

Aquatics

HPAC



AQUACIZE

DURATION: 10 Weeks

INSTRUCTOR(S): Cynthia Vazquez

AGE(S): 16 and up

RATE: \$75

DISCOUNTED RESIDENT RATE: \$60

An aerobic workout that includes toning and stretching. We will use buoyant and resistive equipment along with the water current.

BASIC/INTERMEDIATE

Activity #	Date	Time	Day(s)
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305215-01*	May 28 - Aug. 8	9-10 a.m.	Tue/Thu
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*NO CLASS: JULY 4



AQUAFLEX

DURATION: 10 Weeks

INSTRUCTOR(S): Cynthia Vazquez^
Debbie Leach^^

AGE(S): 16 and up

RATE: \$75

DISCOUNTED RESIDENT RATE: \$60

This water class focuses on balance, flexibility and joint movement while building muscle. This class is taught by a certified Arthritis Foundation instructor and is great for those with arthritis, fibromyalgia and/or other joint problems.

BASIC

Activity #	Date	Time	Day(s)
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305231-01*	May 28 - Aug. 8	10-11 a.m.	Tue/Thu
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*NO CLASS: JULY 4



ADULT FITNESS SWIMMING

DURATION: 10 Weeks

INSTRUCTOR(S): Jeanne Smith

AGE(S): 16 and up

RATE: \$75

DISCOUNTED RESIDENT RATE: \$60

Gain the benefits of an organized group practice while increasing your knowledge and skills with fitness swimming. This one-hour class has individual workouts ranging from 800-2500 yards. *Not for beginners.*

ALL LEVELS

Activity #	Date	Time	Day(s)
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311114-01*	May 28 - Aug. 8	5:50-6:50 a.m.	Tue/Thu
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*NO CLASS: JULY 4



If you or a loved one have special needs, contact the Adaptive and Inclusion Specialist at (614) 901-6501 or lindsay.buis@westerville.org for assistance.

DEEP WATER AEROBICS

DURATION: 10 Weeks

INSTRUCTOR(S): Sylvia Robinson^
Jeanne Smith^^

AGE(S): 16 and up

This high-intensity class for cardiovascular, strength and tone workouts uses the deep area of the lap pool. Participants do a complete workout for the purpose of flexibility, aerobic capacity and overall fitness.

RATE: \$85

DISCOUNTED RESIDENT RATE: \$70

BASIC/INTERMEDIATE

Activity #	Date	Time	Day(s)
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305216-01^	May 29 - Aug. 9	10-11 a.m.	Mon/Wed/Fri
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RATE: \$75

DISCOUNTED RESIDENT RATE: \$60

BASIC/INTERMEDIATE

Activity #	Date	Time	Day(s)
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305216-02^^*	May 28 - Aug. 8	10-11 a.m.	Tue/Thu
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*NO CLASS: JULY 4



COMBO WATER WORKOUT

DURATION: 10 Weeks

INSTRUCTOR(S): Paula Hamilton

AGE(S): 16 and up

RATE: \$85

DISCOUNTED RESIDENT RATE: \$70

A shallow-water, total-body workout that combines weight resistance and flexibility. Emphasizes aerobic activity and is a great cross-training routine.

ALL LEVELS

Activity #	Date	Time	Day(s)
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305232-01	May 29 - Aug. 9	10-11 a.m.	Mon/Wed/Fri
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WATER FITNESS

DURATION: 10 Weeks

INSTRUCTOR(S): Leslie Warthman

AGE(S): 16 and up

RATE: \$70

DISCOUNTED RESIDENT RATE: \$55

Enjoy the benefits of aerobic conditioning with resistance training through the use of water. Class can be adjusted to all ages and abilities and be as challenging as you wish to make it!

ALL LEVELS

Activity #	Date	Time	Day(s)
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305225-01	May 29 - Aug. 7	6-7 pm.	Mon/Wed
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305225-02	May 29 - Aug. 7	12:10-1 pm.	Mon/Wed
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*NO CLASS: JUNE 12, JUNE 26, JULY 3



SWIM AEROBICS

DURATION: 8 Weeks

INSTRUCTOR: Stephanie Bellflower

AGE(S): 16 and up

RATE: \$40

DISCOUNTED RESIDENT RATE: \$30

This shallow-water workout will involve intervals of cardiovascular training as well as strength and tone exercises emphasizing flexibility and joint mobility.

