

Rodale Aquatic Center Class Schedule and Prices

August 2020 Offerings

August 10-August 30 (30 minute classes offered 2x per week for 3 weeks on Mon/Wed or Tue/Thu) or (60 minute classes offered once per week for 3 weeks on Friday, Saturday or Sunday)

Group classes will have 3 students per instructor.

Please be aware in order to provide for best practices for safety the number of class offerings are reduced. We have accommodations for only one parent/guardian for each swimmer. You are welcome to watch from the viewing area or wait in your car once the swimmer enters the class. Everyone must wear a face covering to enter the facility.

****Please do your best to register for the appropriate level. If you need assistance, please contact us at 610-606-4670 or email aquatics@cedarcrest.edu. We reserve the right to delay your swim school registration if you are in the incorrect level.***

Group Classes (3 students per instructor)

Level 1

- Primary Focus: Bubbles, bobbing, back float
- Exit Skills: Bob with head fully submerged, assisted float on front and back

<i>Day</i>	<i>Time</i>	<i>Per Session</i>
Mon/Wed	9:30am	\$150 for 6 (30 minute classes)
Mon/Wed	5:15pm	\$150 for 6 (30 minute classes)
Tue/Thu	9:30am	\$150 for 6 (30 minute classes)
Tue/Thu	4:30pm	\$150 for 6 (30 minute classes)
Saturday	10:30am	\$150 for 3 (60 minute classes)
Sunday	10:30am	\$150 for 3 (60 minute classes)

Level 1+

- Primary Focus: Face in water, independent swim with kicking and arm movement
- Exit Skills: Independent swim on front for 5 feet

<i>Day</i>	<i>Time</i>	<i>Per Session</i>
Mon/Wed	8:45am	\$150 for 6 (30 minute classes)

Mon/Wed	3:45pm	\$150 for 6 (30 minute classes)
Tue/Thu	8:45am	\$150 for 6 (30 minute classes)
Tue/Thu	5:15pm	\$150 for 6 (30 minute classes)
Saturday	1:30pm	\$150 for 3 (60 minute classes)
Sunday	9:15am	\$150 for 3 (60 minute classes)

Level 2

- 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

<i>Day</i>	<i>Time</i>	<i>Per Session</i>
Mon/Wed	10:15am	\$150 for 6 (30 minute classes)
Mon/Wed	4:30pm	\$150 for 6 (30 minute classes)
Tue/Thu	3:45pm	\$150 for 6 (30 minute classes)
Saturday	10:30am	\$150 for 3 (60 minute classes)
Saturday	11:45am	\$150 for 3 (60 minute classes)
Sunday	9:15am	\$150 for 3 (60 minute classes)

Level 2+

- 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

<i>Day</i>	<i>Time</i>	<i>Per Session</i>
Mon/Wed	8:00am	\$150 for 6 (30 minute classes)
Mon/Wed	3:45pm	\$150 for 6 (30 minute classes)
Tue/Thu	4:30pm	\$150 for 6 (30 minute classes)
Saturday	1:30pm	\$150 for 3 (60 minute classes)
Sunday	12:30pm	\$150 for 3 (60 minute classes)

Level 3

- 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

<i>Day</i>	<i>Time</i>	<i>Per Session</i>
Mon/Wed	5:15pm	\$150 for 6 (30 minute classes)
Tue/Thu	3:45pm	\$150 for 6 (30 minute classes)
Saturday	11:45am	\$150 for 3 (60 minute classes)
Sunday	10:30am	\$150 for 3 (60 minute classes)

Level 3+

- 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

<i>Day</i>	<i>Time</i>	<i>Per Session</i>
Mon/Wed	6:00pm	\$150 for 6 (30 minute classes)
Saturday	9:15am	\$150 for 3 (60 minute classes)

Level 4

- 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

<i>Day</i>	<i>Time</i>	<i>Per Session</i>
Mon/Wed	6:00pm	\$150 for 6 (30 minute classes)
Tue/Thu	6:00pm	\$150 for 6 (30 minute classes)
Saturday	9:15am	\$150 for 3 (60 minute classes)
Sunday	1:45pm	\$150 for 3 (60 minute classes)

Level 5

- 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

<i>Day</i>	<i>Time</i>	<i>Per Session</i>
Tue/Thu	6:00pm	\$150 for 6 (30 minute classes)
Sunday	1:45pm	\$150 for 3 (60 minute classes)

Private/Semi-Private Classes

Price: \$300 per participant for 6 30 minute private classes or 3 60 minute classes

Price: \$240 per participant for 6 30 minute semi-private classes or 3 60 minute classes (must have partner)

Sibling Groups

You can schedule your sibling groups of 3 or more at the group class rate during the private/semi-private offerings listed below. We can accommodate groups of siblings at different swim levels.

Private/Semi-Private

<i>Day</i>	<i>Time</i>	
Mon/Wed	3:00pm	6 (30 minute classes)
Mon/Wed	4:30pm	6 (30 minute classes)
Tue/Thu	3:00pm	6 (30 minute classes)
Friday	8:00am	3 (60 minute classes)
Friday	9:15am	3 (60 minute classes)
Friday	10:30am	3 (60 minute classes)
Friday	3:00pm	3 (60 minute classes)
Friday	4:15pm	3 (60 minute classes)
Friday	5:30pm	3 (60 minute classes)
Friday	6:45pm	3 (60 minute classes)
Sunday	12:30pm	3 (60 minute classes)

