

Aquatics Programs Listings

July & August

notes: Program listings are subject to change

06.10.2025

- Participants must be minimum age by program start date
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Adult

Aquafit

Aquafit - CHDRC

15 and up

Take advantage of the unique benefits of water exercise to create a low impact program that appeals to a wide variety of abilities. The buoyancy of water reduces the impact to your joints during exercise and the movement of your body through the water creates at least 12 times the resistance of land exercise. What a great way to challenge your physical and mental fitness while staying cool! Aquafit is excellent for those with arthritis, back problems, osteoporosis, pre/post natal and for those who have been working out regularly or for those who have not been active in awhile. These classes stress cardiovascular and muscular endurance, strength and flexibility using a variety of basic moves. Work at your own pace and bring a water bottle to stay hydrated. No additional discounts on already discounted classes. Basic Aquafit is included in Specialty Memberships.

CHDRC Pool - Programs

M	Jun 30 - Aug 25	7:30 am - 8:25 am	8 wks	58176	\$85.72
W	Jul 2 - Aug 27	7:30 am - 8:25 am	9 wks	58177	\$96.44
F	Jul 4 - Aug 29	7:30 am - 8:25 am	9 wks	58178	\$96.44

Aquafit - Dunbarton

15 and up

Take advantage of the unique benefits of water exercise to create a low impact program that appeals to a wide variety of abilities. The buoyancy of water reduces the impact to your joints during exercise and the movement of your body through the water creates at least 12 times the resistance of land exercise. What a great way to challenge your physical and mental fitness while staying cool! Aquafit is excellent for those with arthritis, back problems, osteoporosis, pre/post natal and for those who have been working out regularly or for those who have not been active in awhile. These classes stress cardiovascular and muscular endurance, strength and flexibility using a variety of basic moves. Work at your own pace and bring a water bottle to stay hydrated.

DIP Programs

T	Jul 8 - Aug 19	7:00 pm - 7:55 pm	7 wks	57147	\$75.01
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Th Jul 3 - Aug 21 7:00 pm - 7:55 pm 8 wks 57148 \$85.72

Adult

Aquatics - Adult Lessons

Adult 1 | 2 - Dunbarton - Session #1

16 and up

Adult swimmers will work towards being able to complete short distance swims (10 - 15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build confidence in the water.

DIP Programs

M - F Jun 30 - Jul 11 9:00 am - 9:45 am 2 wks 57518 \$106.94

Adult 1 | 2 - Dunbarton - Session #2

16 and up

Adult swimmers will work towards being able to complete short distance swims (10 - 15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build confidence in the water.

DIP Programs

M - F Jul 14 - Jul 25 9:00 am - 9:45 am 2 wks 57517 \$118.82

Adult 1 | 2 - Dunbarton - Session #3

16 and up

Adult swimmers will work towards being able to complete short distance swims (10 - 15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build confidence in the water.

DIP Programs

M - F Jul 28 - Aug 8 9:00 am - 9:45 am 2 wks 57521 \$106.94

Adult 1 | 2 - Dunbarton - Session #4

16 and up

Adult swimmers will work towards being able to complete short distance swims (10 - 15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build confidence in the water.

DIP Programs

M - F	Aug 11 - Aug 22	9:00 am - 9:45 am	2 wks	57522	\$118.82
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All ages

Private

3 and up

Private lessons are a great alternative to group or semi - private lessons. Private classes guarantee a maximum of 1 participant per class, are 1/2 hour in duration, and are offered once per week for 10 weeks. All Lifesaving Society programs are offered as well as Adult and Youth swim levels.

Private - Dunbarton - Session #1

DIP Programs

M - F	Jun 30 - Jul 11	3:00 pm - 3:30 pm	2 wks	58144	\$288.35
M - F	Jun 30 - Jul 11	3:30 pm - 4:00 pm	2 wks	58145	\$288.35

Private - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	3:00 pm - 3:30 pm	2 wks	58146	\$320.39
M - F	Jul 14 - Jul 25	3:30 pm - 4:00 pm	2 wks	58147	\$320.39

Private - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	3:00 pm - 3:30 pm	2 wks	58148	\$288.35
M - F	Jul 28 - Aug 8	3:30 pm - 4:00 pm	2 wks	58149	\$288.35

Private - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	3:00 pm - 3:30 pm	2 wks	58150	\$320.39
M - F	Aug 11 - Aug 22	3:30 pm - 4:00 pm	2 wks	58151	\$320.39

Private - Once per week - Summer

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	9:00 am - 9:30 am	8 wks	57992	\$256.31
Sa	Jul 5 - Aug 23	9:30 am - 10:00 am	8 wks	57998	\$256.31
Sa	Jul 5 - Aug 23	10:00 am - 10:30 am	8 wks	58004	\$256.31
Sa	Jul 5 - Aug 23	10:30 am - 11:00 am	8 wks	58008	\$256.31

Sa	Jul 5 - Aug 23	11:00 am - 11:30 am	8 wks	58013	\$256.31
Sa	Jul 5 - Aug 23	11:30 am - 12:00 pm	8 wks	58019	\$256.31
Sa	Jul 5 - Aug 23	12:00 pm - 12:30 pm	8 wks	58022	\$256.31
Sa	Jul 5 - Aug 23	12:00 pm - 12:30 pm	8 wks	58023	\$256.31
Sa	Jul 5 - Aug 23	12:30 pm - 1:00 pm	8 wks	58026	\$256.31
Sa	Jul 5 - Aug 23	12:30 pm - 1:00 pm	8 wks	58027	\$256.31

Private - Session #1

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:00 am - 9:30 am	1 wks	57262	\$128.16
M - F	Jun 30 - Jul 4	9:30 am - 10:00 am	1 wks	57263	\$128.16
M - F	Jun 30 - Jul 4	10:00 am - 10:30 am	1 wks	57264	\$128.16
M - F	Jun 30 - Jul 4	10:30 am - 11:00 am	1 wks	57265	\$128.16
M - F	Jun 30 - Jul 4	11:00 am - 11:30 am	1 wks	57266	\$128.16
M - F	Jun 30 - Jul 4	11:30 am - 12:00 pm	1 wks	57267	\$128.16
M - F	Jun 30 - Jul 4	12:00 pm - 12:30 pm	1 wks	57268	\$128.16
M - F	Jun 30 - Jul 4	4:00 pm - 4:30 pm	1 wks	57649	\$128.16
M - F	Jun 30 - Jul 4	4:30 pm - 5:00 pm	1 wks	57650	\$128.16
M - F	Jun 30 - Jul 4	5:30 pm - 6:00 pm	1 wks	57651	\$128.16
M - F	Jun 30 - Jul 4	6:00 pm - 6:30 pm	1 wks	57652	\$128.16
M - F	Jun 30 - Jul 4	6:30 pm - 7:00 pm	1 wks	57653	\$128.16
M - F	Jun 30 - Jul 4	5:00 pm - 5:30 pm	1 wks	57654	\$128.16

Private - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	9:00 am - 9:30 am	1 wks	57416	\$160.20
M - F	Jul 7 - Jul 11	9:30 am - 10:00 am	1 wks	57417	\$160.20
M - F	Jul 7 - Jul 11	10:00 am - 10:30 am	1 wks	57418	\$160.20
M - F	Jul 7 - Jul 11	10:30 am - 11:00 am	1 wks	57419	\$160.20
M - F	Jul 7 - Jul 11	11:00 am - 11:30 am	1 wks	57420	\$160.20
M - F	Jul 7 - Jul 11	11:30 am - 12:00 pm	1 wks	57421	\$160.20
M - F	Jul 7 - Jul 11	12:00 pm - 12:30 pm	1 wks	57422	\$160.20
M - F	Jul 7 - Jul 11	4:00 pm - 4:30 pm	1 wks	57888	\$160.20
M - F	Jul 7 - Jul 11	4:30 pm - 5:00 pm	1 wks	57889	\$160.20
M - F	Jul 7 - Jul 11	5:30 pm - 6:00 pm	1 wks	57890	\$160.20
M - F	Jul 7 - Jul 11	6:00 pm - 6:30 pm	1 wks	57891	\$160.20

M - F	Jul 7 - Jul 11	6:30 pm - 7:00 pm	1 wks	57892	\$160.20
M - F	Jul 7 - Jul 11	5:00 pm - 5:30 pm	1 wks	57893	\$160.20

Private - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	9:00 am - 9:30 am	1 wks	57451	\$160.20
M - F	Jul 14 - Jul 18	9:30 am - 10:00 am	1 wks	57456	\$160.20
M - F	Jul 14 - Jul 18	10:00 am - 10:30 am	1 wks	57461	\$160.20
M - F	Jul 14 - Jul 18	10:30 am - 11:00 am	1 wks	57465	\$160.20
M - F	Jul 14 - Jul 18	11:00 am - 11:30 am	1 wks	57469	\$160.20
M - F	Jul 14 - Jul 18	11:30 am - 12:00 pm	1 wks	57474	\$160.20
M - F	Jul 14 - Jul 18	12:00 pm - 12:30 pm	1 wks	57479	\$160.20
M - F	Jul 14 - Jul 18	4:00 pm - 4:30 pm	1 wks	57706	\$160.20
M - F	Jul 14 - Jul 18	4:30 pm - 5:00 pm	1 wks	57707	\$160.20
M - F	Jul 14 - Jul 18	5:30 pm - 6:00 pm	1 wks	57708	\$160.20
M - F	Jul 14 - Jul 18	6:00 pm - 6:30 pm	1 wks	57709	\$160.20
M - F	Jul 14 - Jul 18	6:30 pm - 7:00 pm	1 wks	57710	\$160.20
M - F	Jul 14 - Jul 18	5:00 pm - 5:30 pm	1 wks	57711	\$160.20

Private - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	9:00 am - 9:30 am	1 wks	57486	\$160.20
M - F	Jul 21 - Jul 25	9:30 am - 10:00 am	1 wks	57491	\$160.20
M - F	Jul 21 - Jul 25	10:00 am - 10:30 am	1 wks	57496	\$160.20
M - F	Jul 21 - Jul 25	10:30 am - 11:00 am	1 wks	57500	\$160.20
M - F	Jul 21 - Jul 25	11:00 am - 11:30 am	1 wks	57504	\$160.20
M - F	Jul 21 - Jul 25	11:30 am - 12:00 pm	1 wks	57509	\$160.20
M - F	Jul 21 - Jul 25	12:00 pm - 12:30 pm	1 wks	57514	\$160.20
M - F	Jul 21 - Jul 25	4:00 pm - 4:30 pm	1 wks	57731	\$160.20
M - F	Jul 21 - Jul 25	4:30 pm - 5:00 pm	1 wks	57732	\$160.20
M - F	Jul 21 - Jul 25	5:30 pm - 6:00 pm	1 wks	57733	\$160.20
M - F	Jul 21 - Jul 25	6:00 pm - 6:30 pm	1 wks	57734	\$160.20
M - F	Jul 21 - Jul 25	6:30 pm - 7:00 pm	1 wks	57735	\$160.20
M - F	Jul 21 - Jul 25	5:00 pm - 5:30 pm	1 wks	57736	\$160.20

