



PLEASANT RIDGE pool

2017 Pool Information & Swim Lesson Schedule
Pool Opens May 26 - Sep. 4, 2017

SUN	MON	TUE	WED	THU	FRI	SAT
On home swim meet days, you may swim at Huntington Woods beginning at 4 p.m. Don't forget your ID!					5/26 4-8 P.M.	5/27 12-8 P.M.
5/28 12-8 P.M.	5/29 12-8 P.M.	5/30 4-8 P.M.	5/31 4-8 P.M.	6/1 4-8 P.M.	6/2 4-8 P.M.	6/3 12-8 P.M.
6/4 12-8 P.M.	6/5 4-8 P.M.	6/6 4-8 P.M.	6/7 4-8 P.M.	6/8 4-8 P.M.	6/9 4-8 P.M.	6/10 12-8 P.M.
6/11 12-8 P.M.	6/12 4-8 P.M.	6/13 4-8 P.M.	6/14 4-8 P.M.	6/15 1-8 P.M.	6/16 1-8 P.M.	6/17 12-8 P.M.
6/18 12-8 P.M.	6/19 6-7:30 A.M. 1-8 P.M.	6/20 6-7:30 A.M. 1-8 P.M.	6/21 6-7:30 A.M. 1-8 P.M.	6/22 6-7:30 A.M. 1-8 P.M.	6/23 6-7:30 A.M. 1-8 P.M.	6/24 12-8 P.M.
6/25 12-8 P.M.	6/26 6-7:30 A.M. 1-8 P.M.	6/27 6-7:30 A.M. 1-8 P.M.	6/28 6-7:30 A.M. 1-8 P.M.	6/29 6-7:30 A.M. 1-8 P.M.	6/30 6-7:30 A.M. 1-8 P.M.	

SWIM LESSONS

The City of Pleasant Ridge offers swim lessons for both residents and non residents. The lesson structure follows the American Red Cross Levels 1-7. Sign up at the Community Center or the Pool. Lessons are one-week sessions, Mon.-Thu. with make up on Fri. No lessons the week of July 4. **COST: Residents: \$30, Non-residents: \$55.**

SESSION 1: JUNE 19-22	SESSION 2: JUNE 26-29	SESSION 3: JULY 10-13	SESSION 4: JULY 17-20
<i>Sign up begins 6/12</i> 11:00 a.m. Level 1,2,3,4, Parent/Tot	<i>Sign up begins 6/19</i> 11:00 a.m. Level 1,2,3,4	<i>Sign up begins 6/26</i> 11:00 a.m. Level 1,2,3,4, Parent/Tot	<i>Sign up begins 7/10</i> 11:00 a.m. Level 1,2,3,4
11:30 a.m. Level 1,2,3,4	11:30 a.m. Level 1,2,3,4	11:30 a.m. Level 1,2,3,4	11:30 a.m. Level 1,2,3,4
12:00 p.m. Level 1,2,3,4, 5-7	12:00 p.m. Level 1,2,3,4, 5-7	12:00 p.m. Level 1,2,3,4, 5-7	12:00 p.m. Level 1,2,3,4, 5-7

Adult Water Aerobics Classes Instructor: Victoria Dickinson (AEA Certified)

Jump right into our aqua classes and build cardiovascular fitness and strength. Just like swimming, our water aerobics classes are easy on your joints, yet challenging enough to help you reach new levels of fitness. Because of their low-impact format, water aerobics classes are suitable for every age and fitness level, from beginning exercisers through elite athletes. Participants may bring and use their own water shoes and gloves. Please also bring your own pool noodles (2) to class. Drop-in fee \$10 per class.

Water aerobics sessions: register for one, two, or three days

Session I: Jun. 20-Jul. 20 (no class July 4)	Saturday Morning Classes: 10:30 - 11:30 a.m.	Session II: Jul. 25-Aug. 17
Tue. or Thu. 12:15-1:15 p.m. \$50R/\$55NR	Jun. 17-Jul. 15, Jul. 22 - Aug. 19 \$50R/\$55NR	Tue. or Thu. 12:15-1:15 p.m. \$40R/\$45NR
Tue. & Thu. 12:15-1:15 p.m. \$95R/\$100NR		Tue. & Thu. 12:15-1:15 p.m. \$75R/\$80NR

Fee classifications: R = resident, NR = non-resident