

# WHAT WE OFFER

**Water Aerobics:** Exercising in the water provides both a cardio and toning workout. Join the fun!  
Weekdays 5:00 - 6:00 PM

**Adult Lap Swim:** Adults only, no interruptions.  
Monday -Wednesday - Friday 6 AM - 8 AM/5 PM - 6 PM  
Tuesday and Thursday 5pm-6pm  
Saturday - Sunday 11 AM - Noon

**Toddler Time:** Families can enjoy time with the little ones (ages 0-3) in the zero-depth without the noise and stress of a crowd. A parent/guardian must be present at all times. *Weekdays 5:00 - 6:00 PM*

**Sunday Fun-day:** On Sundays, beginning at 6 PM, we will allow patrons to play with toys, flotation devices, and provide fun of all kinds!

**Concessions:** We offer a wide variety of concessions in a clean, affordable atmosphere for all of our swimmers and guests.

**Baby and Me: (6mos.-18mos.)** Babies and their parent(s) who want to learn water adjustments and other aquatic skills together in a fun environment.  
5-5:30pm M,W,F \$30 **Session 2 ONLY**

**PRIVATE RENTAL** - PLEASE CALL FOR INFORMATION

**GROUP RATES:** Available for groups of 25 or more during normal business hours.

RESIDENTS: \$3/person

NON-RESIDENTS: \$4/person



# SWIM LESSONS

**Level One:** This level is for new swimmers. The student will learn floating, basic paddle strokes, and kicking skills. The students will be encouraged to submerge and jump independently into the water.

**Level Two:** This level is for students who are comfortable in the water. Independence and confidence are also important while continuing to increase skills in guiding, floating, creating arm movements, and treading water.

**Level Three:** This level focuses on increasing the student's ability to develop swim strokes. Students will be asked to swim two lengths of the pool on their own by the end of this level.

**Level Four:** This level focuses on endurance, while also working on stroke form. Breast stroke, back stroke, front crawl, and diving from blocks will also be introduced.

**Level Five:** Stroke refinement and endurance are continued at this level for all strokes. Students are introduced to survival swimming, learn diving skills, as well as flip turns and lessons on personal water safety.

**Level Six:** This prepares the student for the transition into swim team and/or lifeguarding. Laps, laps, and more laps.

**GuardStart (Session 3 only):** This class is for ages 11-13, with the focus being personal water safety and life saving skills. First Aid, CPR, and rescuer endurance will be covered, but not certified



# 2017 Swim Lesson Dates

**Session One:** June 19th - June 30th  
**Session Two:** July 10th - July 21st  
**Session Three:** July 31st - August 11th

**POWER WEEK** August 14 - August 18  
(only 9am, 10am and 11am all levels 1-6)

## Times:

9:00 - 9:50 AM:	Levels 1-6
10:00 - 10:50 AM:	Levels 1-6
11:00 - 11:50 PM:	Levels 1-6
4:00 - 4:50 PM:	Levels 1-3

## Swim Lesson Fees:

Resident CAAC member -	\$40
Resident Non Member -	\$50
NonResident CAAC Member -	\$50
Nonresident Nonmember -	\$60

**Each class is 50 minutes in duration.**

## Join Cudas Swim Team

Our co-ed swim team is open to ages 8-18. Our swim coaches will guide you through preparation for competitive Meets both home and away!

**Practice Schedule**  
Monday - Thursday  
4:00 - 5:00 PM

Cost:  
\$75 Residents  
\$85 NonResidents  
Limited  
\$225.00 per family

