

NASSAU COUNTY AQUATIC CENTER

2024-25 WINTER SWIM LESSON/WATER EXERCISE SCHEDULE

Registration will take place online starting Saturday, December 7th at 9am

<u>Monday</u> Dates: December 9 – February 10 <i>No classes: 1/20</i>		<u>Tuesday</u> Dates: December 10 – February 11 <i>No classes: 12/24 & 12/31</i>		<u>Wednesday</u> Dates: December 11 – February 5 <i>No classes: 12/25, 1/1 & 2/12</i>	<u>Thursday</u> Dates: December 12 – February 13		<u>Friday</u> Dates: December 20 – February 7 <i>No classes: 12/13 & 2/14</i>	
<u>Swim Lessons</u>	<u>Adult Classes</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>
Pre Level 1 1:15-1:45p \$90.00	Intermediate Teen/Adult 12:00-1:00p \$90.00	Infant/Toddler 1:00-1:30p \$81.00	Aquajog 9:30a-10:30a \$54.00	Level 2 4:15-5:00p \$72.00		Adult Fit Swim 6:30-7:30a \$99.00		Aqua Aerobics 12:00-1:00p \$54.00
Level 3 4:00-4:45p \$90.00		Level 4 4:00-4:45p \$81.00	Aqua Aerobics 11:00a-12:00p \$54.00	Level 1 5:15-6:00p \$72.00	Level 3 4:00-4:45p \$90.00 <i>No class 2/13</i>	Aquajog 9:30a-10:30a \$66.00	Level 3 4:00-4:45p \$81.00	
Pre Level 2 5:00-5:30p \$90.00	Teen/Adult Beginner 2 2:00-3:00p \$90.00	Pre Level 1 5:00-5:30p \$81.00		Level 5 5:00-5:45p \$72.00	Level 4 4:00-4:45p \$90.00 <i>No class 2/13</i>	Aqua Aerobics 11:00a-12:00p \$66.00	Pre Level 1 5:00-5:30p \$81.00	
Pre Level 3 5:45-6:15p \$90.00	Teen/Adult Fit Swim 5:00-6:00p \$90.00	Level 2 5:45-6:30p \$81.00		Pre Level 2 6:15-6:45p \$72.00	Level 1 5:00-5:45p \$90.00 <i>No class 2/13</i>	Teen/Adult Beginner 1 6:00-7:00p \$90.00 <i>No class 2/13</i>	Level 1 5:45-6:30p \$81.00	
Level 4 6:30-7:15p \$90.00		Swim w/Me 6:45-7:15p \$81.00		Intermediate Teen/Adult 7:30p-8:30p \$72.00	Level 6 5:00-5:45p \$90.00 <i>No class 2/13</i>		Infant/Toddler 6:45-7:15p \$81.00	

Note: \$9.00/\$6.00 (depending on class type) non-refundable registration fee is included in each class fee

Age Restrictions:

Infant/Toddler classes: ages 6 mos. – 36 months (each child must be accompanied in the water by an adult) – 10 spots in each class

Pre School Levels 1-3: ages 3 – 5 years (8 spots in each class)

Levels 1-6: ages 6 and over (10 spots in each class)

Teen/Adult: ages 13 and over (also “Get Comfortable” class)

Water Exercise: ages 18 and over (20 spots in each class)

Observation policy:

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. **Parents and/or guardians are not permitted to drop off their children and/or leave the facility during the lesson.**

Water Temperature:

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 Leisure pass = no class. No class refunds will be issued if you do not have a Leisure Pass.

Dated: 11/22/24