Private - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	9:00 am - 9:30 am	1 wks	57610	\$160.20	
M - F	Jul 28 - Aug 1	9:30 am - 10:00 am	1 wks	57615	\$160.20	
M - F	Jul 28 - Aug 1	10:00 am - 10:30 am	1 wks	57620	\$160.20	
M - F	Jul 28 - Aug 1	10:30 am - 11:00 am	1 wks	57624	\$160.20	
M - F	Jul 28 - Aug 1	11:00 am - 11:30 am	1 wks	57628	\$160.20	
M - F	Jul 28 - Aug 1	11:30 am - 12:00 pm	1 wks	57633	\$160.20	
M - F	Jul 28 - Aug 1	12:00 pm - 12:30 pm	1 wks	57638	\$160.20	
M - F	Jul 28 - Aug 1	4:00 pm - 4:30 pm	1 wks	57788	\$160.20	
M - F	Jul 28 - Aug 1	4:30 pm - 5:00 pm	1 wks	57789	\$160.20	
M - F	Jul 28 - Aug 1	5:30 pm - 6:00 pm	1 wks	57790	\$160.20	
M - F	Jul 28 - Aug 1	6:00 pm - 6:30 pm	1 wks	57791	\$160.20	
M - F	Jul 28 - Aug 1	6:30 pm - 7:00 pm	1 wks	57792	\$160.20	
M - F	Jul 28 - Aug 1	5:00 pm - 5:30 pm	1 wks	57793	\$160.20	

Private - Session #6**CHDRC Pool - Programs**

M - F	Aug 5 - Aug 8	9:00 am - 9:30 am	1 wks	57537	\$128.16	
M - F	Aug 5 - Aug 8	9:30 am - 10:00 am	1 wks	57542	\$128.16	
M - F	Aug 5 - Aug 8	10:00 am - 10:30 am	1 wks	57547	\$128.16	
M - F	Aug 5 - Aug 8	10:30 am - 11:00 am	1 wks	57551	\$128.16	
M - F	Aug 5 - Aug 8	11:00 am - 11:30 am	1 wks	57555	\$128.16	
M - F	Aug 5 - Aug 8	11:30 am - 12:00 pm	1 wks	57560	\$128.16	
M - F	Aug 5 - Aug 8	12:00 pm - 12:30 pm	1 wks	57565	\$128.16	
M - F	Aug 5 - Aug 8	4:00 pm - 4:30 pm	1 wks	57813	\$128.16	
M - F	Aug 5 - Aug 8	4:30 pm - 5:00 pm	1 wks	57814	\$128.16	
M - F	Aug 5 - Aug 8	5:30 pm - 6:00 pm	1 wks	57815	\$128.16	
M - F	Aug 5 - Aug 8	6:00 pm - 6:30 pm	1 wks	57816	\$128.16	
M - F	Aug 5 - Aug 8	6:30 pm - 7:00 pm	1 wks	57817	\$128.16	
M - F	Aug 5 - Aug 8	5:00 pm - 5:30 pm	1 wks	57818	\$128.16	

Private - Session #7**CHDRC Pool - Programs**

M - F	Aug 11 - Aug 15	9:00 am - 9:30 am	1 wks	57667	\$160.20	
M - F	Aug 11 - Aug 15	9:30 am - 10:00 am	1 wks	57672	\$160.20	
M - F	Aug 11 - Aug 15	10:00 am - 10:30 am	1 wks	57677	\$160.20	

M - F	Aug 11 - Aug 15	10:30 am - 11:00 am	1 wks	57681	\$160.20
M - F	Aug 11 - Aug 15	11:00 am - 11:30 am	1 wks	57685	\$160.20
M - F	Aug 11 - Aug 15	11:30 am - 12:00 pm	1 wks	57690	\$160.20
M - F	Aug 11 - Aug 15	12:00 pm - 12:30 pm	1 wks	57695	\$160.20
M - F	Aug 11 - Aug 15	4:00 pm - 4:30 pm	1 wks	57838	\$160.20
M - F	Aug 11 - Aug 15	4:30 pm - 5:00 pm	1 wks	57839	\$160.20
M - F	Aug 11 - Aug 15	5:30 pm - 6:00 pm	1 wks	57840	\$160.20
M - F	Aug 11 - Aug 15	6:00 pm - 6:30 pm	1 wks	57841	\$160.20
M - F	Aug 11 - Aug 15	6:30 pm - 7:00 pm	1 wks	57842	\$160.20
M - F	Aug 11 - Aug 15	5:00 pm - 5:30 pm	1 wks	57843	\$160.20

Private - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:00 am - 9:30 am	1 wks	57749	\$160.20
M - F	Aug 18 - Aug 22	9:30 am - 10:00 am	1 wks	57754	\$160.20
M - F	Aug 18 - Aug 22	10:00 am - 10:30 am	1 wks	57759	\$160.20
M - F	Aug 18 - Aug 22	10:30 am - 11:00 am	1 wks	57763	\$160.20
M - F	Aug 18 - Aug 22	11:00 am - 11:30 am	1 wks	57767	\$160.20
M - F	Aug 18 - Aug 22	11:30 am - 12:00 pm	1 wks	57772	\$160.20
M - F	Aug 18 - Aug 22	12:00 pm - 12:30 pm	1 wks	57777	\$160.20
M - F	Aug 18 - Aug 22	4:00 pm - 4:30 pm	1 wks	57863	\$160.20
M - F	Aug 18 - Aug 22	4:30 pm - 5:00 pm	1 wks	57864	\$160.20
M - F	Aug 18 - Aug 22	5:30 pm - 6:00 pm	1 wks	57865	\$160.20
M - F	Aug 18 - Aug 22	6:00 pm - 6:30 pm	1 wks	57866	\$160.20
M - F	Aug 18 - Aug 22	6:30 pm - 7:00 pm	1 wks	57867	\$160.20
M - F	Aug 18 - Aug 22	5:00 pm - 5:30 pm	1 wks	57868	\$160.20

All ages

Semi Private

Semi Private - Adult - Session #1

16 and up

Adult swimmers will work towards being able to complete short distance swims (10 - 15 m) on their front and back. They will work through swimming stroke fundamentals such as floats, rolls, glides, and kicks. Swimmers will develop their underwater skills as they continue to build confidence in the water.

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:00 am - 9:30 am	1 wks	57272	\$78.08
M - F	Jun 30 - Jul 4	6:00 pm - 6:30 pm	1 wks	57655	\$78.08

Semi Private - Adult - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	9:00 am - 9:30 am	1 wks	57423	\$97.61
M - F	Jul 7 - Jul 11	6:00 pm - 6:30 pm	1 wks	57894	\$97.61

Semi Private - Adult - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	9:00 am - 9:30 am	1 wks	57452	\$97.61
M - F	Jul 14 - Jul 18	6:00 pm - 6:30 pm	1 wks	57712	\$97.61

Semi Private - Adult - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	9:00 am - 9:30 am	1 wks	57487	\$97.61
M - F	Jul 21 - Jul 25	6:00 pm - 6:30 pm	1 wks	57737	\$97.61

Semi Private - Adult - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	9:00 am - 9:30 am	1 wks	57611	\$97.61
M - F	Jul 28 - Aug 1	6:00 pm - 6:30 pm	1 wks	57794	\$97.61

Semi Private - Adult - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	9:00 am - 9:30 am	1 wks	57538	\$78.08
M - F	Aug 5 - Aug 8	6:00 pm - 6:30 pm	1 wks	57819	\$78.08

Semi Private - Adult - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	9:00 am - 9:30 am	1 wks	57668	\$97.61
M - F	Aug 11 - Aug 15	6:00 pm - 6:30 pm	1 wks	57844	\$97.61

Semi Private - Adult - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:00 am - 9:30 am	1 wks	57750	\$97.61
M - F	Aug 18 - Aug 22	6:00 pm - 6:30 pm	1 wks	57869	\$97.61

Semi Private - Preschool 1/2 - Summer - Once per week

At least 3 but less than 6

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. Becoming comfortable with floats and glides and moving safely in shallow water will help them gain confidence with their water skills.

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	9:30 am - 10:00 am	8 wks	57999	\$156.17
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Semi Private - Preschool 2/3 - Summer - Once per week

At least 3 but less than 6

Preschoolers will work on becoming more independent with their water skills, moving their way through the water on their fronts and backs. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, floating and gliding with various buoyant aids and rollover glides. They will practice their flutter kick on their backs, working their way in to deeper water for practice on various types of entries.

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	12:00 pm - 12:30 pm	8 wks	58024	\$156.17
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Semi Private - Preschool 3/4 - Session #1

At least 3 but less than 6

Preschoolers will kick and glide their way through the water on their fronts and backs, while gaining some independence in deep water. They will practice jumping into deeper water (including getting out by themselves), sideways entries, and opening their eyes underwater. These swimmers in training will work on completing front crawl and work on their ability to tread water.

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	4:00 pm - 4:30 pm	1 wks	57656	\$78.08
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Semi Private - Preschool 3/4 - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	4:00 pm - 4:30 pm	1 wks	57895	\$97.61
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Semi Private - Preschool 3/4 - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	4:00 pm - 4:30 pm	1 wks	57713	\$97.61
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Semi Private - Preschool 3/4 - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	4:00 pm - 4:30 pm	1 wks	57738	\$97.61
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Semi Private - Preschool 3/4 - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	4:00 pm - 4:30 pm	1 wks	57795	\$97.61
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Semi Private - Preschool 3/4 - Session #6

At least 3 but less than 6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	4:00 pm - 4:30 pm	1 wks	57820	\$78.08
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Semi Private - Preschool 3/4 - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	4:00 pm - 4:30 pm	1 wks	57845	\$97.61
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Semi Private - Preschool 3/4 - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	4:00 pm - 4:30 pm	1 wks	57870	\$97.61
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Semi Private - Preschool 3/4 - Summer - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	10:30 am - 11:00 am	8 wks	58010	\$156.17
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Semi Private - Swimmer 1/2 - Summer - Once per week

At least 6 but less than 13

Swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water (assisted and unassisted), opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, vertical whip kick with an aid, and swimming front crawl and back crawl, they will swim themselves right in to the next level.

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	10:00 am - 10:30 am	8 wks	58005	\$156.17
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Semi Private - Swimmer 3 - Session #1

At least 6 but less than 13

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	10:00 am - 10:30 am	1 wks	57273	\$78.08
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Semi Private - Swimmer 3 - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	10:00 am - 10:30 am	1 wks	57424	\$97.61
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Semi Private - Swimmer 3 - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	10:00 am - 10:30 am	1 wks	57462	\$97.61
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Semi Private - Swimmer 3 - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	10:00 am - 10:30 am	1 wks	57497	\$97.61
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Semi Private - Swimmer 3 - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	10:00 am - 10:30 am	1 wks	57621	\$97.61
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Semi Private - Swimmer 3 - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	10:00 am - 10:30 am	1 wks	57548	\$78.08
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Semi Private - Swimmer 3 - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	10:00 am - 10:30 am	1 wks	57678	\$97.61
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Semi Private - Swimmer 3 - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	10:00 am - 10:30 am	1 wks	57760	\$97.61
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Semi Private - Swimmer 3 - Summer - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	9:00 am - 9:30 am	8 wks	57993	\$156.17
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Semi Private - Swimmer 4 - Session #1

At least 6 but less than 13

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	12:00 pm - 12:30 pm	1 wks	57274	\$78.08
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Semi Private - Swimmer 4 - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	12:00 pm - 12:30 pm	1 wks	57425	\$97.61
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Semi Private - Swimmer 4 - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	12:00 pm - 12:30 pm	1 wks	57480	\$97.61
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Semi Private - Swimmer 4 - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	12:00 pm - 12:30 pm	1 wks	57515	\$97.61
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Semi Private - Swimmer 4 - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	12:00 pm - 12:30 pm	1 wks	57639	\$97.61
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Semi Private - Swimmer 4 - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	12:00 pm - 12:30 pm	1 wks	57566	\$78.08
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Semi Private - Swimmer 4 - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	12:00 pm - 12:30 pm	1 wks	57696	\$97.61
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Semi Private - Swimmer 4 - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	12:00 pm - 12:30 pm	1 wks	57778	\$97.61
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Semi Private - Swimmer 4 - Summer - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	11:00 am - 11:30 am	8 wks	58014	\$156.17
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Semi Private - Swimmer 5/6 - Session #1

At least 6 but less than 16

Swimmers will build up their advanced skill sets and will be challenged with a whole new variety of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also receive greater focus, as swimmers will need to complete longer distance swims and interval training sessions for all their strokes. They will also refine their strokes to increase their swimming strength, power, and endurance.

