

Cincinnati Recreation Commission



Aquatics

SWIM LESSONS FOR ALL AGES

Learn to swim with American Red Cross instructors!

2023-2024

Lesson Schedule

- SESSION 1:** Sep 25, 2023 - Oct 20
- SESSION 2:** Oct 23 - Nov 17
- SESSION 3:** Jan 29, 2024 - Feb 23
- SESSION 4:** Feb 26 - March 22
- SESSION 5:** Apr 8 - May 3

Registration Dates

- Sep 11 - Sep 30
- Oct 9 - Oct 28
- Jan 15 - Feb 3
- Feb 12 - Mar 2
- Mar 25 - Apr 13

\$30-40
+ POOL
MEMBERSHIP

AGE GROUPS	MONDAY/WEDNESDAY	THURSDAY	Friday	FEE
4 - 14yrs (All Sessions)	Level 1 - 4:15 - 4:45 PM Level 2 - 4:50 - 5:20 PM Level 3 - 5:25 - 5:55 PM	Level 3&4 - 7:00 - 7:45 PM	Level 1 - 10:45 - 11:15 AM Level 2 - 11:20 - 11:50 AM	\$30
15+ (1 Adult) (Both Sessions)	-----	7:00 to 7:45 PM	-----	\$30
6 mo. to 3 yrs. (Parent & Child)	-----	-----	10:10 - 10:40 AM	\$40

MUST REGISTER ONLINE AT CINCYREC.ORG OR CALL 513.357.POOL (7665).

6 - 8 per group in each lesson • CRC pool membership required

Can you or your child:

- Swim with your face in the water?
- Swim in the deep end of the pool?
- Swim one lap in the pool?
- Float on your back?

If not, please sign up for swim lessons, and GET SAFE!

- Parent & child aquatics (6 mo. to 3 yrs.)
- Preschool (ages 3 to 5)
- Level 1 - Introduction to Water Skills (age 4+)
- Level 2 - Fundamental Aquatic Skills
- Level 3 - Stroke Development
- Level 4 - Stroke Improvement
- Level 5 - Stroke Refinement

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WATER EXERCISE

CRC's fun aquatic fitness programs help you improve your fitness level, decrease stress, and build strength and muscle tone.

Water Exercise is a 60-minute aerobic water workout designed to get your heart pumping.

Did you know that every gallon of water you move weighs 8.3 pounds?

Register at the pool. Call 357.POOL (7665) for information.

Before starting any workout, please consult your physician.

Fall Session	Mon./Wed./Fri.	9:15 - 10:15 AM	Sept 25 - Dec 15, 2023
Fall Session	Mon./Wed.	6 to 7 p.m.	Sept 25 - Dec 15, 2023
Winter/Spring Session	Mon./Wed./Fri.	9:15 - 10:15 AM	Jan 3, 2024 - May 17
Winter/Spring Session	Mon./Wed.	8 to 9 a.m.	Jan 3, 2024 - May 17

Water Exercise passes can be purchased at the pool and are valid at Mt. Auburn Indoor Pool year round and at all summer locations. Participants must have a pool membership or pay daily user fees.

Package of 20 classes: \$72 (\$3.60/class)

Package of 10 classes: \$40 (\$4/class)

Single class price: \$5 (\$5/class)