

SUMMER 2017

CHRISTIANSBURG  
AQUATIC CENTER



595 N FRANKLIN ST. • CHRISTIANSBURG, VA 24073 • 540.381.POOL (7665) • WWW.CACPOOL.COM



# TABLE OF CONTENTS

Daily Admission and Fees .....	3
Registration Information.....	4
Facility and Amenities.....	5
Special Events .....	6
Upcoming Swim Meets.....	8
Swim Team .....	8
Diving Lessons .....	9
American Red Cross Training.....	10
Swim Lessons .....	12
Fitness Classes .....	16
Party Packages.....	18



Residents and Aquatic Enthusiasts,

This summer we celebrate seven years of serving our community with aquatics. Our goals are numerous but the most important is to teach everyone in our hometown how to swim and to provide activities that will increase health and wellness. Our vision is becoming a reality. Since opening the Christiansburg Aquatic Center, we've taught 4,480 children and adults how to swim! And we're not done yet - we continue to partner with civic organizations to expand our learn-to-swim programs for both children and adults. Plus, our Fins Summer Camp provides an educational safe haven for our children, as well as another opportunity to get comfortable in the water.

Our town recreation opportunities are abundant, and I hope you've taken the chance to enjoy a leisurely swim and relax in the therapy pool. Interested in taking a water fitness class? Our town residents may now enjoy all CAC programs at the member rate without purchasing a membership. And don't forget - your first visit is free!

The aquatic center staff is always looking to develop new programs and activities, and we'd love to hear your ideas. If we can help you achieve your fitness goals or freshen up your stroke, please do not hesitate to ask.

Enjoy the spring weather by rejuvenating your body with a good "dip!" We'll see you soon!

Terry  
Director



# RATES AND FEES

## Town Resident Fees

Town Resident	Daily Pass	12-Visit Dry Pass	12 Visits	One Month	Six-Month Membership	Annual Membership Monthly Payment (EFT)
Child 2 - 11	\$2	\$20	\$18	\$15	\$60	\$100   \$8.34
Youth 12 - 17	\$3	\$20	\$27	\$23	\$90	\$150   \$12.50
Adult 18 - 59	\$5	\$20	\$45	\$38	\$150	\$250   \$20.84
Senior 60	\$3	\$20	\$27	\$23	\$90	\$150   \$12.50
Family	N/A	N/A	N/A	\$68	\$270	\$450   \$37.50
Couple / Single Parent	N/A	N/A	N/A	\$45	\$180	\$300   \$25.00

## Non-Town Resident Fees

Non-Town Resident	Daily Pass	12-Visit Dry Pass	12 Visits	One Month	Six-Month Membership	Annual Membership Monthly Payment (EFT)
Child 2 - 11	\$2	\$20	\$20	\$21	\$85	\$140   \$11.67
Youth 12 - 17	\$3	\$20	\$32	\$33	\$130	\$210   \$17.50
Adult 18 - 59	\$5	\$20	\$54	\$53	\$210	\$350   \$29.17
Senior 60	\$3	\$20	\$32	\$33	\$130	\$210   \$17.50
Family	N/A	N/A	N/A	\$95	\$380	\$630   \$52.50
Couple / Single Parent	N/A	N/A	N/A	\$63	\$250	\$420   \$35.00

## MISSION

Our mission is to operate a public aquatic facility to increase health, water safety, and the aquatic education of Christiansburg citizens and aquatic organizations.

## VISION

The vision of the Christiansburg Aquatic Center is to provide a state-of-the-art aquatic facility that enhances the health, fitness, recreational, and competitive needs throughout our region.

## VALUES

**Team values** – Integrity, Attitude & Professionalism

**Facility values** – Clean, Safe & Accessible

**Customer Service values** – Communication, Positive Experience & Knowledgeable

**Program values** – Quality, Variety & Satisfaction

## INTERESTED IN CAC NEWS?



“LIKE” us on Facebook  
[www.facebook.com/cacpool](http://www.facebook.com/cacpool)



Sign up for “Notify Me”  
<http://cacpool.com/list.aspx>



“Follow” us on Twitter  
[www.twitter.com/cacpool](http://www.twitter.com/cacpool)



# REGISTRATION

## How to Register

**Online:** Register online at [www.cacpool.com](http://www.cacpool.com) and click on the "register" link. Create an account, shop for programs and activities, pay and you're done.

