

NASSAU COUNTY AQUATIC CENTER

2023 SUMMER SWIM LESSON/WATER EXERCISE SCHEDULE

Registration will take place online starting Saturday, June 3 rd at 9am								
<u>Monday</u> Dates: June 5 – August 7 No classes: 6/26		<u>Tuesday</u> Dates: June 13 – August 8 No classes: 6/6 & 7/4		<u>Wednesday</u> Dates: June 7 – August 9 No classes: 6/28	<u>Thursday</u> Dates: June 8 – August 10 No classes: 6/29 & 7/13 (pm classes only)		<u>Friday</u> Dates: June 9 – August 11 No class: 7/14 & 7/21	
<u>Swim Lessons</u>	<u>Adult Classes</u>	<u>Swim Lessons</u>	<u>Adult Classes</u>	<u>Swim Lessons</u>	<u>Swim Lessons</u>	<u>Adult Classes</u>	<u>Swim Lessons</u>	<u>Adult Classes</u>
		Infant/Toddler 1:00-1:30p \$81.00	Aquajog 9:30a-10:30a \$54.00			Adult Fit Swim 7:00-8:00a \$99.00	Pre Level 2 1:15-1:45p \$81.00	
Level 3 4:00-4:45p \$90.00	Beginner Teen/Adult 1:00p - 2:00p \$90.00		Aqua Aerobics 11:00a-12:00p \$54.00	Level 1 4:00-4:45p \$90.00	Pre Level 1 4:00-4:30p \$81.00	Aquajog 9:30a-10:30a \$66.00	Pre Level 1 4:00-4:30p \$81.00	
Level 4 5:00-5:45p \$90.00	Intermediate Teen/Adult 2:15p-3:15p \$90.00			Infant/Toddler 5:00-5:30p \$90.00	Pre Level 2 4:45-5:15p \$81.00	Aqua Aerobics 11:00a-12:00p \$66.00	Pre Level 3 5:00-5:30p \$81.00	
Level 5 6:15-7:00p \$90.00				Level 2 5:45-6:30p \$90.00	Level 1 5:30-6:15p \$81.00		Level 3 6:15-7:00p \$81.00	
					Level 2 6:30-7:15p \$81.00		Teen/Adult Fit Swim 7:30-8:30p \$81.00	
Note: \$9.00/\$6.00 (depending on class type) non-refundable registration fee is included in each class fee								
<u>Age Restrictions:</u> <u>Infant/Toddler classes:</u> ages 6 mos. – 36 months (each child must be accompanied in the water by an adult) – 10 spots in each class <u>Pre School Levels 1-3:</u> ages 3 – 5 years (8 spots in each class) <u>Levels 1-6:</u> ages 6 and over (10 spots in each class) <u>Teen/Adult:</u> ages 13 and over (also “Get Comfortable” class) <u>Water Exercise:</u> ages 18 and over (20 spots in each class)					<u>Observation policy:</u> 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. <i>Parents and/or guardians are not permitted to drop off their children and/or leave the facility during the lesson.</i> <u>Water Temperature:</u> The pool water temperature stays at an approximate 80 degrees. Dated: 5/26/23			