

# Anchor Bay Aquatic Center Schools

## Telephone Number: 586-716-4623

- Classes/ programs will be combined or canceled if there is low interest enrollment
- \* Schedule Times can change for school use/ schedules

### Fall/ Winter 2005 Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Lap Swim 6:00 – 8:30am		Lap Swim 6:00 – 8:30 am		Lap Swim 6:00 – 8:30 am	Lap Swim 8:00 – 10:00 a.m
Water Aerobics 7:15 or 9:15	Stretch & Tone 8:15 – 9:00	*Water Aerobics 7:15 or 9:15	Stretch & Tone 8:15 – 9:00	Water Aerobics 7:15 or 9:15	Water Aerobics 8:30
Adult Swim 11:00 – 12:30	Adult Swim 11:00 – 12:30	Adult Swim 11:00 – 12:30	Adult Swim 11:00 – 12:30	Adult Swim 11:00 – 12:30	Swim Lesson 9:30 – 11:30
Swim Practice 3:00 – 5:00	Swim Practice 3:00 – 5:00	Swim Practice 3:00 – 5:00	Swim Practice <b>3:00 – 5:00</b>	Swim Practice 3:00 – 5:00	Open Swim 11:30 – 1:00
Water Aerobics 5:30 – 6:30	<b>Water Aerobics 5:30 – 6:30</b>	Water Aerobics 5:30 – 6:30	<b>Water Aerobics 5:30 – 6:30</b>	Water Aerobics 5:30 – 6:30	
Swim Lessons 6:30 – 8:00		Swim Lessons 6:30 – 8:00		<b>Family Swim 6:30 – 8:00 p.m.</b>	
Lap Swim 5:00 – 7:00 pm	Lap Swim 5:00 – 7:00 pm	Lap Swim 5:00 – 7:00 pm	Lap Swim 5:00 – 7:00		

### SWIM LESSON INFORMATION: 4 years and up \$45 per session

#### Mon. & Wed. Eve Classes

<b>DATES:</b>	<b>TIMES:</b>	<b>Registration Dates:</b>
*Nov. 7 – Nov. 21 <i>*(5/40 min. classes)</i>	6:30 OR 7:20; 6:45 advance	Oct. 27 – Nov. 5
Dec. 5 – Dec. 21	6:30 or 7:15; 6:45 advance	Nov. 21 – Dec. 3
Jan. 9 – Jan. 25	6:30 or 7:15; 6:45 advance	Dec. 15 – J

#### SATURDAY MORNINGS

Dec 3 – Jan. 14 . <i>(no classes Dec. 24, 31)</i>	9:30 or 10:30 a.m.; 9:45 advance	Nov. 21 – Dec. 1
Jan. 21 – Feb. 18:	9:30 or 10:30 a.m.; 9:45 advance	Jan. 9 – Jan. 19

#### Parent & Child Swim Classes: 8 months – 48 months \$25 per session

<b>DATES:</b>	<b>DAYS/ TIMES</b>	<b>Registration Dates:</b>
Oct. 22 – Nov. 19	Saturdays 10:00 a.m.	Oct. 10 – Oct. 21
Oct. 26 – Nov. 30 <i>(no class Nov. 23)</i>	Wednesday 12:15 or 7:00 p.m.	Oct. 19- Oct. 25
Dec. 3 – Jan. 14:	Saturdays 10:00 a.m.	Nov. 21 – Dec. 1

Open Swims: \$2 per student/ child	\$3 per adult	OR 20 visit punch card \$30
Water Aerobics	\$4 per class	OR 20 visit punch card \$45

#### • FACILITY REMINDERS

- Children under the age of 12 must have adult supervision
- Individuals interested in swimming in the deep-water must pass a swim test
- Showers are required before entering the pool
- No persons with rashes, warts or open sores are allowed to enter the pool
- The diving board is only used during instruction and competition
- To avoid locker room congestion, we do our best to monitor and separate programs
- “Adult Swim” is reserved for adults only
- No Food or Beverages allowed in the locker rooms, or pool area
- Shoes must be worn in the hallways