ALL LEVELS

Activity #	Date	Time	Day(s)
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305242-01	May 26 - July 14	10:30-11:30 a.m.	Sun
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HYDRORIDER AQUABIKE CLASS

DURATION: 10 Weeks

INSTRUCTOR(S): Tiffany DuPont^
Jeanne Smith^^

AGE(S): 16 and up

RATE: \$90

DISCOUNTED RESIDENT RATE: \$75

This high-intensity workout with the City of Westerville's water bikes is the newest fitness trend. Use the water resistance to get a great cardio workout. The 45-minute classes get it done quickly. **Water fitness shoes are required. No swimming knowledge needed.**

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
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305243-01^^*	May 28 - Aug. 8	7-7:45 a.m.	Tue/Thu
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305243-02*	May 28 - Aug. 8	6-6:45 p.m.	Tue/Thu
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*NO CLASS: JULY 4



A ADULT

P PRESCHOOL

Y YOUTH

OA OLDER ADULT

LIVE WELL

PC PARENT/CHILD



LOW IMPACT WATER WORKOUT

DURATION: 10 Weeks **HPAC**
INSTRUCTOR(S): Debbie Leach **LIVE WELL**
AGE(S): 16 and up **A**
RATE: \$75

DISCOUNTED RESIDENT RATE: \$60
 This shallow-water workout will involve intervals of cardiovascular training, as well as strength and tone exercises emphasizing flexibility and joint mobility.

INTERMEDIATE / ADVANCED

Activity #	Date	Time	Day(s)
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305229-01* May 28 - Aug 8 10:55-11:55 a.m. Tue/Thu
***NO CLASS: JULY 4**

SHALLOW WATER FITNESS

DURATION: 10 Weeks **HPAC**
INSTRUCTOR(S): Tiffany Dupont **LIVE WELL**
 Paula Hamilton **A**
AGE(S): 16 and up
RATE: \$85

DISCOUNTED RESIDENT RATE: \$70
 This shallow-water class is designed to work your entire body. Class includes cardiovascular training as well as strength, toning and flexibility segments. Splash your way to a new level of fitness.

ALL LEVELS

Activity #	Date	Time	Day(s)
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305241-01 May 29 - Aug 9 8-9 a.m. Mon/Wed/Fri

HIGHLANDS PARK OTTERS SWIM AND DIVE TEAM

DURATION: 9 Weeks **HPAC**
INSTRUCTOR: Coaching Staff **LIVE WELL**
AGE(S): 5-18 **A**
RATE: \$75

DISCOUNTED RESIDENT RATE: \$65
 Welcome to the 2019 Highlands Park Aquatics Center Swim and Dive Team! The season kicks off May 29 and compete in two leagues; the COSA league for developmental swimmers and GCSL for competitive swimmers. All participants must be pass holders of the Highlands Park Aquatic Center in order to be a part of either the swim or dive team. Please go to <http://ottersswim.weebly.com> for parent information, schedule, and team prerequisites. This summer WCC Ultimate or Pool passholders may be substituted for an HPAC pass for the swim team member.

SWIM TEAM

Activity #	Date	Time	Day(s)
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312013-01 May 28-July 23 Varies

DIVING

Activity #	Date	Time	Day(s)
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312013-02* May 28-July 23 Varies

***NO CLASS: JULY 4**

WATER TONING

DURATION: 8 Weeks **HPAC**
INSTRUCTOR(S): Sally Spanitz **LIVE WELL**
AGE(S): 16 and up **A**
RATE: \$85

DISCOUNTED RESIDENT RATE: \$70
 The class incorporates the use of upper and lower-body muscles including a warm up, shallow-water segment and toning segment using resistance equipment to add useful intensity.