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	11:00 am - 11:30 am	1 wks	57275	\$78.08
M - F	Jun 30 - Jul 4	5:00 pm - 5:30 pm	1 wks	57657	\$78.08

Semi Private - Swimmer 5/6 - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	11:00 am - 11:30 am	1 wks	57426	\$97.61
M - F	Jul 7 - Jul 11	5:00 pm - 5:30 pm	1 wks	57896	\$97.61

Semi Private - Swimmer 5/6 - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	11:00 am - 11:30 am	1 wks	57470	\$97.61
M - F	Jul 14 - Jul 18	5:00 pm - 5:30 pm	1 wks	57714	\$97.61

Semi Private - Swimmer 5/6 - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	11:00 am - 11:30 am	1 wks	57505	\$97.61
M - F	Jul 21 - Jul 25	5:00 pm - 5:30 pm	1 wks	57739	\$97.61

Semi Private - Swimmer 5/6 - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	11:00 am - 11:30 am	1 wks	57629	\$97.61
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M - F	Jul 28 - Aug 1	5:00 pm - 5:30 pm	1 wks	57796	\$97.61
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Semi Private - Swimmer 5/6 - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	11:00 am - 11:30 am	1 wks	57556	\$78.08
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M - F	Aug 5 - Aug 8	5:00 pm - 5:30 pm	1 wks	57821	\$78.08
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Semi Private - Swimmer 5/6 - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	11:00 am - 11:30 am	1 wks	57686	\$97.61
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M - F	Aug 11 - Aug 15	5:00 pm - 5:30 pm	1 wks	57846	\$97.61
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Semi Private - Swimmer 5/6 - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	11:00 am - 11:30 am	1 wks	57768	\$97.61
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M - F	Aug 18 - Aug 22	5:00 pm - 5:30 pm	1 wks	57871	\$97.61
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Semi Private - Swimmer 5/6 - Summer - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	11:30 am - 12:00 pm	8 wks	58020	\$156.17
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Semi - private - Adult - Summer - Once per week

16 and up

Learners of all ages (starting at 3 yrs) and all swim levels may take advantage of semi private instruction. Semi Private classes guarantee a maximum of 3 participants per class, and are 1/2 hour (30 minutes) in duration.

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	12:30 pm - 1:00 pm	8 wks	58028	\$156.17
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Children

Swim Kids - ages 6+

Ranger Patrol - Dunbarton - Session #1

At least 6 but less than 16

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200 m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious

victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non - contact rescues with a buoyant aid.

DIP Programs

M - F	Jun 30 - Jul 11	10:30 am - 11:15 am	2 wks	57152	\$106.94
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Ranger Patrol - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	10:30 am - 11:15 am	2 wks	57181	\$118.82
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Ranger Patrol - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	10:30 am - 11:15 am	2 wks	57210	\$106.94
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Ranger Patrol - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	10:30 am - 11:15 am	2 wks	57374	\$118.82
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Ranger Patrol(Swimmer 8) - Summer - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	10:30 am - 11:15 am	8 wks	58009	\$95.06
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Ranger | Star - One Week Session #1

At least 6 but less than 16

Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200 m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non - contact rescues with a buoyant aid Star Patrol will prepare swimmers for the Bronze Star Award. Strokes will continue to be refined through completion of 100 m swims. It demands good physical conditioning as swimmers will be challenged with a 600 m workout, 300 m timed swim, and a 25 m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defense methods, rolling over and supporting victims in shallow water, and removing victims from shallow water. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

CHDRC Pool - Programs

M,W - F	Jun 30 - Jul 4	4:45 pm - 5:30 pm	1 wks	58033	\$47.53
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Ranger | Star - One Week Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	4:45 pm - 5:30 pm	1 wks	58030	\$59.41
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Ranger | Star - One Week Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	4:45 pm - 5:30 pm	1 wks	58032	\$59.41
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Ranger | Star - One Week Session #6

CHDRC Pool - Programs

T - F	Aug 5 - Aug 8	4:45 pm - 5:30 pm	1 wks	58034	\$47.53
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Rookie Patrol - Dunbarton - Session #1

At least 6 but less than 16

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke. Fitness components include a 350 m workout and 100 m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self - rescue techniques, victim recognition, and using throwing assists.

DIP Programs

M - F	Jun 30 - Jul 11	9:45 am - 10:30 am	2 wks	57153	\$106.94
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Rookie Patrol - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	9:45 am - 10:30 am	2 wks	57182	\$118.82
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Rookie Patrol - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	9:45 am - 10:30 am	2 wks	57211	\$106.94
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Rookie Patrol - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	9:45 am - 10:30 am	2 wks	57375	\$118.82
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Rookie Patrol - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	9:45 am - 10:30 am	8 wks	58001	\$95.06
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Rookie | Ranger - One Week Session #1

At least 6 but less than 16

Rookie Patrol lays the foundation of the Swim Patrol program. It includes 4 main components: stroke refinement, fitness, first aid, and lifesaving. Stroke refinement is focused on front crawl, back crawl, and breaststroke. Fitness components include a 350 m workout and 100 m timed swim. Swimmers will learn about assessing conscious victims, contacting EMS, and treatment for bleeding. Rookie Patrol is rounded off with an introduction to lifesaving skills, including self-rescue techniques, victim recognition, and using throwing assists. Stroke refinement and underwater proficiency continues to be a focus in Ranger Patrol as it is critical for supporting swimmer fitness. Swimmers can expect their fitness levels to increase as they work towards a 200 m timed swim. First aid at the Ranger Patrol level includes assessment of unconscious victims, treating for shock, and procedures for obstructed airways. Lifesaving skills are expanded to include object support and non-contact rescues with a buoyant aid.

CHDRC Pool - Programs

M,W - F	Jun 30 - Jul 4	6:15 pm - 7:00 pm	1 wks	58045	\$47.53
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Rookie | Ranger - One Week Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	6:15 pm - 7:00 pm	1 wks	58044	\$59.41
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Rookie | Ranger - One Week Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	6:15 pm - 7:00 pm	1 wks	58046	\$59.41
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Rookie | Ranger - One Week Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	6:15 pm - 7:00 pm	1 wks	58048	\$47.53
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Star Patrol - Dunbarton - Session #1

At least 6 but less than 16

Star Patrol will prepare swimmers for the Bronze Star Award. Strokes will continue to be refined through completion of 100 m swims. It demands good physical conditioning as swimmers will be challenged with a 600 m workout, 300 m timed swim, and a 25 m object carry. First aid at this level focuses on treatment of bone and joint injuries, and respiratory emergencies like asthma and allergic reactions. Lifesaving skills include in water defense methods, rolling over and supporting victims in shallow water, and removing victims from shallow water. Swimmers that complete Star Patrol will be well on their way to becoming bona fide Lifesavers.

DIP Programs

M - F	Jun 30 - Jul 11	11:15 am - 12:00 pm	2 wks	57154	\$106.94
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Star Patrol - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	11:15 am - 12:00 pm	2 wks	57183	\$118.82
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Star Patrol - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	11:15 am - 12:00 pm	2 wks	57212	\$106.94
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Star Patrol - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	11:15 am - 12:00 pm	2 wks	57376	\$118.82
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Star Patrol(Swimmer 9) - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	11:15 am - 12:00 pm	8 wks	58016	\$95.06
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Swimmer 1 - Dunbarton - Session #1

At least 6 but less than 13

Building the foundation of swimming skill development beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

DIP Programs

M - F	Jun 30 - Jul 11	9:00 am - 9:45 am	2 wks	57155	\$106.94
M - F	Jun 30 - Jul 11	9:45 am - 10:30 am	2 wks	57156	\$106.94
M - F	Jun 30 - Jul 11	10:30 am - 11:15 am	2 wks	57157	\$106.94
M - F	Jun 30 - Jul 11	11:15 am - 12:00 pm	2 wks	57158	\$106.94
M - F	Jun 30 - Jul 11	12:00 pm - 12:45 pm	2 wks	57159	\$106.94

Swimmer 1 - Dunbarton - Session #2

At least 6 but less than 13

DIP Programs

M - F	Jul 14 - Jul 25	9:00 am - 9:45 am	2 wks	57184	\$118.82
M - F	Jul 14 - Jul 25	9:45 am - 10:30 am	2 wks	57185	\$118.82
M - F	Jul 14 - Jul 25	10:30 am - 11:15 am	2 wks	57186	\$118.82
M - F	Jul 14 - Jul 25	11:15 am - 12:00 pm	2 wks	57187	\$118.82
M - F	Jul 14 - Jul 25	12:00 pm - 12:45 pm	2 wks	57188	\$118.82

Swimmer 1 - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	9:00 am - 9:45 am	2 wks	57213	\$106.94	
M - F	Jul 28 - Aug 8	9:45 am - 10:30 am	2 wks	57214	\$106.94	
M - F	Jul 28 - Aug 8	10:30 am - 11:15 am	2 wks	57215	\$106.94	
M - F	Jul 28 - Aug 8	11:15 am - 12:00 pm	2 wks	57216	\$106.94	
M - F	Jul 28 - Aug 8	12:00 pm - 12:45 pm	2 wks	57217	\$106.94	

Swimmer 1 - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	9:00 am - 9:45 am	2 wks	57377	\$118.82	
M - F	Aug 11 - Aug 22	9:45 am - 10:30 am	2 wks	57378	\$118.82	
M - F	Aug 11 - Aug 22	10:30 am - 11:15 am	2 wks	57379	\$118.82	
M - F	Aug 11 - Aug 22	12:00 pm - 12:45 pm	2 wks	57380	\$118.82	
M - F	Aug 11 - Aug 22	11:15 am - 12:00 pm	2 wks	58080	\$118.82	

Swimmer 1 - Once per week

CHDRC Pool - Programs

T	Jul 8 - Aug 19	11:00 am - 11:30 am	7 wks	57278	\$75.75	
T	Jul 8 - Aug 19	6:00 pm - 6:30 pm	7 wks	58070	\$75.75	
Th	Jul 3 - Aug 21	11:00 am - 11:30 am	8 wks	57279	\$86.57	
Th	Jul 3 - Aug 21	6:00 pm - 6:30 pm	8 wks	58071	\$86.57	

Swimmer 1 - One week - Session #1

At least 6 but less than 13

Building the foundation of swimming skill development beginner swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water in a lifejacket, opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, they will front crawl their way into the next level.

