

# NASSAU COUNTY AQUATIC CENTER

## 2022-23 WINTER SWIM LESSON/WATER EXERCISE SCHEDULE

Registration will take place online starting Saturday, November 26<sup>th</sup>. Details below:

- Infant/Toddler & Preschool registration will start at 9:00a
- Level 1, Level 3 & Level 5 registration will start at 9:20am
- Level 2, Level 4 & Level 6 registration will start at 9:40am
- Adult and Water Exercise registration will start at 10:00am

<b>Monday</b> Dates: December 5 – February 6		<b>Tuesday</b> Dates: December 6 – February 7		<b>Wednesday</b> Dates: December 7 – February 8	<b>Thursday</b> Dates: December 8 – February 9		<b>Friday</b> Dates: December 9 – February 10	
<u><b>Swim Lessons</b></u>	<u><b>Adult Classes</b></u>	<u><b>Swim Lessons</b></u>	<u><b>Adult Classes</b></u>	<u><b>Swim Lessons</b></u>	<u><b>Swim Lessons</b></u>	<u><b>Adult Classes</b></u>	<u><b>Swim Lessons</b></u>	<u><b>Adult Classes</b></u>
<b>Pre Level 1</b> 1:00-1:30p \$81.00 <i>No class: 12/26 &amp; 1/16</i>	<b>Intermediate Teen/Adult</b> 11:45a - 12:45p \$81.00 <i>No class: 12/26 &amp; 1/16</i>	<b>Infant/Toddler</b> 12:30-1:00p \$90.00 <i>No class: 12/27</i>	<b>Aquajog</b> 9:30a-10:30a \$60.00 <i>No class: 12/27</i>	<b>Pre Level 1</b> 4:00-4:30p \$99.00	<b>Pre Level 2</b> 4:15-4:45p \$99.00	<b>Adult Fit Swim</b> 7:15-8:15a \$90.00 <i>No class: 12/29</i>	<b>Infant/Toddler</b> 1:15-1:45p \$81.00 <i>No class: 12/9 &amp; 12/30</i>	<b>Aqua Aerobics</b> 12:00p-1:00p \$60.00 <i>No class: 12/30</i>
<b>Pre Level 2</b> 1:45-2:15p \$81.00 <i>No class: 12/26 &amp; 1/16</i>	<i>No class: 12/26 &amp; 1/16</i>	<b>Level 1</b> 5:00-5:45p \$99.00	<b>Aqua Aerobics</b> 11:00a-12:00p \$60.00 <i>No class: 12/27</i>	<b>Level 1</b> 4:45-5:30p \$99.00	<b>Level 1</b> 5:00-5:45p \$99.00	<b>Aquajog</b> 10:00a-11:00a \$60.00 <i>No class: 12/29</i>	<b>Level 4</b> 4:45-5:30p \$81.00 <i>No class: 12/9 &amp; 12/30</i>	
<b>Level 5</b> 4:45-5:30p \$81.00 <i>No class: 12/26 &amp; 1/16</i>		<b>Pre Level 3</b> 6:00-6:30p \$99.00		<b>Level 2</b> 5:30-6:15p \$90.00 <i>No class: 12/28</i>	<b>Level 2</b> 6:00-6:45p \$99.00	<b>Beginner Teen/Adult</b> 11:30-12:30p \$90.00 <i>No class: 12/29</i>	<b>Level 3</b> 5:30-6:15p \$81.00 <i>No class: 12/9 &amp; 12/30</i>	
<b>Level 3</b> 6:00-6:45p \$90.00 <i>No class: 1/16</i>				<b>Level 3</b> 6:45-7:30p \$90.00 <i>No class: 12/28</i>			<b>Level 2</b> 6:30-7:15p \$81.00 <i>No class: 12/9 &amp; 12/30</i>	
<b>Level 4</b> 7:00-7:45p \$90.00 <i>No class: 1/16</i>				<b>Beginner Teen/Adult</b> 7:45 - 8:45p \$90.00 <i>No class: 12/28</i>				

Note: \$9.00/\$6.00 (depending on class type) non-refundable registration fee is included in each class fee

### **Age Restrictions:**

Infant/Toddler classes: ages 6 mos. – 36 months (each child must be accompanied in the water by an adult) – 10 spots in each class

Pre School Levels 1-3: ages 3 – 5 years (8 spots in each class)

Levels 1-6: ages 6 and over (10 spots in each class)

Teen/Adult: ages 13 and over (also “Get Comfortable” class)

Water Exercise: ages 18 and over (20 spots in each class)

### **Observation policy:**

Parents will be allowed to remain on the pool deck with their children during the duration of the first and last class of the session. For all other classes, parents must observe from the observation area located on the second floor. **Parents and/or guardians are not permitted to drop off their children and/or leave the facility during the lesson.**

### **Water Temperature:**

The pool water temperature stays at an approximate 80 degrees.

Dated: 11/10/22