You can now purchase your membership online. Please note that when you come in to pick up your pass, proper identification will be required.

**In Person:** Stop by the CAC and our front desk attendants will be happy to help you.

**Over the Phone:** Give us a call, and we can sign you up for your program.

## Registration Deadlines

Deadlines are created for each program to help provide a positive experience by ensuring appropriate staffing, supplies and facilities to meet the registration needs.

## Registration Minimums

If a program does not have the required class minimum registered by the deadline, the session will be cancelled. Participants will be notified of cancellations.

## Age Requirements

Each class/program has an age requirement. The participant must meet this age requirement within the time frame of the class/program.

## Cancellation

Programs or rentals cancelled by the Christiansburg Aquatic Center will be refunded in full.

## Waitlist Policy

Participants will automatically be placed on a waitlist if a program has met its maximum capacity. If spots become available, participants will be notified by phone.

## Photo Policy

Please be advised that all participants involved in any programs or special events are subject to being photographed. Such photographs may be used by the Town of Christiansburg without an obligation to provide compensation to those photographed.

## Mistakes Happen

Occasionally there may be an error in days, times, registration requirements, or fees noted in this brochure. When such errors do occur, our staff will do everything possible to correct the situation promptly. Thank you for your patience and understanding should these situations arise.

## Refunds

Refund requests must be made a week in advance of the start of the program or rental. A service fee of \$25 will be applied to all participant-based refunds and withdrawals with the exception of medical/illness. To avoid the service charge, we can refund the full amount to your household account. Refunds under \$25 will only be credited to your household account. Check refunds must be requested from the finance department and can take up to three weeks to receive by mail.





# FACILITY AND AMENITIES

The Christiansburg Aquatic Center is a 64,000 square foot facility with three pools, a cardio fitness room, multi-purpose rooms, a warming kitchen, locker rooms, wet classrooms, family changing rooms, and a sun deck. Total occupancy of over 2,600 people.

## FITNESS ROOM (Cardio Zone)

The fitness room is a great place to enjoy your workout and cover all muscle groups. Burn off unwanted calories with treadmills, elliptical trainers, recumbent bikes, and four weight training machines.

## WARM WATER THERAPY POOL (The Cove)

Come relax in our therapy pool that averages 94 degrees. Aerobic conditioning is not recommended in this pool. It is designed for therapeutic rehabilitation. This pool features a zero depth entry, easy access for people of all abilities and multiple water depths. Great for rehabilitation with arthritic joints—this peaceful area accommodates adults 18 years and older as well as infants twelve months or younger.

## LEISURE POOL (The Lagoon)

Our leisure pool, or Lagoon, speaks for itself when it comes to FUN! Average temperature is a comfortable 86 degrees year round. Features a two-story triple loop slide, zero depth beach entry, five water dumping buckets, Sir Chomps A Lot Alligator slide and too many spraying features to count. Lap swimming is also available; we offer 20 yard lap lanes ranging from three to five feet deep.

## COMPETITION POOL (Competition Zone)

Experience our Olympic-sized competition pool! Our competition pool can be separated into three different pools. This pool can be 50-meters long with eight lanes one way and 25-yards long with twenty-one lap lanes the next. Come plunge into the 80 degree water and get your swim on.

## DIVING

Enjoy a dive from our one-meter spring board. Jump off the board, fly through the air and make a splash big or small. Look for scheduled opportunities to dive off the three-meter springboard or five-meter platform! Our diving board schedule can be found on our website.

## ROOM RENTALS

Have an upcoming business meeting? Does your social club need a place to gather? We can help! Try our spacious meeting rooms. Same-day registration is possible with availability.

### ROOM RENTAL FEES:

Room	One Room - 2 hrs
Upstairs Tide or Wave Room	\$50/room
Downstairs Wet Classroom	\$75
Warming Kitchen "The Galley"	\$30

## MULTIPURPOSE ROOMS (Tidal Wave)

The multipurpose rooms can be divided into two rooms for different events and/or programs. Both rooms seat 136 with tables and chairs and connect to a warming kitchen. The Tide room comes with a projector and screen for your meeting needs.