BASIC / INTERMEDIATE

Activity #	Date	Time	Day(s)
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305214-01 May 29 - Aug 9 9-10 a.m. Mon/Wed/Fri

AQUA FITNESS CLASSES

DROP IN
 DROP-IN AVAILABLE FOR AQUA FITNESS CLASSES BASED ON AVAILABILITY OF SPACE.
 Rate \$7.50
 Discounted Resident Rate \$5

FREESTYLE CLINIC

DURATION: 10 Weeks **HPAC**
INSTRUCTOR: Jeanne Smith **LIVE WELL**
AGE(S): 16 and up **A**
RATE: \$75

DISCOUNTED RESIDENT RATE: \$60
 Through drills and guided practice, you can master a more efficient freestyle. Accommodates both the novice swimmer and experienced athlete. The class is about perfecting form, not logging laps. Must be able to swim at least one length of the pool.

ALL LEVELS

Activity #	Date	Time	Day(s)
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311113-01* May 29-Aug 7 6:30-7:30 p.m. Mon/Wed

***NO CLASS: JULY 3**

MORNING RIVER FITNESS

DURATION: 10 Weeks **HPAC**
INSTRUCTOR: Paula Hamilton **LIVE WELL**
AGE(S): 16 and up **A**
RATE: \$75

DISCOUNTED RESIDENT RATE: \$60
 Wake up to the day with an hour of exercise in the river at HPAC. We will do resistance work and use the power of the river to stay fit and have fun. Fitness equipment will be used for toning.

ALL LEVELS

Activity #	Date	Time	Day(s)
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305247-01* May 28-Aug 8 9-10 a.m. Tue/Thu

***NO CLASS: JULY 4**

SILVER SPLASH: AQUA, CARDIO & TONE

DURATION: 10 Weeks **HPAC**
INSTRUCTOR(S): Debbie Leach **LIVE WELL**
 Tiffany DuPont **OA**

AGE(S): 50 and up
RATE: FREE for Silver Sneaker Members
DISCOUNTED RESIDENT RATE: FREE for Silver Sneaker Members

Muscle-toning and strength-training class for participants of all ability levels. Equipment is provided to give a challenging strength workout for those just getting back into fitness after an injury or illness or if additional strength training is needed. Participants must be able to perform exercise without assistance. Light cardio and some yoga-style balance work is included.

Date	Time	Day(s)
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May 29 - Aug 9 11-11:50 a.m. Mon/Wed/Fri

SILVER SPLASH: BALANCE, STRENGTH & TONE

DURATION: 10 Weeks **HPAC**
INSTRUCTOR(S): Debbie Leach **LIVE WELL**
 Tiffany DuPont **OA**
 Paula Hamilton

AGE(S): 50 and up
RATE: FREE for Silver Sneaker Members
DISCOUNTED RESIDENT RATE: FREE for Silver Sneaker Members

This class is for the conditioned adult who has good balance and muscle function. Includes cardio exercises followed by muscle toning exercises, balance work and stretching.

Date	Time	Day(s)
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May 28 - Aug 8* 10-10:50 a.m. Tue/Thu

***NO CLASS: JULY 4**

HPAC AQUA AEROBICS

DURATION: 10 Weeks **HPAC**
INSTRUCTOR: Ellen Blaha **LIVE WELL**
AGE(S): 16 and up **A**
RATE: \$75

DISCOUNTED RESIDENT RATE: \$60
 Splashdance your way to fitness in this aerobic workout that is all wet! It is an excellent way to improve cardiovascular health. **Swimming skills required.**

ALL LEVELS

Activity #	Date	Time	Day(s)
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305239-02* May 28 - Aug 8 7-8 p.m. Tue/Thu

***NO CLASS: JULY 4**

ALL FULL SEASON AQUA AEROBICS

Will take place at Highlands Park Aquatic Center for the 2019 season while the Community Center is under renovation.