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:30 am - 10:00 am	1 wks	57276	\$43.28	
M - F	Jun 30 - Jul 4	11:30 am - 12:00 pm	1 wks	57277	\$43.28	
M - F	Jun 30 - Jul 4	4:00 pm - 4:30 pm	1 wks	57658	\$43.28	
M - F	Jun 30 - Jul 4	5:00 pm - 5:30 pm	1 wks	57659	\$43.28	

Swimmer 1 - One week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	9:30 am - 10:00 am	1 wks	57427	\$54.11	
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M - F	Jul 7 - Jul 11	11:30 am - 12:00 pm	1 wks	57428	\$54.11
M - F	Jul 7 - Jul 11	4:00 pm - 4:30 pm	1 wks	57897	\$54.11
M - F	Jul 7 - Jul 11	5:00 pm - 5:30 pm	1 wks	57898	\$54.11

Swimmer 1 - One week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	9:30 am - 10:00 am	1 wks	57457	\$54.11
M - F	Jul 14 - Jul 18	11:30 am - 12:00 pm	1 wks	57475	\$54.11
M - F	Jul 14 - Jul 18	4:00 pm - 4:30 pm	1 wks	57715	\$54.11
M - F	Jul 14 - Jul 18	5:00 pm - 5:30 pm	1 wks	57716	\$54.11

Swimmer 1 - One week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	9:30 am - 10:00 am	1 wks	57492	\$54.11
M - F	Jul 21 - Jul 25	11:30 am - 12:00 pm	1 wks	57510	\$54.11
M - F	Jul 21 - Jul 25	4:00 pm - 4:30 pm	1 wks	57740	\$54.11
M - F	Jul 21 - Jul 25	5:00 pm - 5:30 pm	1 wks	57741	\$54.11

Swimmer 1 - One week - Session #5

M - F	Jul 28 - Aug 1	9:30 am - 10:00 am	1 wks	57616	\$54.11
M - F	Jul 28 - Aug 1	11:30 am - 12:00 pm	1 wks	57634	\$54.11
M - F	Jul 28 - Aug 1	4:00 pm - 4:30 pm	1 wks	57797	\$54.11
M - F	Jul 28 - Aug 1	5:00 pm - 5:30 pm	1 wks	57798	\$54.11

Swimmer 1 - One week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	9:30 am - 10:00 am	1 wks	57543	\$43.28
M - F	Aug 5 - Aug 8	11:30 am - 12:00 pm	1 wks	57561	\$43.28
M - F	Aug 5 - Aug 8	4:00 pm - 4:30 pm	1 wks	57822	\$43.28
M - F	Aug 5 - Aug 8	5:00 pm - 5:30 pm	1 wks	57823	\$43.28

Swimmer 1 - One week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	9:30 am - 10:00 am	1 wks	57673	\$54.11
M - F	Aug 11 - Aug 15	11:30 am - 12:00 pm	1 wks	57691	\$54.11
M - F	Aug 11 - Aug 15	4:00 pm - 4:30 pm	1 wks	57847	\$54.11

M - F	Aug 11 - Aug 15	5:00 pm - 5:30 pm	1 wks	57848	\$54.11
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Swimmer 1 - One week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:30 am - 10:00 am	1 wks	57755	\$54.11
M - F	Aug 18 - Aug 22	11:30 am - 12:00 pm	1 wks	57773	\$54.11
M - F	Aug 18 - Aug 22	4:00 pm - 4:30 pm	1 wks	57872	\$54.11
M - F	Aug 18 - Aug 22	5:00 pm - 5:30 pm	1 wks	57873	\$54.11

Swimmer 1 | 2 - Once per week

At least 6 but less than 13

Swimmers will gain confidence in the water as they learn safe entries into various depths of water, treading water (assisted and unassisted), opening their eyes underwater, and breath control. Once they have learned their floats, rollovers, glides, and kicks from front to back, vertical whip kick with an aid, and swimming front crawl and back crawl, they will swim themselves right in to the next level.

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	9:00 am - 9:30 am	8 wks	57994	\$86.57
Sa	Jul 5 - Aug 23	10:30 am - 11:00 am	8 wks	58011	\$86.57
Sa	Jul 5 - Aug 23	12:30 pm - 1:00 pm	8 wks	58029	\$86.57

Swimmer 2 - Dunbarton - Session #1

At least 6 but less than 13

Swimmers will gain comfort in deeper water by jumping in, learning their sideways entry, and treading water without a lifejacket. Swimmers will be challenged by the introduction of various skills including, flutter kick on their front, back, and side, vertical whip kick with an aid, and swimming front crawl and back crawl for 10 m. Swimmers will get to work on their Swim to Survive skills and be introduced to interval training.

DIP Programs

M - F	Jun 30 - Jul 11	9:00 am - 9:45 am	2 wks	57160	\$106.94
M - F	Jun 30 - Jul 11	9:45 am - 10:30 am	2 wks	57161	\$106.94
M - F	Jun 30 - Jul 11	10:30 am - 11:15 am	2 wks	57162	\$106.94
M - F	Jun 30 - Jul 11	11:15 am - 12:00 pm	2 wks	57163	\$106.94
M - F	Jun 30 - Jul 11	12:45 pm - 1:30 pm	2 wks	57164	\$106.94

Swimmer 2 - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	9:00 am - 9:45 am	2 wks	57189	\$118.82
M - F	Jul 14 - Jul 25	9:45 am - 10:30 am	2 wks	57190	\$118.82

M - F	Jul 14 - Jul 25	10:30 am - 11:15 am	2 wks	57191	\$118.82
M - F	Jul 14 - Jul 25	11:15 am - 12:00 pm	2 wks	57192	\$118.82
M - F	Jul 14 - Jul 25	12:45 pm - 1:30 pm	2 wks	57193	\$118.82

Swimmer 2 - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	9:00 am - 9:45 am	2 wks	57218	\$106.94
M - F	Jul 28 - Aug 8	9:45 am - 10:30 am	2 wks	57219	\$106.94
M - F	Jul 28 - Aug 8	10:30 am - 11:15 am	2 wks	57220	\$106.94
M - F	Jul 28 - Aug 8	11:15 am - 12:00 pm	2 wks	57221	\$106.94
M - F	Jul 28 - Aug 8	12:45 pm - 1:30 pm	2 wks	57222	\$106.94

Swimmer 2 - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	9:00 am - 9:45 am	2 wks	57381	\$118.82
M - F	Aug 11 - Aug 22	9:45 am - 10:30 am	2 wks	57382	\$118.82
M - F	Aug 11 - Aug 22	10:30 am - 11:15 am	2 wks	57383	\$118.82
M - F	Aug 11 - Aug 22	11:15 am - 12:00 pm	2 wks	57384	\$118.82
M - F	Aug 11 - Aug 22	12:45 pm - 1:30 pm	2 wks	57385	\$118.82

Swimmer 2 - Once per week

CHDRC Pool - Programs

T	Jul 8 - Aug 19	11:30 am - 12:00 pm	7 wks	57280	\$75.75
T	Jul 8 - Aug 19	6:30 pm - 7:00 pm	7 wks	58073	\$75.75
Th	Jul 3 - Aug 21	11:30 am - 12:00 pm	8 wks	57281	\$86.57
Th	Jul 3 - Aug 21	6:30 pm - 7:00 pm	8 wks	58074	\$86.57

Swimmer 2 - One week - Session #1

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	11:00 am - 11:30 am	1 wks	57282	\$43.28
M - F	Jun 30 - Jul 4	10:30 am - 11:00 am	1 wks	57283	\$43.28
M - F	Jun 30 - Jul 4	4:30 pm - 5:00 pm	1 wks	57660	\$43.28
M - F	Jun 30 - Jul 4	5:30 pm - 6:00 pm	1 wks	57661	\$43.28

Swimmer 2 - One week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	11:00 am - 11:30 am	1 wks	57429	\$54.11
M - F	Jul 7 - Jul 11	10:30 am - 11:00 am	1 wks	57430	\$54.11
M - F	Jul 7 - Jul 11	4:30 pm - 5:00 pm	1 wks	57899	\$54.11
M - F	Jul 7 - Jul 11	5:30 pm - 6:00 pm	1 wks	57900	\$54.11

Swimmer 2 - One week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	10:30 am - 11:00 am	1 wks	57466	\$54.11
M - F	Jul 14 - Jul 18	11:00 am - 11:30 am	1 wks	57471	\$54.11
M - F	Jul 14 - Jul 18	4:30 pm - 5:00 pm	1 wks	57717	\$54.11
M - F	Jul 14 - Jul 18	5:30 pm - 6:00 pm	1 wks	57718	\$54.11

Swimmer 2 - One week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	10:30 am - 11:00 am	1 wks	57501	\$54.11
M - F	Jul 21 - Jul 25	11:00 am - 11:30 am	1 wks	57506	\$54.11
M - F	Jul 21 - Jul 25	4:30 pm - 5:00 pm	1 wks	57742	\$54.11
M - F	Jul 21 - Jul 25	5:30 pm - 6:00 pm	1 wks	57743	\$54.11

Swimmer 2 - One week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	10:30 am - 11:00 am	1 wks	57625	\$54.11
M - F	Jul 28 - Aug 1	11:00 am - 11:30 am	1 wks	57630	\$54.11
M - F	Jul 28 - Aug 1	4:30 pm - 5:00 pm	1 wks	57799	\$54.11
M - F	Jul 28 - Aug 1	5:30 pm - 6:00 pm	1 wks	57800	\$54.11

Swimmer 2 - One week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	10:30 am - 11:00 am	1 wks	57552	\$43.28
M - F	Aug 5 - Aug 8	11:00 am - 11:30 am	1 wks	57557	\$43.28
M - F	Aug 5 - Aug 8	4:30 pm - 5:00 pm	1 wks	57824	\$43.28
M - F	Aug 5 - Aug 8	5:30 pm - 6:00 pm	1 wks	57825	\$43.28

Swimmer 2 - One week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	10:30 am - 11:00 am	1 wks	57682	\$54.11
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M - F	Aug 11 - Aug 15	11:00 am - 11:30 am	1 wks	57687	\$54.11
M - F	Aug 11 - Aug 15	4:30 pm - 5:00 pm	1 wks	57849	\$54.11
M - F	Aug 11 - Aug 15	5:30 pm - 6:00 pm	1 wks	57850	\$54.11

Swimmer 2 - One week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	10:30 am - 11:00 am	1 wks	57764	\$54.11
M - F	Aug 18 - Aug 22	11:00 am - 11:30 am	1 wks	57769	\$54.11
M - F	Aug 18 - Aug 22	4:30 pm - 5:00 pm	1 wks	57874	\$54.11
M - F	Aug 18 - Aug 22	5:30 pm - 6:00 pm	1 wks	57875	\$54.11

Swimmer 3 - Dunbarton - Session #1

At least 6 but less than 13

Swimmers will make a splash with their kneeling dives and forward roll entries. Swimmers will be challenged with the introduction to more difficult (but fun) skills such as handstands in shallow water and in front somersaults (in water). Increased time and distance components are incorporated for skills learned such as flutter kick on front and back, whip kick on back, front and back crawl, and interval training.

