

Rodale Aquatic Center for Civic Health

Summer 2017

Class Schedules and Prices

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CEDAR CREST
COLLEGE

www.cedarcrest.edu

2017 SUMMER SESSION OFFERINGS

Swim School Courses

1-WEEK TERM - CLASSES MEET MONDAY THROUGH FRIDAY (5 CLASSES) JUNE 19-23, JUNE 26-30, JULY 10-14, JULY 17-21, JULY 24-28, JULY 31-AUGUST 4, AUGUST 7-11

3-WEEK TERM - CLASSES MEET TUESDAY/THURSDAY (6 CLASSES) JULY 11-27, AUGUST 1-17

7-WEEK TERM - CLASSES MEET ONCE PER WEEK (7 CLASSES) JULY 5-AUGUST 19

REGISTRATION

ALL SUMMER SESSIONS	JUNE 5-11 CURRENT STUDENTS REGISTRATION JUNE 12-18 PAST/NEW STUDENTS REGISTRATION
FALL SESSION A	SEPTEMBER 5-OCTOBER 22 <i>FALL REGISTRATION DATES TO BE DETERMINED</i>

The facility will be closed Sundays June 25-September 3 and on Tuesday, July 4, 2017.

Both pools will be closed Monday, August 21 through Sunday, September 3 for cleaning and maintenance.

Facility closes under severe weather and thunderstoms.

Family Swim Hours

Friday 5:00 p.m. – 6:45 p.m.
\$10 for one visit. Must be CURRENTLY enrolled to purchase.

Practice Swims

\$5.00 per practice swim for **currently enrolled participants.**

Anyone under age 18 may only practice during family swim hours.

Please register in person for the most up-to-date information.

PARENT/CHILD CLASSES

7-WEEK TERM (JULY 5-AUGUST 19) COST : \$88

*Monday and Tuesday Classes are \$75 (no class July 3 & 4)

Little Pearls (6 months to 18 months) Ratio 10:1

Day/ Class	Time	Code
Tuesday	4:00 p.m.	PCL20400p*
Thursday	5:30 p.m.	PCL40530p
Saturday	9:00 a.m.	PCL60900a

Cultured Pearls (19 months to 24 months) Ratio 10:1

Day/ Class	Time	Code
Wednesday	5:30 p.m.	PCC30530p
Thursday	4:00 p.m.	PCC40400p

Starfish (approximately 2 to 3.5 years) Ratio 10:1

Day/ Class	Time	Code
Monday	4:30 p.m.	PCS10430p
Tuesday	5:30 p.m.	PCS20530p*
Saturday	11:30 a.m.	PCS61130a

GROUP CLASSES OFFERED MON-FRI FOR 1 WEEK (JULY 19-23 AND JUNE 26-30) COST: \$75*

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

Red Cross Level 1 • 4 students per instructor

Day	Time
Monday-Friday	9:30 a.m.
Monday-Friday	3:30 p.m.
Monday-Friday	5:30 p.m.

Red Cross Level 1+ • 4 students per instructor

Day	Time
Monday-Friday	8:00 a.m.
Monday-Friday	9:00 a.m.
Monday-Friday	4:00 p.m.
Monday-Friday	5:00 p.m.
Monday-Friday	6:00 p.m.

Red Cross Level 2 • 4 students per instructor

Day	Time
Monday-Friday	8:30 a.m.
Monday-Friday	9:30 a.m.
Monday-Friday	4:30 p.m.
Monday-Friday	6:00 p.m.

Red Cross Level 2+ • 4 students per instructor

Day	Time
Monday-Friday	8:00 a.m.
Monday-Friday	9:00 a.m.
Monday-Friday	4:00 p.m.
Monday-Friday	5:30 p.m.

Red Cross Level 3 • 4 students per instructor

Day	Time
Monday-Friday	9:30 a.m.
Monday-Friday	3:30 p.m.
Monday-Friday	5:30 p.m.
Monday-Friday	6:00 p.m.

Red Cross Level 3+ • 4 students per instructor

Day	Time
Monday-Friday	9:00 a.m.
Monday-Friday	4:30 p.m.
Monday-Friday	5:00 p.m.

Red Cross Level 4 • 5 students per instructor

Day	Time
Monday-Friday	8:00 a.m.
Monday-Friday	9:00 a.m.
Monday-Friday	4:30 p.m.

Red Cross Level 5 • 5 students per instructor

Day	Time
Monday-Friday	8:30 a.m.
Monday-Friday	5:00 p.m.

*Price Listed is for one week

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

CLASSES OFFERED MON-FRI FOR 1 WEEK
 (JULY 10-14, JULY 17-21, JULY 24-28, JULY 31-AUGUST 4,
 AUGUST 7-11) COST: \$75*

Red Cross Level 1 • 4 students per instructor	
Day	Time
Monday-Friday	8:00 a.m.
Monday-Friday	9:30 a.m.

Red Cross Level 1+ • 4 students per instructor	
Day	Time
Monday-Friday	8:00 a.m.
Monday-Friday	9:00 a.m.

