

NASSAU COUNTY AQUATIC CENTER

2026 FALL SWIM LESSON/WATER EXERCISE SCHEDULE

Registration will take place online starting Saturday, August 29th at 9am

<u>Monday</u> Dates: Sept. 14 – November 16 <i>No classes: 10/12</i>	<u>Tuesday</u> Dates: Sept. 15 – November 17 <i>No classes: 11/3</i>		<u>Wednesday</u> Dates: Sept. 16 – November 18 <i>No classes: 11/11</i>	<u>Thursday</u> Dates: Sept. 17 – November 19	<u>Friday</u> Dates: Sept. 18 – November 20		
<u>Swim Lessons</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>
		Aquajog 9:30a-10:30a \$60.00			Adult Fit Swim 6:30-7:30a \$99.00		
Infant/Toddler 1:15-1:45p \$90.00	Pre Level 3 4:00-4:30p \$90.00	Aqua Aerobics 11:00a-12:00p \$60.00	Level 3 4:00-4:45p \$90.00		Aquajog 9:30a-10:30a \$66.00	Swim w/Me 1:30-2:00p \$99.00	Teen/Adult Beginner 1 12:00-1:00p \$99.00
Level 2 4:00-4:45p \$90.00	Level 3 4:45-5:30p \$90.00	Teen/Adult Beginner 3 6:00p-7:00p \$90.00	Pre Level 3 5:00-5:30p \$90.00	Level 1 4:00-4:45p \$99.00	Aqua Aerobics 11:00a-12:00p \$66.00	Level 1 4:00-4:45p \$99.00	
Pre Level 1 5:00-5:30p \$90.00	Level 4 4:45-5:30p \$90.00		Intermediate Teen/Adult 5:45-6:45p \$90.00	Level 4 4:00-4:45p \$99.00	Teen/Adult Beginner 2 6:00p-7:00p \$99.00	Level 6 4:00-4:45p \$99.00	
Pre Level 2 5:45-6:15p \$90.00	Level 5 6:00-6:45p \$90.00		Intermediate Teen/Adult 7:00-8:00p \$90.00	Pre Level 1 5:00-5:30p \$99.00	Teen/Adult Fit Swim 6:00p-7:00p \$99.00	Pre Level 2 5:00-5:30p \$99.00	
Infant/Toddler 6:30-7:00p \$90.00			Level 5 7:00-7:45p \$90.00	Level 6 5:00-5:45p \$99.00	Aquajog 6:30p-7:30p \$54.00 <i>No class: 10/29, 11/19</i>	Level 3 6:00-6:45p \$99.00	

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 <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.
---	--

NOTE: a Nassau County Leisure Pass is required for to sign up for classes. Passes will be checked in person on the first day of classes. No class refunds will be issued if you do not have a Leisure Pass.

Dated: 8/11/26