## WET CLASSROOM

Just steps away from the leisure pool, this room hosts birthday parties and classes. The wet classroom comfortably holds 25 guests.

## LOCKER ROOMS

Our facility has lockers available for rent or daily use. Patrons must provide their own lock or purchase a lock from the front desk. Locks from lockers not assigned to a patron by staff must be removed after each use. Locks left overnight will be removed. Children over the age four are not permitted in opposite gender locker rooms. Family changing rooms are available.

### LOCKER ROOM RENTAL FEES:

	Six Months	12 Months
Half Size Locker	\$30	\$50
Full Size Locker	\$45	\$75



## HOURS OF OPERATION

Monday – Thursday: 5:30 a.m.–9 p.m.

Friday: 5:30 a.m.–7 p.m.

Saturday: 11 a.m.–6:30 p.m.

Sunday: 1–6:30 p.m.

Our pool schedules are available online at [www.cacpool.com](http://www.cacpool.com)

## UPCOMING HOLIDAYS AND HOURS

April 16 (Easter)	Closed
May 29 (Memorial Day)	Closed
July 4 (Independence Day)	Closed
September 4 (Labor Day)	Open 8 a.m.-5 p.m.

*We will be closed August 14-25 for annual maintenance. This closure allows staff to complete maintenance that cannot be performed while remaining open to the public.*

### SENIOR CITIZEN DAY

Join us every Tuesday and pay only \$2! We want to honor you for making positive contributions to our community. Come relax, meet new friends and stay healthy. 60+

### “SPLASH AND DASH” SHUTTLE SERVICE

Did you know that the CAC offers a convenient shuttle service from 1-3 p.m. every Monday - Friday? Let us roll the red carpet out and bring you from your parking space right to the front door of the CAC.

### COLLEGE STUDENT NIGHT

Join us every Monday evening from 6-9 p.m., bring your student ID, and only pay \$2! Come relax and meet new friends.

### BRIDGE

Join us every Thursday from 11 a.m.-2 p.m. in The Wave Room to try your hand at this popular card game. Make new friends, challenge your memory, and the best part: there is no fee to join!

### CAC COMMUNITY YARD SALE

Spring Cleaning? Turn your unwanted treasures into CASH! Don't want to sell? No problem, just come on out and shop. To register as a vendor, please visit the CAC to fill out a registration form.

Date: May 13 (rain date May 20)

Time: 7 a.m.

Fee: \$10 one space, \$15 two spaces

### TACKLE THE TOWER

Have you ever jumped from five meters in the air into 17 feet of water? Well at the Christiansburg Aquatic Center you can! Twice a month we open our five-meter platform and three-meter spring board to the public. Come and Tackle the Tower at the CAC!

All who participate must be able to swim 25 yards. No extra fee.

DATES	TIME	DAYS
May 14	2-4 p.m.	SUN
May 28	2-4 p.m.	SUN
June 11	2-4 p.m.	SUN
June 25	2-4 p.m.	SUN

### BRICKS 4 KIDZ NIGHT OUT

Bricks 4 Kidz® Night Out is a high-energy evening full of LEGO® entertainment for kids ages 5 –13. We provide pizza, games, projects, and of course, loads of LEGO bricks for all the creativity and building their minds can imagine.

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 12	6-9 p.m.	F	7584	\$40	May 8

### BRICKS 4 KIDZ STEM CAMP

In this exciting Bricks 4 Kidz camp, we use LEGO® bricks and Science, Technology, Engineering and Mathematics (STEM) principles to build amazing worlds of fun in a variety of different themes each day. Sample themes include Mining & Crafting, Superheroes, Pokémon and Star Wars. Your child will enjoy building LEGO mosaics, 3D LEGO Builds and motorized LEGO projects. Each camper will build a custom mini-figure to take home at the end of the week, as well as receive a Bricks 4 Kidz Camp t-shirt.