DIP Programs

M - F	Jun 30 - Jul 11	9:00 am - 9:45 am	2 wks	57165	\$106.94
M - F	Jun 30 - Jul 11	9:45 am - 10:30 am	2 wks	57166	\$106.94
M - F	Jun 30 - Jul 11	11:15 am - 12:00 pm	2 wks	57167	\$106.94
M - F	Jun 30 - Jul 11	12:00 pm - 12:45 pm	2 wks	57168	\$106.94
M - F	Jun 30 - Jul 11	12:45 pm - 1:30 pm	2 wks	57194	\$106.94

Swimmer 3 - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	12:00 pm - 12:45 pm	2 wks	57169	\$118.82
M - F	Jul 14 - Jul 25	9:00 am - 9:45 am	2 wks	57195	\$118.82
M - F	Jul 14 - Jul 25	9:45 am - 10:30 am	2 wks	57196	\$118.82
M - F	Jul 14 - Jul 25	11:15 am - 12:00 pm	2 wks	57197	\$118.82
M - F	Jul 14 - Jul 25	12:45 pm - 1:30 pm	2 wks	57198	\$118.82

Swimmer 3 - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	9:00 am - 9:45 am	2 wks	57223	\$106.94
M - F	Jul 28 - Aug 8	9:45 am - 10:30 am	2 wks	57224	\$106.94

M - F	Jul 28 - Aug 8	11:15 am - 12:00 pm	2 wks	57225	\$106.94
M - F	Jul 28 - Aug 8	12:00 pm - 12:45 pm	2 wks	57226	\$106.94
M - F	Jul 28 - Aug 8	12:45 pm - 1:30 pm	2 wks	57227	\$106.94

Swimmer 3 - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	12:00 pm - 12:45 pm	2 wks	57386	\$118.82
M - F	Aug 11 - Aug 22	9:00 am - 9:45 am	2 wks	57387	\$118.82
M - F	Aug 11 - Aug 22	9:45 am - 10:30 am	2 wks	57388	\$118.82
M - F	Aug 11 - Aug 22	11:15 am - 12:00 pm	2 wks	57389	\$118.82
M - F	Aug 11 - Aug 22	12:45 pm - 1:30 pm	2 wks	57390	\$118.82

Swimmer 3 - Once per week

CHDRC Pool - Programs

T	Jul 8 - Aug 19	12:00 pm - 12:30 pm	7 wks	57284	\$75.75
Th	Jul 3 - Aug 21	12:00 pm - 12:30 pm	8 wks	57285	\$86.57
Sa	Jul 5 - Aug 23	9:30 am - 10:00 am	8 wks	58000	\$86.57
Sa	Jul 5 - Aug 23	11:00 am - 11:30 am	8 wks	58015	\$86.57

Swimmer 3 - One week - Session #1

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:00 am - 9:30 am	1 wks	57286	\$43.28
M - F	Jun 30 - Jul 4	10:30 am - 11:00 am	1 wks	57287	\$43.28
M - F	Jun 30 - Jul 4	4:30 pm - 5:00 pm	1 wks	57662	\$43.28
M - F	Jun 30 - Jul 4	5:30 pm - 6:00 pm	1 wks	57663	\$43.28

Swimmer 3 - One week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	9:00 am - 9:30 am	1 wks	57431	\$54.11
M - F	Jul 7 - Jul 11	10:30 am - 11:00 am	1 wks	57432	\$54.11
M - F	Jul 7 - Jul 11	4:30 pm - 5:00 pm	1 wks	57901	\$54.11
M - F	Jul 7 - Jul 11	5:30 pm - 6:00 pm	1 wks	57902	\$54.11

Swimmer 3 - One week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	9:00 am - 9:30 am	1 wks	57453	\$54.11
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M - F	Jul 14 - Jul 18	10:30 am - 11:00 am	1 wks	57467	\$54.11
M - F	Jul 14 - Jul 18	4:30 pm - 5:00 pm	1 wks	57719	\$54.11
M - F	Jul 14 - Jul 18	5:30 pm - 6:00 pm	1 wks	57720	\$54.11

Swimmer 3 - One week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	9:00 am - 9:30 am	1 wks	57488	\$54.11
M - F	Jul 21 - Jul 25	10:30 am - 11:00 am	1 wks	57502	\$54.11
M - F	Jul 21 - Jul 25	4:30 pm - 5:00 pm	1 wks	57744	\$54.11
M - F	Jul 21 - Jul 25	5:30 pm - 6:00 pm	1 wks	57745	\$54.11

Swimmer 3 - One week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	9:00 am - 9:30 am	1 wks	57612	\$54.11
M - F	Jul 28 - Aug 1	10:30 am - 11:00 am	1 wks	57626	\$54.11
M - F	Jul 28 - Aug 1	4:30 pm - 5:00 pm	1 wks	57801	\$54.11
M - F	Jul 28 - Aug 1	5:30 pm - 6:00 pm	1 wks	57802	\$54.11

Swimmer 3 - One week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	9:00 am - 9:30 am	1 wks	57539	\$43.28
M - F	Aug 5 - Aug 8	10:30 am - 11:00 am	1 wks	57553	\$43.28
M - F	Aug 5 - Aug 8	4:30 pm - 5:00 pm	1 wks	57826	\$43.28
M - F	Aug 5 - Aug 8	5:30 pm - 6:00 pm	1 wks	57827	\$43.28

Swimmer 3 - One week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	9:00 am - 9:30 am	1 wks	57669	\$54.11
M - F	Aug 11 - Aug 15	10:30 am - 11:00 am	1 wks	57683	\$54.11
M - F	Aug 11 - Aug 15	4:30 pm - 5:00 pm	1 wks	57851	\$54.11
M - F	Aug 11 - Aug 15	5:30 pm - 6:00 pm	1 wks	57852	\$54.11

Swimmer 3 - One week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:00 am - 9:30 am	1 wks	57751	\$54.11
M - F	Aug 18 - Aug 22	10:30 am - 11:00 am	1 wks	57765	\$54.11

M - F	Aug 18 - Aug 22	4:30 pm - 5:00 pm	1 wks	57876	\$54.11
M - F	Aug 18 - Aug 22	5:30 pm - 6:00 pm	1 wks	57877	\$54.11

Swimmer 4 - Dunbarton - Session #1

At least 6 but less than 13

Swimmers will move from a beginner to intermediate swimming level. Swimmers will complete standing dives, tread water for 1 minute, and work towards being able to swim underwater for 5 m. Swimmers will achieve the Swim to Survive standard by being able to roll into deep water, tread water for 1 minute, and swim 50m. In addition to improving their front crawl, back crawl, and whip kick, swimmers will be introduced to breaststroke.

DIP Programs

M - F	Jun 30 - Jul 11	9:45 am - 10:30 am	2 wks	57170	\$106.94
M - F	Jun 30 - Jul 11	10:30 am - 11:15 am	2 wks	57171	\$106.94
M - F	Jun 30 - Jul 11	11:15 am - 12:00 pm	2 wks	57199	\$106.94
M - F	Jun 30 - Jul 11	12:00 pm - 12:45 pm	2 wks	57200	\$106.94

Swimmer 4 - Dunbarton - Session #1

DIP Programs

M - F	Jun 30 - Jul 11	12:45 pm - 1:30 pm	2 wks	57172	\$106.94
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Swimmer 4 - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	9:45 am - 10:30 am	2 wks	57173	\$118.82
M - F	Jul 14 - Jul 25	10:30 am - 11:15 am	2 wks	57174	\$118.82
M - F	Jul 14 - Jul 25	12:00 pm - 12:45 pm	2 wks	57202	\$118.82
M - F	Jul 14 - Jul 25	12:45 pm - 1:30 pm	2 wks	57203	\$118.82

Swimmer 4 - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	11:15 am - 12:00 pm	2 wks	57201	\$118.82
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Swimmer 4 - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	10:30 am - 11:15 am	2 wks	57229	\$106.94
M - F	Jul 28 - Aug 8	11:15 am - 12:00 pm	2 wks	57230	\$106.94
M - F	Jul 28 - Aug 8	12:00 pm - 12:45 pm	2 wks	57231	\$106.94
M - F	Jul 28 - Aug 8	12:45 pm - 1:30 pm	2 wks	57232	\$106.94

Swimmer 4 - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	9:45 am - 10:30 am 2 wks	57228	\$106.94
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Swimmer 4 - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	9:45 am - 10:30 am 2 wks	57391	\$118.82
M - F	Aug 11 - Aug 22	10:30 am - 11:15 am 2 wks	57392	\$118.82
M - F	Aug 11 - Aug 22	12:00 pm - 12:45 pm 2 wks	57394	\$118.82
M - F	Aug 11 - Aug 22	12:45 pm - 1:30 pm 2 wks	57395	\$118.82

Swimmer 4 - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	11:15 am - 12:00 pm 2 wks	57393	\$118.82
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Swimmer 4 - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	10:00 am - 10:30 am 8 wks	58006	\$86.57
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Swimmer 4 - One week - Session #1

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:30 am - 10:00 am 1 wks	57288	\$43.28
M - F	Jun 30 - Jul 4	11:30 am - 12:00 pm 1 wks	57289	\$43.28
M - F	Jun 30 - Jul 4	6:30 pm - 7:00 pm 1 wks	57664	\$43.28

Swimmer 4 - One week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	9:30 am - 10:00 am 1 wks	57433	\$54.11
M - F	Jul 7 - Jul 11	11:30 am - 12:00 pm 1 wks	57434	\$54.11
M - F	Jul 7 - Jul 11	6:30 pm - 7:00 pm 1 wks	57903	\$54.11

Swimmer 4 - One week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	9:30 am - 10:00 am 1 wks	57458	\$54.11
M - F	Jul 14 - Jul 18	11:30 am - 12:00 pm 1 wks	57476	\$54.11

M - F	Jul 14 - Jul 18	6:30 pm - 7:00 pm	1 wks	57721	\$54.11
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Swimmer 4 - One week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	9:30 am - 10:00 am	1 wks	57493	\$54.11
M - F	Jul 21 - Jul 25	11:30 am - 12:00 pm	1 wks	57511	\$54.11
M - F	Jul 21 - Jul 25	6:30 pm - 7:00 pm	1 wks	57746	\$54.11

Swimmer 4 - One week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	9:30 am - 10:00 am	1 wks	57617	\$54.11
M - F	Jul 28 - Aug 1	11:30 am - 12:00 pm	1 wks	57635	\$54.11
M - F	Jul 28 - Aug 1	6:30 pm - 7:00 pm	1 wks	57803	\$54.11

Swimmer 4 - One week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	9:30 am - 10:00 am	1 wks	57544	\$43.28
M - F	Aug 5 - Aug 8	11:30 am - 12:00 pm	1 wks	57562	\$43.28
M - F	Aug 5 - Aug 8	6:30 pm - 7:00 pm	1 wks	57828	\$43.28

Swimmer 4 - One week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	9:30 am - 10:00 am	1 wks	57674	\$54.11
M - F	Aug 11 - Aug 15	11:30 am - 12:00 pm	1 wks	57692	\$54.11
M - F	Aug 11 - Aug 15	6:30 pm - 7:00 pm	1 wks	57853	\$54.11

Swimmer 4 - One week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:30 am - 10:00 am	1 wks	57756	\$54.11
M - F	Aug 18 - Aug 22	11:30 am - 12:00 pm	1 wks	57774	\$54.11
M - F	Aug 18 - Aug 22	6:30 pm - 7:00 pm	1 wks	57878	\$54.11

Swimmer 5 - Dunbarton - Session #1

At least 6 but less than 16

Swimmers will be challenged with a whole new set of skills; shallow dives, tuck jumps (cannonball entries), eggbeater kick, and backward somersaults (in water). Technique and endurance will also

receive greater focus as swimmers will need to complete longer distance swims and interval training sessions for all their strokes.