WATER AEROBICS

REGISTRATION DATES FOR AQUATICS CLASSES

Friday, July 5, 12 p.m. - Online resident registration
Saturday, July 6, 8 a.m. - In-person resident registration
Sunday, July 7, 12 p.m. - Online open registration
Monday, July 8, 8 a.m. - In-person open registration

AQUA AEROBICS SUMMER MINI SESSION

DURATION: 2 Weeks
AGE(S): 16 and up
INSTRUCTOR: Cynthia Vazquez
RATE: \$22
DISCOUNTED RESIDENT RATE: \$17



AQUACIZE

Activity #	Date	Time	Day(s)
305215-02	Aug 20 - Aug 29	9-10 a.m.	Tue/Thu

AQUAFLEX

Activity #	Date	Time	Day(s)
305231-03	Aug 20 - Aug 29	10-11 a.m.	Tue/Thu
305231-04	Aug 20 - Aug 29	11 a.m. - 12 p.m.	Tue/Thu

COMBO WATER WORKOUT

INSTRUCTOR: Paula Hamilton
RATE: \$34
DISCOUNTED RESIDENT RATE: \$24

Activity #	Date	Time	Day(s)
305232-02	Aug 19 - Aug 30	11-12 p.m.	Mon/Wed/Fri

DEEP WATER

INSTRUCTOR: Sylvia Robinson
RATE: \$34
DISCOUNTED RESIDENT RATE: \$24

Activity #	Date	Time	Day(s)
305216-03	Aug 19 - Aug 30	9:30-10:30 a.m.	Mon/Wed/Fri

DEEP WATER

INSTRUCTOR: Jeanne Smith
RATE: \$22
DISCOUNTED RESIDENT RATE: \$17

Activity #	Date	Time	Day(s)
305216-04	Aug 20 - Aug 29	9:30-10:30 a.m.	Tue/Thu

SILVER SPLASH AQUA, CARDIO AND TONE

AGES 50 - 99

INSTRUCTOR: Leach / DuPont / Hamilton
RATE: FREE FOR SILVER SNEAKERS MEMBERS
DISCOUNTED RESIDENT RATE:
 FREE FOR SILVER SNEAKERS MEMBERS

Date	Time	Day(s)
Aug 19 - Aug 30	10:05 - 10:55 a.m.	Mon/Wed/Fri
Aug 19 - Aug 28	12:05 - 12:55 p.m.	Mon/Wed

SILVER SPLASH BALANCE, STRENGTH AND TONE

AGES 50 - 99

Date	Time	Day(s)
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INSTRUCTOR: Leach / DuPont / Hamilton
RATE: FREE FOR SILVER SNEAKERS MEMBERS
DISCOUNTED RESIDENT RATE:
 FREE FOR SILVER SNEAKERS MEMBERS

Aug 19 - Aug 28	1-1:50 p.m.	Mon/Wed
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WATER TONING

DURATION: 2 Weeks
AGE(S): 16 & up
INSTRUCTOR: Sally Spanitz
RATE: \$34
DISCOUNTED RESIDENT RATE: \$24

Activity #	Date	Time	Day(s)
305214-02	Aug 19 - Aug 30	9-10 a.m.	Mon/Wed/Fri

ADULT FITNESS SWIM

INSTRUCTOR: Jeanne Smith
RATE: \$22
DISCOUNTED RESIDENT RATE: \$17

Activity #	Date	Time	Day(s)
311114-03	Aug 20 - Aug 29	5:50-6:50 a.m.	Tue/Thu
311114-04	Aug 20 - Aug 29	8:30-9:30 a.m.	Tue/Thu

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INSTRUCTOR: Jill Schmall
RATE: \$22
DISCOUNTED RESIDENT RATE: \$17

Activity #	Date	Time	Day(s)
305244-01	Aug 20 - Aug 29	7:05-8 p.m.	Tue/Thu

FREESTYLE CLINIC

INSTRUCTOR: Jeanne Smith
RATE: \$22
DISCOUNTED RESIDENT RATE: \$17

Activity #	Date	Time	Day(s)
305216-04	Aug 19 - Aug 28	7-8 p.m.	Mon/Wed

LOW IMPACT WATER WORKOUT

INSTRUCTOR: Debbie Leach
RATE: \$22
DISCOUNTED RESIDENT RATE: \$17

Activity #	Date	Time	Day(s)
311113-02	Aug 20 - Aug 29	12-1 p.m.	Mon/Wed

SHALLOW WATER FITNESS

INSTRUCTOR: Tiffany Dupont
 Paula Hamilton
RATE: \$34
DISCOUNTED RESIDENT RATE: \$24