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
June 26-30	8:30-11:30 a.m.	M/T/W/TH/F	7585	\$135	June 19



# SPECIAL EVENTS

## INNER TUBE WATER POLO

Get your team together and come on out to the CAC for some fun competition! Games will be in a round robin style, allowing all teams to play one another. Can't get a team together? No problem, sign up individually to be placed on a team. There will be a championship game for bragging rights! All games will be held in the competition pool. Team minimum of five players; Team maximum of nine players

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 7-28	4-5:30 p.m.	SUN	7667-Team 7668- Individual	<b>Team Fee:</b> \$20 Members/Resident \$30 Non <b>Individual Fee:</b> \$7 Members/Resident \$10 Non	April 30
June 4-July 2	4-5:30 p.m.	SUN	7669- Team 7670- Individual	<b>Team Fee:</b> \$20 Members/Resident \$30 Non <b>Individual Fee:</b> \$7 Members/Resident \$10 Non	May 28

## SOUPer SPLASH

The CAC and Montgomery County Prevention Partners are teaming up for a food drive on Saturday, May 6. Admission is free from 4-6:30 p.m. with a donation of a non-perishable food item. All collected food items will be donated to the Montgomery County Emergency Assistance Program.

## FUN FRIDAYS

As Memorial Day brings the summer pool season, every Friday is fun at the CAC! Bring your pool toys, beach balls, small floats and noodles. Play games on the pool deck and be ready to sing and dance with the music of the summer! Come on your own, with friends or bring the whole family.

## FINS SUMMER CAMP

Mark your calendars! Registration packets for Fins Summer Camp will be available online and at the front desk on March 20. Registration begins April 3 and must be completed in person. Your camper will have a fantastic summer swimming in the pool, creating art projects, and playing games with friends. We expect to reach maximum capacity again this summer, and recommend enrolling your campers as soon as possible. Please note that payment for one week of camp does not reserve your child's spot for any other week.

Summer camp swim lessons are available for Level 1, 2 and 3 swimmers for an additional \$20 per week. Camp swim lessons include three 30-minute lessons. Sign up now because space is limited! Camp swim lessons will not be offered from June 26-30, July 5-7, or July 17-19. Ages 6-11.

DATES	THEME	TIME	DAY	COURSE #	RESIDENT/ MEMBER FEE	NON FEE	REG. DEADLINE
*May 30-June 2	Under the Sea	7:30 a.m.-5:30 p.m.	T/W/TH/F	7586	\$75	\$85	May 22
June 5-9	Super Heroes	7:30 a.m.-5:30 p.m.	M/T/W/TH/F	7587	\$75	\$85	May 30
June 12-16	All About Art	7:30 a.m.-5:30 p.m.	M/T/W/TH/F	7597	\$75	\$85	June 5
June 19-23	Out of this World	7:30 a.m.-5:30 p.m.	M/T/W/TH/F	7598	\$75	\$85	June 12
June 26-30	Our Town	7:30 a.m.-5:30 p.m.	M/T/W/TH/F	7599	\$75	\$85	June 19
*July 5-7	Team USA	7:30 a.m.-5:30 p.m.	W/TH/F	7600	\$75	\$85	June 26
*July 10-13	Kid's Kitchen	7:30 a.m.-5:30 p.m.	M/T/W/TH	7601	\$75	\$85	July 3
*July 17-19	Animal Planet	7:30 a.m.-5:30 p.m.	M/T/W	7602	\$75	\$85	July 10
*July 24-27	Weird Science	7:30 a.m.-5:30 p.m.	M/T/W/TH	7603	\$75	\$85	July 17
July 31-Aug 4	Color Games	7:30 a.m.-5:30 p.m.	M/T/W/TH/F	7604	\$75	\$85	July 24

\*Weeks marked with an asterisk indicate a three or four day camp week.







# SWIM TEAM

## UPCOMING SWIM MEETS

May 19-21	<b>H2Okie Meet</b>	800 est. swimmers
July 14-16	<b>Summer Awards</b>	800 est. swimmers
July 21-22	<b>Age Group Champs</b>	700 est. swimmers
July 28-30	<b>Roanoke Valley Aquatic Association</b>	1,000 est. swimmers

## HOMESCHOOL SWIM TEAM

The Homeschool Swim Team is a non-competitive swim team designed to be an effective, easy and fun transition into the world of competitive swimming, or a good way for summer league swimmers and high school swimmers to continue their training between seasons. The coaches will focus on competitive stroke mechanics and overall swimming endurance.

Participants must be able to swim 25 yards in two of the four competitive strokes.