DIP Programs

M - F	Jun 30 - Jul 11	10:30 am - 11:15 am	2 wks	57175	\$106.94
M - F	Jun 30 - Jul 11	12:00 pm - 12:45 pm	2 wks	57176	\$106.94

Swimmer 5 - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	10:30 am - 11:15 am	2 wks	57204	\$118.82
M - F	Jul 14 - Jul 25	12:00 pm - 12:45 pm	2 wks	57205	\$118.82

Swimmer 5 - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	10:30 am - 11:15 am	2 wks	57233	\$106.94
M - F	Jul 28 - Aug 8	12:00 pm - 12:45 pm	2 wks	57234	\$106.94

Swimmer 5 - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	10:30 am - 11:15 am	2 wks	57396	\$118.82
M - F	Aug 11 - Aug 22	12:00 pm - 12:45 pm	2 wks	57397	\$118.82

Swimmer 5 - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	9:00 am - 9:45 am	8 wks	57995	\$95.06
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Swimmer 5/6 - Once Week - Session #1

CHDRC Pool - Programs

M,W - F	Jun 30 - Jul 4	5:30 pm - 6:15 pm	1 wks	58038	\$47.53
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Swimmer 5/6 - Once Week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	5:30 pm - 6:15 pm	1 wks	58035	\$59.41
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Swimmer 5/6 - Once Week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	5:30 pm - 6:15 pm	1 wks	58040	\$59.41
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Swimmer 5/6 - Once Week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	5:30 pm - 6:15 pm	1 wks	58041	\$59.41
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Swimmer 5/6 - Once Week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	5:30 pm - 6:15 pm	1 wks	58037	\$59.41
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Swimmer 5/6 - Once Week - Session #6

CHDRC Pool - Programs

T - F	Aug 5 - Aug 8	5:30 pm - 6:15 pm	1 wks	58039	\$47.53
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Swimmer 5/6 - Once Week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	5:30 pm - 6:15 pm	1 wks	58042	\$59.41
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Swimmer 5/6 - Once Week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	5:30 pm - 6:15 pm	1 wks	58055	\$59.41
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Swimmer 6 - Dunbarton - Session #1

At least 6 but less than 16

As the final level in the Swimmer program, swimmers will build up their advanced skill set. Swimmers will work towards mastering stride entries, compact jumps, and lifesaving kicks. They will also refine their strokes to increase their swimming strength, power, and endurance - critical for success in the 300 m workout required to complete the level.

DIP Programs

M - F	Jun 30 - Jul 11	9:00 am - 9:45 am	2 wks	57177	\$106.94
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M - F	Jun 30 - Jul 11	12:45 pm - 1:30 pm	2 wks	57178	\$106.94
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Swimmer 6 - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	9:00 am - 9:45 am	2 wks	57206	\$118.82
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M - F	Jul 14 - Jul 25	12:45 pm - 1:30 pm	2 wks	57207	\$118.82
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Swimmer 6 - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	9:00 am - 9:45 am	2 wks	57235	\$106.94
M - F	Jul 28 - Aug 8	12:45 pm - 1:30 pm	2 wks	57236	\$106.94

Swimmer 6 - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	9:00 am - 9:45 am	2 wks	57398	\$118.82
M - F	Aug 11 - Aug 22	12:45 pm - 1:30 pm	2 wks	57399	\$118.82

Swimmer 6 - Once per week

CHDRC Pool - Programs

Sa	Jul 5 - Aug 23	12:00 pm - 12:45 pm	8 wks	58025	\$95.06
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Parent & Tot

Swim Preschool

Parent & Tot 1 | 2 - One Week - Session #1

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:30 am - 10:00 am	1 wks	57241	\$43.28
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Parent & Tot 1 | 2 - One Week - Session #2

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	9:30 am - 10:00 am	1 wks	57403	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #3

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	9:30 am - 10:00 am	1 wks	57454	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #4

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	9:30 am - 10:00 am	1 wks	57489	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #5

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	9:30 am - 10:00 am	1 wks	57613	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #6

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	9:30 am - 10:00 am	1 wks	57540	\$43.28
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Parent & Tot 1 | 2 - One Week - Session #7

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	9:30 am - 10:00 am	1 wks	57670	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #8

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:30 am - 10:00 am	1 wks	57752	\$54.11
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Parent & Tot 1 | 2 - Once per week

At least 4m but less than 3y 1m

CHDRC Pool - Programs

T	Jul 8 - Aug 19	9:00 am - 9:30 am	7 wks	57239	\$75.75
T	Jul 8 - Aug 19	5:00 pm - 5:30 pm	7 wks	58065	\$75.75
Th	Jul 3 - Aug 21	9:00 am - 9:30 am	8 wks	57240	\$86.57
Th	Jul 3 - Aug 21	5:00 pm - 5:30 pm	8 wks	58066	\$86.57
Sa	Jul 5 - Aug 23	10:00 am - 10:30 am	8 wks	58002	\$86.57
Sa	Jul 5 - Aug 23	11:30 am - 12:00 pm	8 wks	58017	\$86.57

Parent & Tot 1 | 2 - One Week - Session #1

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	6:00 pm - 6:30 pm	1 wks	57640	\$43.28
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Parent & Tot 1 | 2 - One Week - Session #2

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	6:00 pm - 6:30 pm	1 wks	57879	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #3

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	6:00 pm - 6:30 pm	1 wks	57697	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #4

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	6:00 pm - 6:30 pm	1 wks	57722	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #5

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	6:00 pm - 6:30 pm	1 wks	57779	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #6

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	6:00 pm - 6:30 pm	1 wks	57804	\$43.28
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Parent & Tot 1 | 2 - One Week - Session #7

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	6:00 pm - 6:30 pm	1 wks	57829	\$54.11
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Parent & Tot 1 | 2 - One Week - Session #8

At least 4m but less than 3y 1m

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	6:00 pm - 6:30 pm	1 wks	57854	\$54.11
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Parent & Tot 3 - One Week - Session #1

At least 2 but less than 4

Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating. Parents and toddlers will be introduced to different iterations of these fundamental skills.

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	6:30 pm - 7:00 pm	1 wks	57641	\$43.28
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Parent & Tot 3 - One Week - Session #2

At least 2 but less than 4

Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating. Parents and toddlers will be introduced to different iterations of these fundamental skills.

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	6:30 pm - 7:00 pm	1 wks	57880	\$54.11
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Parent & Tot 3 - One Week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	6:30 pm - 7:00 pm	1 wks	57698	\$54.11
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Parent & Tot 3 - One Week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	6:30 pm - 7:00 pm	1 wks	57723	\$54.11
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Parent & Tot 3 - One Week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	6:30 pm - 7:00 pm	1 wks	57780	\$54.11
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Parent & Tot 3 - One Week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	6:30 pm - 7:00 pm	1 wks	57805	\$43.28
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Parent & Tot 3 - One Week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	6:30 pm - 7:00 pm	1 wks	57830	\$54.11
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Parent & Tot 3 - One Week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	6:30 pm - 7:00 pm	1 wks	57855	\$54.11
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Preschool

Swim Preschool

Parent & Tot 3 - Once per week

At least 2 but less than 4

Parents will work towards supporting their toddlers in becoming more independent in the water. Getting in, getting out, going under, and floating. Parents and toddlers will be introduced to different iterations of these fundamental skills.

CHDRC Pool - Programs

T	Jul 8 - Aug 19	10:30 am - 11:00 am	7 wks	57242	\$75.75
T	Jul 8 - Aug 19	5:30 pm - 6:00 pm	7 wks	58068	\$75.75

Parent & Tot 3 - One Week - Session #1

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	10:00 am - 10:30 am	1 wks	57243	\$43.28
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Parent & Tot 3 - One Week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	10:00 am - 10:30 am	1 wks	57404	\$54.11
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Parent & Tot 3 - One Week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	10:00 am - 10:30 am	1 wks	57459	\$54.11
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Parent & Tot 3 - One Week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	10:00 am - 10:30 am	1 wks	57494	\$54.11
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Parent & Tot 3 - One Week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	10:00 am - 10:30 am	1 wks	57618	\$54.11
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Parent & Tot 3 - One Week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	10:00 am - 10:30 am	1 wks	57545	\$43.28
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Parent & Tot 3 - One Week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	10:00 am - 10:30 am	1 wks	57675	\$54.11
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Parent & Tot 3 - One Week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	10:00 am - 10:30 am	1 wks	57757	\$54.11
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Preschool 1 - Once per week

At least 3 but less than 6

Preschoolers will be assisted by their instructor when learning to enter and exit water safely, jump into chest deep water, and put their faces in the water to blow bubbles. Becoming comfortable with floats and glides and moving safely in shallow water will help them gain confidence with their water skills.

CHDRC Pool - Programs

T	Jul 8 - Aug 19	9:30 am - 10:00 am	7 wks	57244	\$75.75
T	Jul 8 - Aug 19	4:00 pm - 4:30 pm	7 wks	58061	\$75.75
Th	Jul 3 - Aug 21	9:30 am - 10:00 am	8 wks	57245	\$86.57
Th	Jul 3 - Aug 21	4:00 pm - 4:30 pm	8 wks	58062	\$86.57
Sa	Jul 5 - Aug 23	9:00 am - 9:30 am	8 wks	57990	\$86.57
Sa	Jul 5 - Aug 23	9:30 am - 10:00 am	8 wks	57996	\$86.57
Sa	Jul 5 - Aug 23	12:00 pm - 12:30 pm	8 wks	58021	\$86.57

Preschool 1 - One Week - Session #1

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:00 am - 9:30 am	1 wks	57246	\$43.28
M - F	Jun 30 - Jul 4	10:30 am - 11:00 am	1 wks	57247	\$43.28
M - F	Jun 30 - Jul 4	12:00 pm - 12:30 pm	1 wks	57248	\$43.28
M - F	Jun 30 - Jul 4	4:30 pm - 5:00 pm	1 wks	57642	\$43.28
M - F	Jun 30 - Jul 4	5:00 pm - 5:30 pm	1 wks	57643	\$43.28

Preschool 1 - One Week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	9:00 am - 9:30 am	1 wks	57405	\$54.11
M - F	Jul 7 - Jul 11	10:30 am - 11:00 am	1 wks	57406	\$54.11
M - F	Jul 7 - Jul 11	12:00 pm - 12:30 pm	1 wks	57407	\$54.11
M - F	Jul 7 - Jul 11	4:30 pm - 5:00 pm	1 wks	57881	\$54.11

M - F	Jul 7 - Jul 11	5:00 pm - 5:30 pm	1 wks	57882	\$54.11
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Preschool 1 - One Week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	9:00 am - 9:30 am	1 wks	57449	\$54.11
M - F	Jul 14 - Jul 18	10:30 am - 11:00 am	1 wks	57463	\$54.11
M - F	Jul 14 - Jul 18	12:00 pm - 12:30 pm	1 wks	57477	\$54.11
M - F	Jul 14 - Jul 18	4:30 pm - 5:00 pm	1 wks	57699	\$54.11
M - F	Jul 14 - Jul 18	5:00 pm - 5:30 pm	1 wks	57700	\$54.11

Preschool 1 - One Week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	9:00 am - 9:30 am	1 wks	57484	\$54.11
M - F	Jul 21 - Jul 25	10:30 am - 11:00 am	1 wks	57498	\$54.11
M - F	Jul 21 - Jul 25	12:00 pm - 12:30 pm	1 wks	57512	\$54.11
M - F	Jul 21 - Jul 25	4:30 pm - 5:00 pm	1 wks	57724	\$54.11
M - F	Jul 21 - Jul 25	5:00 pm - 5:30 pm	1 wks	57725	\$54.11

Preschool 1 - One Week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	9:00 am - 9:30 am	1 wks	57608	\$54.11
M - F	Jul 28 - Aug 1	10:30 am - 11:00 am	1 wks	57622	\$54.11
M - F	Jul 28 - Aug 1	12:00 pm - 12:30 pm	1 wks	57636	\$54.11
M - F	Jul 28 - Aug 1	4:30 pm - 5:00 pm	1 wks	57781	\$54.11
M - F	Jul 28 - Aug 1	5:00 pm - 5:30 pm	1 wks	57782	\$54.11