Activity #	Date	Time	Day(s)
305241-02	Aug 20 - Aug 30	8-9 a.m.	Tue/Thu/Fri

WATER FITNESS

INSTRUCTOR: Leslie Warthman
RATE: \$22
DISCOUNTED RESIDENT RATE: \$17

Activity #	Date	Time	Day(s)
305225-02	Aug 19 - Aug 28	5:30-6:30 p.m.	Mon/Wed

HYDRORIDER AQUABIKE MINI CLASS

DURATION: 2 Weeks
AGE(S): 16 & up
INSTRUCTOR(S): Tiffany DuPont^
 Jeanne Smith^^
RATE: \$34
DISCOUNTED RESIDENT RATE: \$24

Activity #	Date	Time	Day(s)
305243-04^	Aug 20 - Aug 29	7-7:45 a.m.	Tue/Thu
305243-05^^	Aug 20 - Aug 29	10:45-11:30 a.m.	Tue/Thu
305243-06^	Aug 19 - Aug 28	6:30-7:15 p.m.	Mon/Wed

PADDLEBOARD

DURATION: 9 Weeks

INSTRUCTOR(S): Robin Andes
AGE(S): 16 and up
RATE: \$45



DISCOUNTED RESIDENT RATE: \$35
 Paddleboarding for beginners and experienced watermen. Some sessions concentrate on yoga; some will see the participants do more open water exploration. Open to people of all skill levels. See website for more details.

PADDLEBOARD YOGA

Activity #	Date	Time	Day(s)
305250-01	June 18	6:30-7:30 p.m.	Tue
305250-02	June 25	6:30-7:30 p.m.	Tue
305250-04	July 9	6:30-7:30 p.m.	Tue
305250-05	July 16	6:30-7:30 p.m.	Tue
305250-07	July 30	6:30-7:30 p.m.	Tue
305250-08	Aug 6	6:30-7:30 p.m.	Tue

PADDLEBOARD EXCURSION

Activity #	Date	Time	Day(s)
305250-03	July 2	6:30-7:30 p.m.	Tue
305250-06	July 23	6:30-7:30 p.m.	Tue
305250-09	Aug 13	6:30-7:30 p.m.	Tue

Swimming Lessons



ADAPTIVE SWIM LESSONS **PC**

(Ages 3 - 12)

Adaptive Aquatics is designed for children and teens with special needs. This program is designed to give individuals an opportunity to experience the benefits of aquatics. With the assistance of aquatic staff, participants will work on enhancing their swimming abilities and comfort level in the water. This is a great opportunity to interact with others and have some fun! *Parents may be in the water with their child.*

TINY TOT SWIM LESSONS **PC**

(Ages 6-24-months)

The Tiny Tot program is designed to develop the child's comfort level in water and readiness for learning more advanced swimming skills. Parents work one-on-one with their child in the water to learn front kicks, prone glide, underwater exploration, rolling over and holding position.

GOLDFISH SWIM LESSONS **PC**

(24 months to 4-5 years)

The Goldfish program is designed to develop the child's comfort level in water and readiness for learning more advanced swimming skills. Parents work one-on-one with their child in the water to learn front kicks, prone glide, underwater exploration, rolling over and holding position.

THREE & ME LESSONS **PC**

(Age 3)

This program acts as a bridge for your children between the parent/child and guppy classes. If your child is still hesitant to be in the water without a parent, this program may help. A parent will be in the water with their child. Children will work on front kicks, bubble blowing, supported floating and underwater exploration.

GUPPY SWIM LESSONS

(Ages 3 - 6)

Children must be comfortable in the water without their parents.

Water Exploration. This class is suitable for children who are beginner swimmers. Children will learn elementary swimming skills for building upon future levels. Objectives include: supported front and back floats, kicking, bubble blowing, alternate arm action and safety skills. Two-year-olds are not allowed in this class. Parents are not in the water with their children.

TADPOLE SWIM LESSONS

(Ages 3 - 8)

Primary Skills. Suitable for swimmers who have passed Guppy and/or can meet the prerequisites. Children should be able to submerge for three seconds, float on their back and front with support and do a supported crawl. Objectives include: independent back and front crawl and finning on back. Most students require two or more sessions before completing all objectives.