Red Cross Level 2 • 4 students per instructor	
Day	Time
Monday-Friday	8:30 a.m.
Monday-Friday	9:30 a.m.

Red Cross Level 2+ • 4 students per instructor	
Day	Time
Monday-Friday	8:00 a.m.
Monday-Friday	9:00 a.m.

Red Cross Level 3 • 4 students per instructor	
Day	Time
Monday-Friday	9:30 a.m.

Red Cross Level 3+ • 4 students per instructor	
Day	Time
Monday-Friday	8:30 a.m.

Red Cross Level 4 • 5 students per instructor	
Day	Time
Monday-Friday	9:00 a.m.

Red Cross Level 5 • 5 students per instructor	
Day	Time
Monday-Friday	8:30 a.m.

GROUP CLASSES OFFERED TUE/THU FOR 3 WEEKS
 (JULY 11-27) (AUGUST 1-17) COST: \$89
 Our programming structure does not allow for make-up classes.

Red Cross Level 1 • 4 students per instructor	
Day	Time
Tues/Thu	4:00 p.m.
Tues/Thu	6:00 p.m.

Red Cross Level 1+ • 4 students per instructor	
Day	Time
Tues/Thu	5:00 p.m.
Tues/Thu	5:30 p.m.

Red Cross Level 2 • 4 students per instructor	
Day	Time
Tues/Thu	5:00 p.m.

Red Cross Level 2+ • 4 students per instructor	
Day	Time
Tues/Thu	4:30 p.m.

Red Cross Level 3 • 4 students per instructor	
Day	Time
Tues/Thu	4:30 p.m.

Red Cross Level 3+ • 4 students per instructor	
Day	Time
Tues/Thu	3:30 p.m.
Tues/Thu	6:00 p.m.

Red Cross Level 4 • 5 students per instructor	
Day	Time
Tues/Thu	3:30 p.m.
Tues/Thu	4:30 p.m.

Red Cross Level 5 • 5 students per instructor	
Day	Time
Tues/Thu	4:00 p.m.
Tues/Thu	5:00 p.m.

Red Cross Level 5+ • 8 students per instructor / 1 hour class		
Day	Time	Per Session
Tues/Thu	6:00 p.m.	\$135

GROUP CLASSES OFFERED 7 WEEKS (JULY 5TH-AUGUST 19TH)
 COST: \$104

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

*Monday classes are \$89 (no class July 3)

Red Cross Level 1 • 4 students per instructor	
Day	Time
Monday	4:30 p.m.*
Monday	6:00 p.m.*
Wednesday	4:00 p.m.
Wednesday	5:30 p.m.
Saturday	9:00 a.m.
Saturday	11:30 a.m.

Red Cross Level 1+ • 4 students per instructor	
Day	Time
Monday	5:30 p.m.*
Wednesday	4:30 p.m.
Saturday	9:30 a.m.
Saturday	10:30 a.m.

Red Cross Level 2 • 4 students per instructor	
Day	Time
Monday	5:00 p.m.*
Wednesday	6:00 p.m.
Saturday	9:30 a.m.
Saturday	10:00 a.m.

Red Cross Level 2+ • 4 students per instructor	
Day	Time
Monday	6:00 p.m.*
Wednesday	5:00 p.m.
Saturday	10:00 a.m.
Saturday	11:00 a.m.

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

Red Cross Level 3 • 4 students per instructor

Day	Time
Monday	5:30 p.m.*
Wednesday	4:30 p.m.
Saturday	10:30 a.m.
Saturday	11:00 a.m.

Red Cross Level 3+ • 4 students per instructor

Day	Time
Monday	5:00 p.m.*
Wednesday	5:00 p.m.
Saturday	9:30 a.m.
Saturday	10:00 a.m.

Red Cross Level 4 • 5 students per instructor

Day	Time
Monday	4:30 p.m. *
Wednesday	5:00 p.m.
Saturday	9:00 a.m.

Red Cross Level 5 • 5 students per instructor

Day	Time
Monday	5:00 p.m.*
Wednesday	4:30 p.m.
Saturday	10:30 a.m.
Saturday	11:30 a.m.

Red Cross Level 5+ • 8 students per instructor / 1 hour class

Day	Time	Per Session
Monday	6:30 p.m.	\$135
Wednesday	6:30 p.m.	\$157
Saturday	11:00 a.m.	\$157

YES I CAN – YOUTH SWIMMING FOR SPORT AND FITNESS

M/W 5:00 – 7:00 p.m.
 T/TH 10:00 a.m. – 12:00 p.m.
 6 Visits \$84.00 12 Visits \$168.00 18 Visits \$234.00

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.

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

LAP & LEARN

Price: \$126 for 9 weeks.
 Lap & Learn schedule is available online and at the front desk.

Flexible pricing/visit structure for the following courses only:

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.

Structure & Costs

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

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 12:00 p.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.
 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.

HYDRORIDER BIKE

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