Age: 6-18

Minimum enrollment= 10

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 8-31	2-3 p.m.	M/W	7579	\$25 Member/ Resident \$35 Non	May 1

## BLUE FINS - SUMMER SWIM TEAM

The Christiansburg Aquatic Center Blue Fins Summer Swim Team is back for its seventh season. This is a great family program open to individuals five years and older who can swim 25 yards of freestyle and 25 yards of backstroke without stopping. Come and enjoy some healthy family competition!

The Blue Fins participate in the South West Virginia Swim League (SVSL), and usually have meets on Thursday evenings, competing against other local summer swim teams.

There will be an informational meeting on Tuesday, May 9 at 7 p.m. in the CAC's multipurpose room. Practice is scheduled to begin on Monday, May 22

Age 5+

Registration Deadline: June 1

Coaches: TBA

DATES	TIME	DAYS	FEE	DEADLINE
May 22, 23 24, 25	7-8 p.m.	M/T/W/TH	\$10/week \$20 per family/week	May 22
June/July	9:30- 10:30 a.m.	M/T/W/TH	<b>Individual:</b> Member/Resident \$40+ League Fee * <b>Non-Member:</b> \$50+ League Fee *	June 1
June/July	6-7 p.m.	M/T/W	<b>Family (3 or more):</b> Member/Resident \$150+ League Fee * <b>Non-Member:</b> \$50+ League Fee *	June 1





## AMERICAN RED CROSS LIFEGUARD TRAINING

Have you ever thought that being a lifeguard would be fun? Here is your chance to gain the knowledge and skills needed to prevent and respond to aquatic emergencies in the position of Lifeguard.

The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Please bring a packed lunch and snacks.

**Attendance to the entire class session is mandatory.**

Prerequisites: (will be tested on the first day of class)

- Swim 300 yards continuously.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive seven-10 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within one minute, 40 seconds.
- Tread water for two minutes using only legs.

Ages: 15+

Minimum Enrollment = 4

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
June 6,8,13,15	4-8 p.m.	T,TH	7588	\$200	May 30
June 11,18	9 a.m.-5 p.m.	SUN			

## AMERICAN RED CROSS LIFEGUARD TRAINING RECERTIFICATION

American Red Cross Course that re-certifies participants in the knowledge and skills needed to prevent and respond to aquatic emergencies.

Participants must have a current American Red Cross Lifeguard certificate to enroll in this course.

Ages: 15+

Minimum Enrollment = 4

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
June 9	4-8 p.m.	F	7589	\$100	May 30
June 10	9 a.m.-5 p.m.	SAT			







# TRAINING

## **AMERICAN RED CROSS FIRST AID/CPR/AED TRAINING**

What would you do if a friend or family member collapsed and was unresponsive? This American Red Cross course is designed to teach you the skills you need to give immediate care to a person in distress until more advanced medical personnel arrive and take over. The course will teach participants to recognize and respond appropriately to cardiac, breathing and first aid emergencies.

Ages: 13+

Minimum Enrollment = 4

Minimum Enrollment = 4

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 15	4 – 8 p.m.	M	7590	\$55	May 8
June 19	4 – 8 p.m.	M	7591	\$55	June 12
July 17	4 – 8 p.m.	M	7592	\$55	July 10

## **AMERICAN RED CROSS WATER SAFETY (WSI) TRAINING**

Earn your Water Safety Instructor Certification from the American Red Cross, and gain the skills needed to teach courses to swimmers of all ages and abilities. This class is a blended learning program that includes at-home and on-site training sessions. There is an additional \$35 fee due to the American Red Cross during online course enrollment. Participants must be at least 16 years old by May 7.

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 2 & 4	5:30-8:30 p.m.	T/TH	7583	\$200	April 25
May 6 & 7	8:30 a.m.-5:30 p.m.	SAT/SUN			



# SWIM LESSONS

## PRIVATE SWIM LESSONS

Are you interested in jump-starting your child's swim skills, improving your own strokes or finally getting over your fear of the water? Private swim lessons offer one-on-one instruction with an experienced swim instructor, and are available for anyone over the age of three! Private swim lessons are an excellent option for busy families and working professionals looking to create their own swim schedule. Registration forms can be found online or at the front desk. Please note that private swim lessons are not offered during group swim lesson times.