TURTLE SWIM LESSONS

(Ages 4 - 12)

Stroke Readiness. Suitable for students who have passed Tadpole and/or can meet the prerequisites. Children should be comfortable in 3.5' - 4' of water; float on their back and front independently; swim front crawl with arm strokes and kick for five yards. Objectives include: gliding with push off, coordinating components of the front and back crawl, elementary backstroke, treading water, bobbing, basics of diving and more.

DOLPHIN SWIM LESSONS

(Ages 4 - 12)

This program bridges the gap between the Turtle class in shallow-water and the Minnow class in deeper water. Skills include floating, treading water; front and back crawl, basics of diving and deep water entry and safety.

MINNOW SWIM LESSONS

(Ages 5 - 12)

Stroke Development. Suitable for swimmers who have passed Turtle and/or can meet the prerequisites. Children at this level should be comfortable in deep water; swim front crawl with rhythmic breathing for 20 yards, swim back crawl for 20 yards, tread water for 30 seconds and complete a dive from the seated position. Objectives include: deep water bobbing, rotary breathing, diving from side of pool, building endurance by swimming distances, the basics of breaststroke, side stroke, turning at the wall and more.

PORPOISE SWIM LESSONS

(Ages 5 - 12)

Stroke Refinement. For swimmers who have passed Minnow and/or can meet the prerequisites. Children at this level should be comfortable in deep water; swim front crawl with rhythmic breathing for 25 yards, swim back crawl for 25 yards, tread water for one minute and complete a dive from the standing position. Objectives include: alternate breathing, elementary backstroke, dolphin kick, diving from a diving board and more.

SHARK SWIM LESSONS

(Ages 6 - 14)

Swimmers should be able to dive into deep water; perform the four basic swim strokes for 15 yards each and tread water for one minute. Objectives will vary according to the student's needs and level but include: approach and hurdle on diving board, enhancing strokes, butterfly stroke, flip turns, breast and side stroke turns, stroke enhancement, endurance training and diving.

TEEN/ADULT SWIM LESSONS

This class is suitable for teens and adults at the beginner-level. The instructor will develop individual lesson plans for each participant. Participants will gain confidence in their swimming skills and learn safety in and around the water.

SWIM LESSONS - EARLY SUMMER

REGISTRATION DATES FOR SWIM LESSONS

Friday, May 17, 12 p.m. - Online resident registration
Saturday, May 18, 8 a.m. - In-person resident registration
Sunday, May 19, 12 p.m. - Online open registration
Monday, May 20, 8 a.m. - In-person open registration

SESSION (1) MORNING

Rate: \$55 / Discounted Resident Rate: \$45

MAY 28 - JUN 6 TUE-FRI, MON-THU

Activity #	Level	Time
312103-01	Guppy	9 - 9:30 a.m.
312103-02	Guppy	9:45 - 10:15 a.m.
312103-03	Guppy	10:30 - 11 a.m.
312104-01	Tadpole	9 - 9:30 a.m.
312104-05	Tadpole	10:30 - 11 a.m.
312105-02	Turtle	9 - 9:30 a.m.
312105-03	Turtle	9:45 - 10:15 a.m.
312105-04	Turtle	10:30 - 11 a.m.
312110-01	Dolphin	9:45-10:15 am
312110-02	Dolphin	10:30 - 11 a.m.

SESSION (1) EVENING

Rate: \$55 / Discounted Resident Rate: \$45

MAY 28 - JUN 6 TUE-FRI, MON-THU

Activity #	Level	Time
312102-01	PC Goldfish	5:30 - 6 p.m.
312103-04	Guppy	5:30 - 6 p.m.
312103-05	Guppy	7 - 7:30 p.m.
312104-06	Tadpole	5:30 - 6 p.m.
312104-07	Tadpole	6:15 - 6:45 p.m.
312105-05	Turtle	6:15 - 6:45 p.m.
312105-06	Turtle	7 - 7:30 p.m.
312208-01	Teen/Adult	7 - 7:30 p.m.