Preschool 1 - One Week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	9:00 am - 9:30 am	1 wks	57535	\$43.28
M - F	Aug 5 - Aug 8	10:30 am - 11:00 am	1 wks	57549	\$43.28
M - F	Aug 5 - Aug 8	12:00 pm - 12:30 pm	1 wks	57563	\$43.28
M - F	Aug 5 - Aug 8	4:30 pm - 5:00 pm	1 wks	57806	\$43.28
M - F	Aug 5 - Aug 8	5:00 pm - 5:30 pm	1 wks	57807	\$43.28

Preschool 1 - One Week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	9:00 am - 9:30 am	1 wks	57665	\$54.11	
M - F	Aug 11 - Aug 15	10:30 am - 11:00 am		1 wks	57679	\$54.11
M - F	Aug 11 - Aug 15	12:00 pm - 12:30 pm		1 wks	57693	\$54.11
M - F	Aug 11 - Aug 15	4:30 pm - 5:00 pm	1 wks	57831	\$54.11	
M - F	Aug 11 - Aug 15	5:00 pm - 5:30 pm	1 wks	57832	\$54.11	

Preschool 1 - One Week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:00 am - 9:30 am	1 wks	57747	\$54.11	
M - F	Aug 18 - Aug 22	10:30 am - 11:00 am		1 wks	57761	\$54.11
M - F	Aug 18 - Aug 22	12:00 pm - 12:30 pm		1 wks	57775	\$54.11
M - F	Aug 18 - Aug 22	4:30 pm - 5:00 pm	1 wks	57856	\$54.11	
M - F	Aug 18 - Aug 22	5:00 pm - 5:30 pm	1 wks	57857	\$54.11	

Preschool 2 - Once per week

At least 3 but less than 6

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

CHDRC Pool - Programs

T	Jul 8 - Aug 19	10:00 am - 10:30 am	7 wks	57249	\$75.75	
T	Jul 8 - Aug 19	4:30 pm - 5:00 pm	7 wks	58063	\$75.75	
Th	Jul 3 - Aug 21	10:00 am - 10:30 am	8 wks	57250	\$86.57	
Th	Jul 3 - Aug 21	4:30 pm - 5:00 pm	8 wks	58064	\$86.57	
Sa	Jul 5 - Aug 23	9:00 am - 9:30 am	8 wks	57991	\$86.57	
Sa	Jul 5 - Aug 23	10:30 am - 11:00 am	8 wks	58007	\$86.57	
Sa	Jul 5 - Aug 23	11:00 am - 11:30 am	8 wks	58012	\$86.57	

Preschool 2 - One week - Session #1

Preschoolers will work on becoming more independent with their water skills. Some of these skills include jumping into chest deep water unassisted, submerging and exhaling underwater, and floating and gliding with various buoyant aids. They will be introduced to lateral rollovers and practice their flutter kick on their backs.

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:30 am - 10:00 am	1 wks	57251	\$43.28	
M - F	Jun 30 - Jul 4	11:30 am - 12:00 pm		1 wks	57252	\$43.28
M - F	Jun 30 - Jul 4	11:00 am - 11:30 am		1 wks	57253	\$43.28

M - F	Jun 30 - Jul 4	4:00 pm - 4:30 pm	1 wks	57644	\$43.28	
M - F	Jun 30 - Jul 4	5:30 pm - 6:00 pm	1 wks	57645	\$43.28	

Preschool 2 - One week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	9:30 am - 10:00 am	1 wks	57408	\$54.11	
M - F	Jul 7 - Jul 11	11:30 am - 12:00 pm	1 wks	57409	\$54.11	
M - F	Jul 7 - Jul 11	11:00 am - 11:30 am	1 wks	57410	\$54.11	
M - F	Jul 7 - Jul 11	4:00 pm - 4:30 pm	1 wks	57883	\$54.11	
M - F	Jul 7 - Jul 11	5:30 pm - 6:00 pm	1 wks	57884	\$54.11	

Preschool 2 - One week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	9:30 am - 10:00 am	1 wks	57455	\$54.11	
M - F	Jul 14 - Jul 18	11:00 am - 11:30 am	1 wks	57468	\$54.11	
M - F	Jul 14 - Jul 18	11:30 am - 12:00 pm	1 wks	57472	\$54.11	
M - F	Jul 14 - Jul 18	4:00 pm - 4:30 pm	1 wks	57701	\$54.11	
M - F	Jul 14 - Jul 18	5:30 pm - 6:00 pm	1 wks	57702	\$54.11	

Preschool 2 - One week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	9:30 am - 10:00 am	1 wks	57490	\$54.11	
M - F	Jul 21 - Jul 25	11:00 am - 11:30 am	1 wks	57503	\$54.11	
M - F	Jul 21 - Jul 25	11:30 am - 12:00 pm	1 wks	57507	\$54.11	
M - F	Jul 21 - Jul 25	4:00 pm - 4:30 pm	1 wks	57726	\$54.11	
M - F	Jul 21 - Jul 25	5:30 pm - 6:00 pm	1 wks	57727	\$54.11	

Preschool 2 - One week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	9:30 am - 10:00 am	1 wks	57614	\$54.11	
M - F	Jul 28 - Aug 1	11:00 am - 11:30 am	1 wks	57627	\$54.11	
M - F	Jul 28 - Aug 1	11:30 am - 12:00 pm	1 wks	57631	\$54.11	
M - F	Jul 28 - Aug 1	4:00 pm - 4:30 pm	1 wks	57783	\$54.11	
M - F	Jul 28 - Aug 1	5:30 pm - 6:00 pm	1 wks	57784	\$54.11	

Preschool 2 - One week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	9:30 am - 10:00 am	1 wks	57541	\$43.28	
M - F	Aug 5 - Aug 8	11:00 am - 11:30 am	1 wks	57554	\$43.28	
M - F	Aug 5 - Aug 8	11:30 am - 12:00 pm	1 wks	57558	\$43.28	
M - F	Aug 5 - Aug 8	4:00 pm - 4:30 pm	1 wks	57808	\$43.28	
M - F	Aug 5 - Aug 8	5:30 pm - 6:00 pm	1 wks	57809	\$43.28	

Preschool 2 - One week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	9:30 am - 10:00 am	1 wks	57671	\$54.11	
M - F	Aug 11 - Aug 15	11:00 am - 11:30 am	1 wks	57684	\$54.11	
M - F	Aug 11 - Aug 15	11:30 am - 12:00 pm	1 wks	57688	\$54.11	
M - F	Aug 11 - Aug 15	4:00 pm - 4:30 pm	1 wks	57833	\$54.11	
M - F	Aug 11 - Aug 15	5:30 pm - 6:00 pm	1 wks	57834	\$54.11	

Preschool 2 - One week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:30 am - 10:00 am	1 wks	57753	\$54.11	
M - F	Aug 18 - Aug 22	11:00 am - 11:30 am	1 wks	57766	\$54.11	
M - F	Aug 18 - Aug 22	11:30 am - 12:00 pm	1 wks	57770	\$54.11	
M - F	Aug 18 - Aug 22	4:00 pm - 4:30 pm	1 wks	57858	\$54.11	
M - F	Aug 18 - Aug 22	5:30 pm - 6:00 pm	1 wks	57859	\$54.11	

Preschool 3 - Once per week

At least 3 but less than 6

Preschoolers will kick and glide their way through the water on their fronts and backs. They will work on retrieving objects from the bottom in water that is waist deep, and work towards mastering their floats, rollovers, glides, and kicks. In this level they work their way into deeper water for practice on various types of entries.

CHDRC Pool - Programs

T	Jul 8 - Aug 19	12:30 pm - 1:00 pm	7 wks	57254	\$75.75	
Th	Jul 3 - Aug 21	12:30 pm - 1:00 pm	8 wks	57255	\$86.57	
Th	Jul 3 - Aug 21	5:30 pm - 6:00 pm	8 wks	58067	\$86.57	
Sa	Jul 5 - Aug 23	9:30 am - 10:00 am	8 wks	57997	\$86.57	
Sa	Jul 5 - Aug 23	11:30 am - 12:00 pm	8 wks	58018	\$86.57	

Preschool 3 - One week - Session #1

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	9:00 am - 9:30 am	1 wks	57256	\$43.28	
M - F	Jun 30 - Jul 4	10:30 am - 11:00 am	1 wks	57257	\$43.28	
M - F	Jun 30 - Jul 4	11:30 am - 12:00 pm	1 wks	57258	\$43.28	
M - F	Jun 30 - Jul 4	4:00 pm - 4:30 pm	1 wks	57646	\$43.28	
M - F	Jun 30 - Jul 4	6:00 pm - 6:30 pm	1 wks	57647	\$43.28	

Preschool 3 - One week - Session #2**CHDRC Pool - Programs**

M - F	Jul 7 - Jul 11	9:00 am - 9:30 am	1 wks	57411	\$54.11	
M - F	Jul 7 - Jul 11	10:30 am - 11:00 am	1 wks	57412	\$54.11	
M - F	Jul 7 - Jul 11	11:30 am - 12:00 pm	1 wks	57413	\$54.11	
M - F	Jul 7 - Jul 11	4:00 pm - 4:30 pm	1 wks	57885	\$54.11	
M - F	Jul 7 - Jul 11	6:00 pm - 6:30 pm	1 wks	57886	\$54.11	

Preschool 3 - One week - Session #3**CHDRC Pool - Programs**

M - F	Jul 14 - Jul 18	9:00 am - 9:30 am	1 wks	57450	\$54.11	
M - F	Jul 14 - Jul 18	10:30 am - 11:00 am	1 wks	57464	\$54.11	
M - F	Jul 14 - Jul 18	11:30 am - 12:00 pm	1 wks	57473	\$54.11	
M - F	Jul 14 - Jul 18	4:00 pm - 4:30 pm	1 wks	57703	\$54.11	
M - F	Jul 14 - Jul 18	6:00 pm - 6:30 pm	1 wks	57704	\$54.11	

Preschool 3 - One week - Session #4**CHDRC Pool - Programs**

M - F	Jul 21 - Jul 25	9:00 am - 9:30 am	1 wks	57485	\$54.11	
M - F	Jul 21 - Jul 25	10:30 am - 11:00 am	1 wks	57499	\$54.11	
M - F	Jul 21 - Jul 25	11:30 am - 12:00 pm	1 wks	57508	\$54.11	
M - F	Jul 21 - Jul 25	4:00 pm - 4:30 pm	1 wks	57728	\$54.11	
M - F	Jul 21 - Jul 25	6:00 pm - 6:30 pm	1 wks	57729	\$54.11	

Preschool 3 - One week - Session #5**CHDRC Pool - Programs**

M - F	Jul 28 - Aug 1	9:00 am - 9:30 am	1 wks	57609	\$54.11	
M - F	Jul 28 - Aug 1	10:30 am - 11:00 am	1 wks	57623	\$54.11	
M - F	Jul 28 - Aug 1	11:30 am - 12:00 pm	1 wks	57632	\$54.11	

M - F	Jul 28 - Aug 1	4:00 pm - 4:30 pm	1 wks	57785	\$54.11	
M - F	Jul 28 - Aug 1	6:00 pm - 6:30 pm	1 wks	57786	\$54.11	

Preschool 3 - One week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	9:00 am - 9:30 am	1 wks	57536	\$43.28	
M - F	Aug 5 - Aug 8	10:30 am - 11:00 am	1 wks	57550	\$43.28	
M - F	Aug 5 - Aug 8	11:30 am - 12:00 pm	1 wks	57559	\$43.28	
M - F	Aug 5 - Aug 8	4:00 pm - 4:30 pm	1 wks	57810	\$43.28	
M - F	Aug 5 - Aug 8	6:00 pm - 6:30 pm	1 wks	57811	\$43.28	

