

NASSAU COUNTY AQUATIC CENTER

2025 SPRING SWIM LESSON/WATER EXERCISE SCHEDULE

Registration will take place online starting Saturday, March 1st at 9am

Monday Dates: March 3 – May 5		Tuesday Dates: March 4 – May 6		Wednesday Dates: March 5 – May 7	Thursday Dates: March 6 – May 8		Friday Dates: March 7 – May 9	
<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>
Infant/Toddler 1:15-1:45p \$90.00 No class 4/14	Intermediate Teen/Adult 12:00-1:00p \$90.00 No class 4/14		Aquajog 9:30a-10:30a \$60.00 No class 4/15	Level 1 4:00-4:45p \$90.00 No class 4/2		Adult Fit Swim 6:30-7:30a \$90.00 No class 4/17	Pre Level 3 1:15-1:45p \$90.00 No class 3/14	Teen/Adult Beginner 3 12:00-1:00p \$90.00 No class 3/14
		Level 3 4:00-4:45p \$99.00	Aqua Aerobics 11:00a-12:00p \$60.00 No class 4/15	Pre Level 1 5:00-5:30p \$99.00	Level 1 4:00-4:45p \$99.00	Aquajog 9:30a-10:30a \$60.00 No class 4/17		
Level 2 5:00-5:45p \$99.00		Infant/Toddler 5:00-5:30p \$90.00 No class 3/25	Teen/Adult Beginner 2 6:00-7:00p \$99.00	Pre Level 2 6:15-6:45p \$99.00	Pre Level 1 5:00-5:30p \$99.00	Aqua Aerobics 11:00a-12:00p \$60.00 No class 4/17	Level 3 4:15-5:00p \$81.00 No class 3/14, 4/25	
Level 5 5:00-5:45p \$99.00	Teen/Adult Fit Swim 7:15-8:15p \$99.00	Level 4 5:00-5:45p \$99.00		Level 4 6:00-6:45p \$99.00	Pre Level 2 5:45-6:15p \$99.00	Aquajog 6:00p-7:00p \$42.00 No class 3/13, 3/20, 4/24 & 5/8	Level 1 5:15-6:00p \$81.00 No class 3/14, 4/25	
Level 3 6:15-7:00p \$99.00		Level 6 7:30-8:15p \$99.00	Aquajog 7:45p-8:45p \$60.00 No class 3/25	Intermediate Teen/Adult 7:00p-8:00p \$99.00	Level 3 6:30-7:15p \$90.00 No class 3/13	Teen/Adult Beginner 1 7:45-8:45p \$90.00 No class 3/13	Level 2 6:15-7:00p \$81.00 No class 3/14, 4/25	

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: 2/13/25