SESSION (2) MORNING

Rate: \$55 / Discounted Resident Rate: \$45

JUN 10 - JUN 20 MON-THU

Activity #	Level	Time
312101-01	PC Tiny Tot	10:30 - 11 a.m.
312103-06	Guppy	9 - 9:30 a.m.
312103-07	Guppy	9:45 - 10:15 a.m.
312103-08	Guppy	10:30 - 11 a.m.
312104-08	Tadpole	9 - 9:30 a.m.
312104-09	Tadpole	9:45 - 10:15 a.m.
312104-11	Tadpole	10:30 - 11 a.m.
312105-08	Turtle	9 - 9:30 a.m.
312105-09	Turtle	9:45 - 10:15 a.m.
312110-03	Dolphin	10:30 - 11 a.m.

SESSION (2) EVENING

Rate: \$55 / Discounted Resident Rate: \$45

JUN 10 - JUN 20 MON,TUE,THU,FRI / MON-THU

Activity #	Level	Time
312103-09*	Guppy	5:30 - 6 p.m.
312103-10*	Guppy	6:15 - 6:45 p.m.
312104-13*	Tadpole	5:30 - 6 p.m.
312104-14*	Tadpole	7 - 7:30 p.m.
312105-11*	Turtle	6:15 - 6:45 p.m.
312105-12*	Turtle	7 - 7:30 p.m.
312108-01*	Shark	5:30 - 6 p.m.
312208-03*	Teen/Adult	7 - 7:30 p.m.

*NO CLASS: JUNE 12

SESSION (3) MORNING

Rate: \$55 / Discounted Resident Rate: \$45

JUNE 24 - JULY 3 MON-FRI / MON-WED

Activity #	Level	Time
312102-03	PC Goldfish	9 - 9:30 a.m.
312103-11	Guppy	9:45 - 10:15 a.m.
312103-12	Guppy	10:30 - 11 a.m.
312104-15	Tadpole	9 - 9:30 a.m.
312104-17	Tadpole	9:45 - 10:15 a.m.
312104-19	Tadpole	10:30 - 11 a.m.
312105-13	Turtle	9 - 9:30 a.m.
312105-15	Turtle	9:45 - 10:15 a.m.
312105-16	Turtle	10:30 - 11 a.m.

SESSION (3) EVENING

Rate: \$55 / Discounted Resident Rate: \$45

JUNE 24 - JULY 8 MON,TUE,THU,FRI / MON,TUE,FRI/MON

Activity #	Level	Time
312103-13	Guppy	5:30 - 6 p.m.
312103-14	Guppy	6:15 - 6:45 p.m.
312104-20	Tadpole	6:15 - 6:45 p.m.
312104-21	Tadpole	7 - 7:30 p.m.
312105-17	Turtle	5:30 - 6 p.m.
312105-18	Turtle	7 - 7:30 p.m.
312110-04	Dolphin	6:15 - 6:45 p.m.
312107-01	Porpoise	5:30 - 6 p.m.
312208-04	Teen/Adult	7 - 7:30 p.m.

*NO CLASS: JULY 3 AND JULY 4

SESSION SATURDAY MORNING

Rate: \$55 / Discounted Resident Rate: \$45

JUNE 8 - AUG. 10 SAT

Activity #	Level	Time
312109-01	PC Adaptive	8:35 - 9:05 a.m.
312103-15	Guppy	9:15 - 9:45 a.m.
312103-16	Guppy	10 - 10:30 a.m.
312104-22	Tadpole	9:15 - 9:45 a.m.
312104-23	Tadpole	10 - 10:30 a.m.
312105-19	Turtle	9:15 - 9:45 a.m.
312105-20	Turtle	10 - 10:30 a.m.
312110-05	Dolphin	9:15 - 9:45 a.m.
312106-01	Minnow	10 - 10:30 a.m.

*NO CLASS: JUNE 15 AND JUNE 29

ALL FULL SEASON AQUA AEROBICS

Will take place at Highlands Park Aquatic Center for the 2019 season while the Community Center is under renovation.





