

# ARROWHEAD POOL EVENING SWIM LESSON SCHEDULE

## FALL SESSION 1 - Monday / Wednesday / Friday - Evening: August 23 - September 3, 2010

Resident Registration: Aug. 7 - 18, 2010 □ Non-resident Registration: Aug. 13 - 18, 2010

Late Registration: Aug. 23 at 4:30 p.m. at Arrowhead Pool

Promotes Fitness!



Time	----- 25-minute classes -----					----- 50-minute classes -----							Teen/Adult Beginner
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	
5 p.m.	2000.251		2001.251		2003.251	2010.251		2005.251		2007.251			
5:30 p.m.			2001.252	2002.252	2003.252								
6 p.m.				2002.253	2003.253		2004.253		2006.253		2008.253		2016.253
6:30 p.m.			2001.254	2002.254									

*These weekday evening classes meet every Monday, Wednesday, and Friday for two (2) weeks.*

## FALL SESSION 2 - Monday / Wednesday / Friday - Evening: September 13 - 24, 2010

Resident Registration: Aug. 7 - Sep. 8, 2010 □ Non-resident Registration: Aug. 13 - Sep. 8, 2010

Late Registration: Sep. 13 at 4:30 p.m. at Arrowhead Pool

Time	----- 25-minute classes -----					----- 50-minute classes -----							Teen/Adult Beginner
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	
5 p.m.			2001.451		2003.451	2010.451	2004.451		2006.451	2007.451			
5:30 p.m.		2012.452		2002.452									
6 p.m.			2001.453	2002.453	2003.453	2010.453		2005.453				2009.453	
6:30 p.m.			2001.454	2002.454	2003.454								

*These weekday evening classes meet every Monday, Wednesday, and Friday for two (2) weeks.*

# HAMILTON AQUATIC CENTER SATURDAY SWIM LESSON SCHEDULE

## SUMMER SESSION 5 - Saturday - Morning: August 7 - 28, 2010

Registration for these classes began in July. Space may be limited.

Late Registration: Aug. 7 at 8:30 a.m. at Hamilton Aquatic Center

Promotes Fitness!

Time	25-minute classes					50-minute classes							
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Teen/ Adult Beginner
9 a.m.		2012.182	2001.182	2002.182		2010.182	2004.182	2005.182	2006.182				
9:30 a.m.	2000.183		2001.183		2003.183								
10 a.m.		2012.184		2002.184	2003.184	2010.184	2004.184	2005.184		2007.184			
10:30 a.m.			2001.185	2002.185	2003.185								
11 a.m.			2001.186	2002.186	2003.186	2010.186	2004.186				2008.186	2009.186	
11:30 a.m.		2012.187	2001.187	2002.187									

Saturday morning classes meet every Saturday for four (4) weeks.

## FALL SESSION 1 - Saturday - Morning: September 11 - October 2, 2010

Resident Registration: Aug. 7 - Sep. 8, 2010 □ Non-resident Registration: Aug. 13 - Sep. 8, 2010

Late Registration: Sep. 11 at 8:30 a.m. at Hamilton Aquatic Center

Time	25-minute classes					50-minute classes							
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Teen/ Adult Beginner
9 a.m.		2012.282	2001.282	2002.282	2003.282		2004.282	2005.282	2006.282				
9:30 a.m.	2000.283		2001.283	2002.283	2003.283								
10 a.m.		2012.284		2002.284	2003.284	2010.284		2005.284	2006.284	2007.284			
10:30 a.m.			2001.285	2002.285	2003.285								
11 a.m.			2001.286	2002.286	2003.286	2010.286	2004.286				2008.286	2009.286	
11:30 a.m.		2012.287	2001.287	2002.287									

Saturday morning classes meet every Saturday for four (4) weeks.

## FALL SESSION 2 - Saturday - Morning: October 16 - November 6, 2010

Resident Registration: Aug. 7 - Oct. 13, 2010 □ Non-resident Registration: Aug. 13, - Oct. 13, 2010

Late Registration: Oct. 16 at 8:30 a.m. at Hamilton Aquatic Center

Time	25-minute classes					50-minute classes							
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Teen/ Adult Beginner
10 a.m.		2012.484	2001.484	2002.484	2003.484		2004.484	2005.484		2007.484			
10:30 a.m.			2001.485	2002.485	2003.485**								
11 a.m.			2001.486	2002.486	2003.486	2010.486	2004.486	2005.486			2008.486		
11:30 a.m.		2012.487	2001.487	2002.487									
12 p.m.				2002.488	2003.488	2010.488		2005.488	2006.488	2007.488		2009.488	
12:30 p.m.			2001.489		2003.489								

Saturday morning classes meet every Saturday for four (4) weeks.

\*\*Indicates two classes are offered at this time.