Three-30 minute lessons \$65  
Six- 30 minute lessons \$110

## BUILD YOUR OWN GROUP LESSON

Semi-private swim lessons are a great option for swimmers unable to meet during our scheduled lessons! These lessons give individualized attention to help introduce or master swimming skills. Semi-private lessons are available for groups of two or three swimmers of similar ability. To sign up for semi-private lessons, please submit a private swim lesson registration form and include the names of all of the swimmers in your group. Please note that semi-private swim lessons are not offered during group swim lesson times.

Three-30 minute lessons \$85  
Six-30 minute lessons \$135

To register for swim lessons, call (540) 381-POOL (7665) or visit [www.cacpool.com](http://www.cacpool.com).

## ADULT LEARN TO SWIM

Thanks to a grant from The Swimming Saves Lives Foundation, the charitable arm of US Masters Swimming, the Christiansburg Aquatic Center is pleased to offer significantly reduced adult swimming lessons. It doesn't matter if you are afraid of the water, comfortable in the water, or just in need of learning or bettering your strokes, this program will be great for you! No one knows too little or too much about swimming to take advantage of this great program!

\*An annual Membership to US Masters Swimming is required to participate in these lessons.

The cost of Membership is \$52 for a year, which covers insurance to participate in this program, a subscription to Swimmer Magazine, access to online workouts and much more. To get more information or to register for US Masters Swimming, please visit:

[www.usms.org/reg/content/benefits](http://www.usms.org/reg/content/benefits)

Ages: 18+  
Minimum Enrollment = 1

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 1-24	7:15-8 p.m.	M/W	7593	\$16	April 24
May 6-27	10-11 a.m.	SAT	7594	\$8	April 29
June 3-24	10-11 a.m.	SAT	7595	\$8	May 27
June 5-28	7:15-8 p.m.	M/W	7596	\$16	May 29





## PARENT/CHILD LEVEL ONE

Splash and sing with us in your child's first swim lesson! Parents are taught how to safely work with their child in an aquatic environment. This includes learning how to support and hold your child, as well as reinforcing the basic principles of water safety.

Age: 6-18 months

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
April 24-May 10	5:30-6 p.m.	M/W	7605	\$38 Members/ Resident \$48 Non	April 19
May 20-June 10	8-8:30 a.m.	SAT	7606	\$22 Members/ Resident \$32 Non	May 16
June 17-July 8	8-8:30 a.m.	SAT	7607	\$22 Members/ Resident \$32 Non	June 13
July 3-19	5:30-6 p.m.	M/W	7608	\$38 Members/ Resident \$48 Non	June 28

## PARENT/CHILD LEVEL TWO

This class builds on the skills developed in Parent/Child Level One. Your child will continue to become more comfortable in the water as they prepare to begin the Preschool Aquatics Program. Blowing bubbles, voluntarily submerging underwater, and maintaining front and back positions are some of the skills learned.

Age: 18 months- 3 years

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 20-June 10	8:40-9:10 p.m.	SAT	7609	\$22 Members/ Resident \$32 Non	May 16
June 5-21	5:30-6 p.m.	M/W	7610	\$38 Members/ Resident \$48 Non	May 31
June 17-July 8	8:40-9:10 a.m.	M/W	7611	\$22 Members/ Resident \$32 Non	June 13

## PRESCHOOL LEVEL ONE

In the first stage of the Preschool Aquatics Program, your child will learn the fundamentals of bobbing, floating and gliding with assistance. Alternating and simultaneous front and leg actions on the front and back will also be introduced.

Age: 4-5

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
April 24-May 10	6:05-6:35 p.m.	M/W	7612	\$38 Members/ Resident \$48 Non	April 19
May 20-June 10	8-8:30 a.m.	SAT	7613	\$22 Members/ Resident \$32 Non	May 16
June 5-21	6:05-6:35 p.m.	M/W	7614	\$38 Members/ Resident \$48 Non	May 31
June 17-July 8	8-8:30 a.m.	SAT	7615	\$22 Members/ Resident \$32 Non	June 13
July 3-19	6:05-6:35 p.m.	M/W	7616	\$38 Members/ Resident \$48 Non	June 28

## PRESCHOOL LEVEL TWO

Successful completion of Preschool Level One is required. Additional skills taught in this class include rolling from front to back and back to front, combined arm and leg actions, and basic locomotion with assistance.