REGISTRATION DATES FOR SWIM LESSONS

Friday, July 5, 12 p.m. - Online resident registration
Saturday, July 6, 8 a.m. - In-person resident registration
Sunday, July 7, 12 p.m. - Online open registration
Monday, July 8, 8 a.m. - In-person open registration

SESSION (4) MORNING

Rate: \$55 / Discounted Resident Rate: \$45

JULY 15-JULY 25			MON-THU
Activity #	Level	Time	
312102-04	PC Goldfish	9 - 9:30 a.m.	
312101-03	PC Tiny Tot	10:30 - 11 a.m.	
312103-17	Guppy	9:45 - 10:15 a.m.	
312104-24	Tadpole	9 - 9:30 a.m.	
312104-25	Tadpole	9:45 - 10:15 a.m.	
312104-26	Tadpole	10:30 - 11 a.m.	
312105-21	Turtle	9 - 9:30 a.m.	
312105-22	Turtle	9:45 - 10:15 a.m.	
312105-23	Turtle	10:30 - 11 a.m.	

SESSION (4) EVENING

Rate: \$55 / Discounted Resident Rate: \$45

JULY 15-JULY 25			MON-THU
Activity #	Level	Time	
312103-18	Guppy	5:30 - 6 p.m.	
312103-19	Guppy	7- 7:30 p.m.	
312104-27	Tadpole	5:30 - 6 p.m.	
312104-28	Tadpole	6:15 - 6:45 p.m.	
312105-24	Turtle	6:15 - 6:45 p.m.	
312105-25	Turtle	7- 7:30 p.m.	
312110-06	Dolphin	5:30 - 6 p.m.	
312107-02	Porpoise	7- 7:30 p.m.	

PLEASE BE ADVISED

The lap pool and dive pool will be closed on **June 15 and June 29** due to swim meets.

REGISTRATION DATES FOR SWIM LESSONS

Friday, July 5, 12 p.m. - Online resident registration
Saturday, July 6, 8 a.m. - In-person resident registration
Sunday, July 7, 12 p.m. - Online open registration
Monday, July 8, 8 a.m. - In-person open registration

SESSION (5) MORNING

Rate: \$55 / Discounted Resident Rate: \$45

JULY 29 - AUG. 8			MON-THU
Activity #	Level	Time	
312102-05	PC Goldfish	9 - 9:30 a.m.	
312103-20	Guppy	9:45 - 10:15 a.m.	
312104-29	Tadpole	9 - 9:30 a.m.	
312104-30	Tadpole	9:45 - 10:15 a.m.	
312104-31	Tadpole	10:30 - 11 a.m.	
312105-26	Turtle	9:45 - 10:15 a.m.	
312105-27	Turtle	10:30 - 11 a.m.	
312107-03	Porpoise	9 - 9:30 a.m.	
312108-01	Shark	10:30 - 11 a.m.	

SESSION (5) EVENING

Rate: \$55 / Discounted Resident Rate: \$45

JULY 29-AUGUST 8			MON-THU
Activity #	Level	Time	
312103-21	Guppy	5:30-6 p.m.	
312103-22	Guppy	6:15 - 6:45 p.m.	
312104-32	Tadpole	5:30 - 6 p.m.	
312104-33	Tadpole	7- 7:30 p.m.	
312105-28	Turtle	6:15 - 6:45 p.m.	
312105-29	Turtle	7- 7:30 p.m.	
312106-02	Minnow	6:15 - 6:45 p.m.	
312108-02	Shark	5:30-6 p.m.	
312208-05	Teen/Adult	7- 7:30 p.m.	

INFANT AQUATICS 614

INSTRUCTOR(S): Jayne Ackerman, Certified Infant Aquatic Survival Specialist
AGE(S): 6 months and older

Students learn how to survive drowning risks through survival swimming and self-rescue techniques. Survival floating and the swim-float-swim sequence are mastered quickly and serve as the foundation for proper stroke development. This progressive program is designed to take students from beginners to advanced swimmers as efficiently as possible. Available one to five days per week. Contact (614) 300-5765 or swim@infantaquatics614.com to schedule lessons. Visit www.infantaquatics614.com to learn more.



Time	Day(s)
Varies	Varies



WE'RE GROWING!

With the Expansion in full swing, some class locations may need to be moved. Visit www.westerville.org/registration for updates on classes that do not have a location listed.