## Outside Food and Beverage Policy

- One hard or soft-sided cooler per guest not to exceed 7" x 7" x 9" (six pack size) in dimensions is allowed.
- Briefcases, ice pack and cooler inserts are not permitted.
- Food items must either fit within the cooler or brought in an 11" x 8" "brown bag" or sack lunch bag. Bags exceeding 11" x 8" are prohibited, no exceptions. Food in "brown bags" must be single-serving and/or snack type food.
- Beverages not to exceed 32 ounces, include:
  1. Non-flavored/non-carbonated water in sealed, plastic bottles is preferred. However, other liquids (ice tea, coffee, soda) will be allowed.
  2. Sealed, single-serving juice boxes or pouches.
  3. Formula/baby food.
  4. Items necessary for medical purposes.
- Pizzas or pizza in boxes, fried chicken in boxes, party subs and other food items (such as cupcakes, cakes, etc.) that cannot be placed in a "brown bag" or give the appearance of party type food are prohibited.
- No alcohol or glass containers are allowed.



# mesquite groves saturday swim lesson schedule

## MESQUITE GROVES AQUATIC CENTER SWIM LESSON SCHEDULE

**SUMMER SESSION 5 - Saturday - Morning: August 7 - 28, 2010**

Promotes Fitness!



Registration for these classes began in July. Space may be limited.

**Late Registration: Aug. 7 at 8:30 a.m. at Mesquite Groves Aquatic Center**

Time	25-minute classes					50-minute classes							
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Teen/Adult Beginner
9 a.m.			2001.102	2002.102	2003.102		2004.102	2005.102	2006.102				
9:30 a.m.			2001.103	2002.103	2003.103								
10 a.m.				2002.104	2003.104	2010.104	2004.104		2006.104		2008.104		
10:30 a.m.	2000.105		2001.105										
11 a.m.			2001.106	2002.106	2003.106	2010.106		2005.106		2007.106			
11:30 a.m.		2012.107	2001.107	2002.107									

Saturday morning classes meet every Saturday for four (4) weeks.

## FALL SESSION 1 - Saturday - Morning: September 11 - October 2, 2010

Resident Registration: Aug. 7 - Sep. 8, 2010 □ Non-resident Registration: Aug. 13 - Sep. 8, 2010

**Late Registration: Sep. 11 at 8:30 a.m. at Mesquite Groves Aquatic Center**

Time	25-minute classes					50-minute classes							
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Teen/Adult Beginner
9 a.m.			2001.202	2002.202	2003.202		2004.202	2005.202				2009.202	
9:30 a.m.			2001.203	2002.203	2003.203								
10 a.m.				2002.204	2003.204	2010.204	2004.204		2006.204		2008.204		
10:30 a.m.	2000.205		2001.205										
11 a.m.			2001.206	2002.206	2003.206	2010.206		2005.206		2007.206			
11:30 a.m.		2012.207	2001.207	2002.207									

Saturday morning classes meet every Saturday for four (4) weeks.

## FALL SESSION 2 - Saturday - Morning: October 16 - November 6, 2010

Resident Registration: Aug. 7 - Oct. 13, 2010 □ Non-resident Registration: Aug. 13, - Oct. 13, 2010

**Late Registration: Oct. 16 at 8:30 a.m. at Mesquite Groves Aquatic Center**

Time	25-minute classes					50-minute classes							
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Tenn/Adult Beginner
9 a.m.				2002.402	2003.402	2010.402	2004.402	2005.402			2008.402		
9:30 a.m.				2002.403	2003.403								
10 a.m.	2000.404		2001.404		2003.404	2010.404			2006.404	2007.404			
10:30 a.m.			2001.405	2002.405	2003.405								
11 a.m.			2001.406	2002.406		2010.406	2004.406	2005.406				2008.406	
11:30 a.m.		2012.407			2003.407								

Saturday morning classes meet every Saturday for four (4) weeks.

## FALL SESSION 3 - Tuesday / Thursday Evening: October 19 - November 4, 2010

Resident Registration: Aug. 7 - Oct. 13, 2010 □ Non-resident Registration: Aug. 13, - Oct. 13, 2010

**Late Registration: Oct. 19 at 4:30 p.m. at Mesquite Groves Aquatic Center**

Time	25-minute classes					50-minute classes							
	Parent-Infant	Parent-Toddler	Tadpole	Shrimp	Duck	Seahorse	Otter	Turtle	Frog	Fish	Porpoise	Marlin	Teen/Adult Beginner
5 p.m.	2000.690			2002.690	2003.690	2010.690			2006.690	2007.690			
5:30 p.m.		2012.691	2001.691		2003.691								
6 p.m.				2002.692	2003.692	2010.692	2004.692	2005.692					2016.692
6:30 p.m.			2001.693		2003.693								

\*\*Indicates two classes are offered at this time.