquatics@cedarcrest.edu)**



**CEDAR CREST  
COLLEGE**

**[www.cedarcrest.edu](http://www.cedarcrest.edu)**

## SEPTEMBER-OCTOBER 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 A	September 5 – October 21	August 21 – 25 Current Students August 28 – September 1 Past/New Students
Session B	October 30 – December 16	October 16 – 21 Current Students October 23 – 29 Past/New Students

### The facility will be closed on the following dates:

Saturday, September 2, 2017	Labor Day
Sunday, September 3, 2017	Labor Day
Monday, September 4, 2017	Labor Day
Sunday, October 22, 2017	Pool Maintenance

### 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 2 p.m. – 3:45 p.m.  
\$10 for one visit for the immediate family. You can bring a guest to family swim for \$10/adult or \$8/child or senior. Must be currently enrolled to purchase.

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
Monday	5:00 p.m.	PCL10500p	\$75*
Thursday	5:30 p.m.	PCL40530p	\$88
Saturday	9:00 a.m.	PCL60900a	\$88

### 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.	PCL50530p	\$88

### Starfish (approximately 2 to 3.5 years)

Day/ Class	Time	Code	Per Session
Monday	8:30 a.m.	PCS10830a	\$75*
Tuesday	5:30 p.m.	PCS20530p	\$88
Saturday	11:30 a.m.	PCS61130a	\$88
Sunday	11:00 a.m.	PCS71100a	\$75*

\*No Class September 4 and October 22

## 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	\$89*
Monday	6:00 p.m.	LV110600p	\$89*
Tuesday	3:30 p.m.	LV120330p	\$104
Tuesday	5:30 p.m.	LV120530p	\$104
Wednesday	9:00 a.m.	LV130900a	\$104
Wednesday	5:30 p.m.	LV130530p	\$104
Thursday	9:30 a.m.	LV140930a	\$104
Friday	5:30 p.m.	LV150530p	\$104
Saturday	9:00 a.m.	LV160900a	\$104
Sunday	11:00 a.m.	LV171100a	\$89*

\*No Class September 4 and October 22

### 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	\$89*
Monday	5:00 p.m.	LV1+10500p	\$89*
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	4:30 p.m.	LV1+30430p	\$104
Thursday	9:00 a.m.	LV1+40900a	\$104
Thursday	6:00 p.m.	LV1+40600p	\$104
Friday	4:30 p.m.	LV1+50430p	\$104
Saturday	10:00 a.m.	LV1+61000a	\$104
Saturday	11:30 a.m.	LV1+61130a	\$104
Sunday	11:30 a.m.	LV1+71130a	\$89*
Sunday	1:00 p.m.	LV1+70100p	\$89*

\*No Class September 4 and October 22

### 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	9:30 a.m.	LV210930a	\$89*
Monday	6:00 p.m.	LV210600p	\$89*
Tuesday	4:30 p.m.	LV220430p	\$104
Wednesday	5:30 p.m.	LV230530p	\$104
Thursday	5:00 p.m.	LV240500p	\$104
Friday	4:30 p.m.	LV250430p	\$104
Saturday	9:30 a.m.	LV260930a	\$104
Sunday	1:30 p.m.	LV270130p	\$89*

\*No Class September 4 and October 22

**Schedule subject to change based on instructor availability.**

**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	\$89*
Tuesday	9:30 a.m.	LV2+20930a	\$104
Tuesday	6:00 p.m.	LV2+20600p	\$104
Wednesday	4:30 p.m.	LV2+30430p	\$104
Thursday	4:30 p.m.	LV2+40430p	\$104
Friday	5:00 p.m.	LV2+50500p	\$104
Saturday	9:30 a.m.	LV2+60930a	\$104
Sunday	12:00 p.m.	LV2+71200p	\$89*
Sunday	1:30 p.m.	LV2+70130p	\$89*

\*No Class September 4 and October 22

**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	\$89*
Tuesday	5:00 p.m.	LV320500p	\$104
Wednesday	5:30 p.m.	LV330530p	\$104
Thursday	6:00 p.m.	LV340600p	\$104
Friday	5:00 p.m.	LV350500p	\$104
Saturday	10:30 a.m.	LV361030a	\$104
Sunday	11:30 a.m.	LV371130a	\$89*
Sunday	1:00 p.m.	LV370100p	\$89*

\*No Class September 4 and October 22

**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 bi-lateral side breathing, backstroke and elementary backstroke in large pool

Day	Time	Code	Per Session
Monday	5:30 p.m.	LV3+10530p	\$89*
Tuesday	6:00 p.m.	LV3+20600p	\$104
Wednesday	6:00 p.m.	LV3+20600p	\$104
Thursday	5:00 p.m.	LV3+40500p	\$104
Friday	4:30 p.m.	LV3+50430p	\$104
Saturday	9:30 a.m.	LV3+60930a	\$104
Sunday	12:00 p.m.	LV3+71200p	\$89*
Sunday	12:30 p.m.	LV3+71230p	\$89*

\*No Class September 4 and October 22

**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	\$104
Saturday	9:00 a.m.	LV460900a	\$104
Sunday	11:00 a.m.	LV471100a	\$89*

\*No Class October 22

**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	\$89*
Tuesday	4:30 p.m.	LV520430p	\$104
Thursday	4:30 p.m.	LV540430p	\$104
Saturday	11:30 a.m.	LV561130a	\$104
Sunday	12:00 p.m.	LV571200p	\$89*

\*No Class September 4 and October 22

**Level 5+ • 5 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
Thursday	6:30 p.m.	LV5+40630p	\$157
Friday	6:00 p.m.	LV5+50600p	\$157
Saturday	11:00 a.m.	LV5+61100a	\$157

**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	\$66*

\*\$57.00 for the second sibling, \$49.00 for third and additional siblings.

\*No Class September 4

**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.

## 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 comradery and fun as we swim across the USA 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 a.m.-10:45 a.m.  
 Mindful Swimming & M3..... M 10:45 a.m.-12:00 p.m.  
 M3..... W 10:45 a.m.-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 PILATIES**

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 ..... 11:00 a.m.

**DEEP WATER RUNNING**

SAT .....9:15 a.m.

**DEEP WATER WORKOUT**

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

**HYDRORIDER BIKE**

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

**JUMP IN**

M..... 7:30 p.m.

Start your exercise journey with this low-impact, easy to follow aquatic class that will have you moving to the music. This class is specifically designed for participants with mobility issues due to high BMI or joint issues.

**MOMS IN MOTION**

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

**MULTIPLE SCLEROSIS SHALLOW WATER**

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

