

DEFY AQUATICS WINTER SESSION

Saturday Classes begin January 4th

All other classes begin the week of January 6th

No classes the week of February 17th

YOUTH LESSONS

PRESCHOOL LEVELS

30 minutes classes

\$45 members, \$75 non-members

Shrimp (Parent/Child)

Mon 9:00-9:30am

Wed 9:00-9:30am

Sat 9:45-10:15am

PreSchool 1

Mon 9:00-9:30am

Mon 5:35-6:05pm

Wed 9:00-9:30am

Wed 5:35-6:05pm

Sat 9:45-10:15am

PreSchool 2

Mon 9:00-9:30am

Mon 5:35-6:05pm

Wed 9:00-9:30am

Wed 5:35-6:05pm

Sat 9:45-10:15am

Sat 10:30-11:00am

PROGRESSIVE LEVELS

45 minutes classes

\$50 members, \$80 non-members

Progressive 1

Mon 5:35-6:20pm

Wed 5:35-6:20pm

Sat 10:30-11:15am

Progressive 1 +

(for 9-12 year olds)

Wed 5:35-6:20pm

Progressive 2

Mon 5:35-6:20pm

Wed 5:35-6:20pm

Progressive 3

Mon 5:35-6:20pm

Wed 6:20-7:05pm

PRIVATE LESSONS

30 minutes classes

Private	Mem/Non	Semi-Private	Mem/Non
		(2 students)	

1 lessons \$30/\$35 1 lesson \$45/\$50

7 lessons \$180/\$210 7 lessons \$270/\$300

HOME SCHOOL SWIM LESSONS

30 minute classes

\$40/50 members, \$65/75 non-members

PreSchool

Thurs 2:00- 2:30pm

Progressive

Thurs 2:00-2:30pm

ADULT AQUATICS

AQUA AEROBICS

Aqua Blast

Mon/Wed/Fri 9:35-10:35am

Members Free, \$78 non-members

AquaFit

Mon/Wed/Fri 10:35-11:35am

Members Free, \$78 non-members

H2O Works

Mon/Wed/Fri 8:00-9:00am

Members Free, \$78 non-members

Wet Steppin'

Tue/ Thurs 8:30-9:30am

Members Free, \$65 non-members

Water Toning Plus

Tue/Thurs 6:00pm-7:00pm

Members Free, \$65 non-members

NON-AEROBIC CLASSES

Adult Lessons

Wednesday 6:30-7:15pm

Members Free, \$65 non-members

Arthritis Foundation

Tue/Thurs 10:30-11:30am

Members Free, \$65 non-members

Masters Swim

Wednesday 6:30-7:15pm

Saturday 8:00-9:30am

Members Free, Daily user fee non-members

Coached Interval Training 4 Cardio Health

Mon/Wed 8:00-9:00am

Members Free, \$65 non-members