



NORTHWEST ACTIVITIES CENTER  
 SWIMMING SCHEDULE  
 September 14, 2009 - November 21, 2009



AM SWIM CLASSES	TIME	DAY(S)	FEE
Adult Lap Swim	6am - 7am	Mon. Tue. Wed. Thu Fri	Members/DRD \$5/Guest
Adult Water Aerobics	7am - 8am	Mon. Wed. Fri.	\$25nm
Adult Open Swim	8am - 9am	Mon. Tue. Wed. Thu Fri	Members/DRD \$5/Guest
Adult Swim Lessons	9am - 10am	Mon. Wed. Fri.	\$30m - \$40nm
Water Aerobics	9am - 10am	Tues. & Thurs	\$25nm
Adult Open Swim	10am - 11:30am	Mon. Wed. Fri.	Members/DRD \$5/Guest
Adult Open Swim	10am - 12N	Tues. & Thurs	Members/DRD \$5/Guest
Senior Water Aerobics	11:30am - 12:30p	Mon. Wed. Fri.	\$25nm
Adult Swim Lessons	9am - 10am	Saturday	\$30m - \$40nm
Youth Swim Lesson	10am - 11am	Saturday	\$25m - \$25 nm
Water Aerobics	11am - 12N	Saturday	\$25nm

PM SWIM CLASSES	TIME	DAY(S)	FEE
Adult Open Swim	12N - 1pm	Mon. Tue. Wed. Thur. Fri. Sat	Members/Guest
Open Swim ( <b>Members Only</b> )	12N - 4pm	Sunday	Members/Guest
Parent & Tots Swim	1pm - 1:45pm	Saturday	\$40m - \$50nm
Open Swim	2pm - 5pm	Saturday	\$5Y - \$10A each time
Open Swim (6-12)*	3pm - 4pm	Mon. Tue. Wed. Thur. Fri.	FREE
Organized Pool Games* (6-12)*	3pm - 4pm	Tues & Thurs	FREE
Swim Lesson (6-12)*	4pm - 4:45pm	Mon. Wed. Fri	FREE
Organized Pool Games* (13-17)*	4pm - 5pm	Tues & Thurs	FREE
Swim Lesson (13-17)*	5pm - 5:45pm	Mon. Wed. Fri	FREE
Family Swim	6pm - 8pm	Mon. Wed. & Fri	Members/Guest
Adult Water Aerobics	6pm - 7pm	Tues & Thurs	\$25nm
Adult Swim Lessons	7pm - 8pm	Tues & Thurs	\$30m - \$40nm
Adult Open Swim	8pm - 9:30pm	Mon. Tue. Wed. Thur. Fri.	Members/Guest

\*Denotes the days (Monday Through Friday and times (3:00pm - 6:00) for community recreation activities

Adult Swim Lessons Mon. Wed & Fri 9am - 10am Fee: \$30 members \$40 non-member  
 Adult Water Aerobics Tues. Thur. 9am - 10am & Saturday 11am - 12N Fee: \$25non-members  
 Adult Swim Lessons Tues. Thur. 7pm - 8pm & Saturday 9am - 10am Fee: \$30members \$40 non-members  
 Youth Swim Lessons Saturday 10am - 11am Fee: \$25 (members & non-members) 6 years old & 18  
 Parent & Tot Swim Saturday 1pm - 1:45pm Fee: \$40 members \$50 non-members 6 months - 5 years old  
 Adult Water Aerobics Mon. Wed. & Fri 7am - 8am Fee: \$25 non-members  
 Senior Water Aerobics Mon. Wed. & Fri 11:30am - 12N \$25 non-members  
 Adult Water Aerobics Tue. & Thur. 6pm - 7pm & Sat 11am - 12N Fee: \$25 non-members

Y= Youth & A= Adult M=Members & NM=Non-members

NOTE: ALL WATER AEROBICS CLASSES IS \$25 FOR 10 WEEKS FOR NON-MEMBERS

DRD member must show their recreation membership card. DRD members can only participate in Open & Lap morning swim for a \$5.00 Monthly Fee

All other classes or per 5 weeks intervals / Classes are subject to change