Preschool 3 - One week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	9:00 am - 9:30 am	1 wks	57666	\$54.11	
M - F	Aug 11 - Aug 15	10:30 am - 11:00 am	1 wks	57680	\$54.11	
M - F	Aug 11 - Aug 15	11:30 am - 12:00 pm	1 wks	57689	\$54.11	
M - F	Aug 11 - Aug 15	4:00 pm - 4:30 pm	1 wks	57835	\$54.11	
M - F	Aug 11 - Aug 15	6:00 pm - 6:30 pm	1 wks	57836	\$54.11	

Preschool 3 - One week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	9:00 am - 9:30 am	1 wks	57748	\$54.11	
M - F	Aug 18 - Aug 22	10:30 am - 11:00 am	1 wks	57762	\$54.11	
M - F	Aug 18 - Aug 22	11:30 am - 12:00 pm	1 wks	57771	\$54.11	
M - F	Aug 18 - Aug 22	4:00 pm - 4:30 pm	1 wks	57860	\$54.11	
M - F	Aug 18 - Aug 22	6:00 pm - 6:30 pm	1 wks	57861	\$54.11	

Preschool 4 | 5 - Once per week

At least 3 but less than 6

CHDRC Pool - Programs

Th	Jul 3 - Aug 21	10:30 am - 11:00 am	8 wks	57259	\$86.57	
Sa	Jul 5 - Aug 23	10:00 am - 10:30 am	8 wks	58003	\$86.57	

Preschool 4 | 5 - One Week - Session #1

At least 3 but less than 6

CHDRC Pool - Programs

M - F	Jun 30 - Jul 4	10:00 am - 10:30 am	1 wks	57260	\$43.28
M - F	Jun 30 - Jul 4	12:00 pm - 12:30 pm	1 wks	57261	\$43.28
M - F	Jun 30 - Jul 4	6:30 pm - 7:00 pm	1 wks	57648	\$43.28

Preschool 4 | 5 - One Week - Session #2

CHDRC Pool - Programs

M - F	Jul 7 - Jul 11	10:00 am - 10:30 am	1 wks	57414	\$54.11
M - F	Jul 7 - Jul 11	12:00 pm - 12:30 pm	1 wks	57415	\$54.11
M - F	Jul 7 - Jul 11	6:30 pm - 7:00 pm	1 wks	57887	\$54.11

Preschool 4 | 5 - One Week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	10:00 am - 10:30 am	1 wks	57460	\$54.11
M - F	Jul 14 - Jul 18	12:00 pm - 12:30 pm	1 wks	57478	\$54.11
M - F	Jul 14 - Jul 18	6:30 pm - 7:00 pm	1 wks	57705	\$54.11

Preschool 4 | 5 - One Week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	10:00 am - 10:30 am	1 wks	57495	\$54.11
M - F	Jul 21 - Jul 25	12:00 pm - 12:30 pm	1 wks	57513	\$54.11
M - F	Jul 21 - Jul 25	6:30 pm - 7:00 pm	1 wks	57730	\$54.11

Preschool 4 | 5 - One Week - Session #5

CHDRC Pool - Programs

M - F	Jul 28 - Aug 1	10:00 am - 10:30 am	1 wks	57619	\$54.11
M - F	Jul 28 - Aug 1	12:00 pm - 12:30 pm	1 wks	57637	\$54.11
M - F	Jul 28 - Aug 1	6:30 pm - 7:00 pm	1 wks	57787	\$54.11

Preschool 4 | 5 - One Week - Session #6

CHDRC Pool - Programs

M - F	Aug 5 - Aug 8	10:00 am - 10:30 am	1 wks	57546	\$43.28
M - F	Aug 5 - Aug 8	12:00 pm - 12:30 pm	1 wks	57564	\$43.28
M - F	Aug 5 - Aug 8	6:30 pm - 7:00 pm	1 wks	57812	\$43.28

Preschool 4 | 5 - One Week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	10:00 am - 10:30 am	1 wks	57676	\$54.11
M - F	Aug 11 - Aug 15	12:00 pm - 12:30 pm	1 wks	57694	\$54.11
M - F	Aug 11 - Aug 15	6:30 pm - 7:00 pm	1 wks	57837	\$54.11

Preschool 4 | 5 - One Week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	10:00 am - 10:30 am	1 wks	57758	\$54.11
M - F	Aug 18 - Aug 22	12:00 pm - 12:30 pm	1 wks	57776	\$54.11
M - F	Aug 18 - Aug 22	6:30 pm - 7:00 pm	1 wks	57862	\$54.11

Youth

Leadership

Bronze Cross

12 and up

This course begins the transition from lifesaving to lifeguarding and prepares candidates for responsibilities as assistant lifeguards. Candidates strengthen and expand their lifesaving skills and begin to apply the principles and techniques of active surveillance in aquatic facilities. Bronze Cross emphasizes the importance of teamwork and communication in preventing and responding to aquatic emergencies. An endurance swim of 400 metres in 11 minutes must be completed by the end of the course. Requirements to register: must have Bronze Medallion and Emergency First Aid and be 14 years of age by the exam. Proof of prerequisites are required at the first class.

DIP Programs

M - Th	Jul 14 - Jul 24	4:00 pm - 7:00 pm	2 wks	57149	\$184.00
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Bronze Medallion & Emergency First Aid

13 and up

LSS Bronze Medallion and Emergency First Aid challenges the candidate both mentally and physically. Judgement, knowledge, skill and fitness form the basis of the training. Candidates acquire the assessment and problem solving skills needed to make good decisions in, on and around the water. Please note: An endurance swim of 400 metres or 16 lengths in 12 minutes must be completed prior to the end of the course in order for candidates to be successful. Bronze Medallion and Emergency First Aid are prerequisites for Bronze Cross. Requirements to register: must be 13 years of age by exam date or have successfully completed the Bronze Star award. Proof of prerequisites will be required at the first class. Please ensure that candidates have the required prerequisites.

DIP Programs

M - F	Jun 30 - Jul 10	4:00 pm - 7:00 pm	2 wks	57150	\$230.00
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Bronze Star

At least 10 but less than 13 Bronze Star is the first level in the Bronze family and an excellent preparation for Bronze Medallion. Candidates perform CPR, basic first aid, rescues and swimming for fitness. Please note: an endurance swim of 400 metres or 16 lengths in 12 minutes must be completed by the end of the course in order for candidates to be successful. Requirements to register: must be 10 - 12 years of age and have a minimum of Swim Kids 7. Canadian Swim Patrol experience would be an asset.

DIP Programs

M - F	Jul 28 - Aug 1	4:00 pm - 6:00 pm	1 wks	57151	\$117.00
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Lifesaving Society Swim For Life Instructor - CHDRC

14y 9m and up

This course prepares the instructor to teach and evaluate the swimming strokes and skills found in the Swim For Life swim program. Candidates acquire teaching methods, planning skills and stroke development drills and correction techniques. Upon successful completion, candidates are qualified to teach the Lifesaving Society Swim Program. 100% attendance is required at all sessions is required. Prerequisites: 15 years of age by the end of the course and have Bronze Cross certification.

DIP Programs

S,F - Sa	Aug 8 - Aug 10	5:00 pm - 5:00 pm	2 wks	58135	\$219.39
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National Lifeguard

15 and up

National Lifeguard pool certification is designed to develop the fundamental values, judgment, knowledge, skills and fitness required by lifeguards. The National Lifeguard course emphasizes the lifeguarding skills, principles and practices, and the decision - making processes that will assist the lifeguard to provide effective safety supervision in swimming pool environments. Please note: an endurance swim of 400 metres or 16 lengths in 10 minutes is required to be successful in NL. ALL SESSIONS ARE MANDATORY. Requirements to register: must hold a Bronze Cross Award, have Standard First Aid and CPR - C and be 15 years of age by the exam date. Recognized Standard First Aid Agencies are Lifesaving Society or a training agency approved by the Ontario government. Proof of prerequisites is required at the first class. To receive a refund, cancellations for Aquatic Leadership Courses must be received in writing at least five business days prior to the first day of the program. Please ensure that candidates have the required prerequisites.

DIP Programs

S,F - Sa	Jul 11 - Jul 20	5:00 pm - 7:00 pm	3 wks	58134	\$332.06
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Youth

Youth

Teen Swimmer - Dunbarton - Session #1

At least 12 but less than 17

Whether you're just starting out or just want help with your strokes, our Teen program is for you. No matter what your age, set your own goals and work with certified instructors to learn to swim, or improve your current swimming ability and water fitness. You'll develop water confidence and smooth recognizable strokes good enough for lane swimming and fit enough for the beach. We incorporate Lifesaving Society Water Smart® education in all Teen levels. We've organized the content of each level like this: Entries and exits Surface support Underwater skills Swim to Survive® skills Movement / Swimming skills Fitness Water Smart® education

DIP Programs

M - F	Jun 30 - Jul 11	12:00 pm - 12:45 pm	2 wks	57179	\$106.94
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Teen Swimmer - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	12:00 pm - 12:45 pm	2 wks	57208	\$118.82
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Teen Swimmer - Dunbarton - Session #3

DIP Programs

M - F	Jul 28 - Aug 8	12:00 pm - 12:45 pm	2 wks	57237	\$106.94
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Teen Swimmer - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	12:00 pm - 12:45 pm	2 wks	57400	\$118.82
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Teen Swimmer - One week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	4:45 pm - 5:30 pm	1 wks	58050	\$59.41
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Teen Swimmer - One week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	4:45 pm - 5:30 pm	1 wks	58051	\$59.41
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Teen Swimmer - One week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	4:45 pm - 5:30 pm	1 wks	58053	\$59.41
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Teen Swimmer - One week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	4:45 pm - 5:30 pm	1 wks	58054	\$59.41
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Youth Fitness Swimmer - Dunbarton - Session #3

At least 11 but less than 16

This program is designed for swimmers who want to improve their overall physical fitness in the water. Fitness Swimmer provides a structured approach based on training principles and practices including interval training., sprint and distance swims. Great for youth who are between levels, preparing for Leadership courses or just looking to stay active. Participants set their own goals.

DIP Programs

M - F	Jul 28 - Aug 8	12:45 pm - 1:30 pm	2 wks	57238	\$106.94
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Youth Fitness Swimmer - Dunbarton - Session #1

DIP Programs

M - F	Jun 30 - Jul 11	12:45 pm - 1:30 pm	2 wks	57180	\$106.94
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Youth Fitness Swimmer - Dunbarton - Session #2

DIP Programs

M - F	Jul 14 - Jul 25	12:45 pm - 1:30 pm	2 wks	57209	\$118.82
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Youth Fitness Swimmer - Dunbarton - Session #4

DIP Programs

M - F	Aug 11 - Aug 22	12:45 pm - 1:30 pm	2 wks	57401	\$118.82
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Youth Fitness Swimmer - One week - Session #3

CHDRC Pool - Programs

M - F	Jul 14 - Jul 18	6:15 pm - 7:00 pm	1 wks	58056	\$59.41
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Youth Fitness Swimmer - One week - Session #4

CHDRC Pool - Programs

M - F	Jul 21 - Jul 25	6:15 pm - 7:00 pm	1 wks	58057	\$59.41
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Youth Fitness Swimmer - One week - Session #7

CHDRC Pool - Programs

M - F	Aug 11 - Aug 15	6:15 pm - 7:00 pm	1 wks	58058	\$59.41
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Youth Fitness Swimmer - One week - Session #8

CHDRC Pool - Programs

M - F	Aug 18 - Aug 22	6:15 pm - 7:00 pm	1 wks	58059	\$59.41
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