Age: 4-5

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
April 24-May 10	6:05-6:35 p.m.	M/W	7617	\$38 Members/ Resident \$48 Non	April 19
May 20-June 10	8:40-9:10 a.m.	SAT	7618	\$22 Members/ Resident \$32 Non	May 16
June 5-21	6:05-6:35 p.m.	M/W	7619	\$38 Members/ Resident \$48 Non	May 31
June 17-July 8	8:40-9:10 a.m.	SAT	7620	\$22 Members/ Resident \$32 Non	June 13
July 3-19	6:05-6:35 p.m.	M/W	7621	\$38 Members/ Resident \$48 Non	June 28

## PRESCHOOL LEVEL THREE

Successful completion of Preschool Level Two is required. Additional skills taught in this class include various floats, treading water, and changing direction while swimming on front or back with assistance.

Age: 4-5

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
April 24-May 10	6:05-6:35 p.m.	M/W	7622	\$38 Members/ Resident \$48 Non	April 19
May 20-June 10	8:40-9:10 a.m.	SAT	7623	\$22 Members/ Resident \$32 Non	May 16
June 5-21	6:05-6:35 p.m.	M/W	7624	\$38 Members/ Resident \$48 Non	May 31
June 17-July 8	8:40-9:10 a.m.	SAT	7625	\$22 Members/ Resident \$32 Non	June 13
July 3-19	6:05-6:35 p.m.	M/W	7626	\$38 Members/ Resident \$48 Non	June 28

## LEVEL ONE

Successful completion of the Preschool Aquatics Program or equivalent skill is required. Entering and exiting the water safely, opening eyes underwater to retrieve objects, and recovering from a float or glide to a vertical position are taught in this class.

Age: 6+

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
April 24-May 10	6:45-7:15 p.m.	M/W	7627	\$38 Members/ Resident \$48 Non	April 19
May 20-June 10	9:20-9:50 a.m.	SAT	7628	\$22 Members/ Resident \$32 Non	May 16
June 5-21	6:45-7:15 p.m.	M/W	7629	\$38 Members/ Resident \$48 Non	May 31
June 17-July 8	9:20-9:50 a.m.	SAT	7630	\$22 Members/ Resident \$32 Non	June 13
July 3-19	6:45-7:15 p.m.	M/W	7631	\$38 Members/ Resident \$48 Non	June 28

## LEVEL TWO

Successful completion of Learn to Swim Level One is required. Your child will learn how to fully submerge and hold her/his breath, roll to their front or back without assistance, and practice their floats and glides.

Age: 6+

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
April 24-May 10	6:45-7:15 p.m.	M/W	7632	\$38 Members/ Resident \$48 Non	April 19
May 20-June 10	9:20-9:50 a.m.	SAT	7633	\$22 Members/ Resident \$32 Non	May 16
June 5-21	6:45-7:15 p.m.	M/W	7634	\$38 Members/ Resident \$48 Non	May 31
June 17-July 8	9:20-9:50 a.m.	SAT	7635	\$22 Members/ Resident \$32 Non	June 13
July 3-19	6:45-7:15 p.m.	M/W	7636	\$38 Members/ Resident \$48 Non	June 28

## LEVEL THREE

Successful completion of Learn to Swim Level Two or the ability to independently swim 15 yards on front or back is required. Skills learned include survival and back floats, beginner dives, and unsupported combined arm and leg actions on front and back.

Age: 6+

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
April 24-May 10	6:45-7:15 p.m.	M/W	7637	\$38 Members/ Resident \$48 Non	April 19
May 20-June 10	9:20-9:50 a.m.	SAT	7638	\$22 Members/ Resident \$32 Non	May 16
June 5-21	6:45-7:15 p.m.	M/W	7639	\$38 Members/ Resident \$48 Non	May 31
June 17-July 8	9:20-9:50 a.m.	SAT	7640	\$22 Members/ Resident \$32 Non	June 13
July 3-19	6:45-7:15 p.m.	M/W	7641	\$38 Members/ Resident \$48 Non	June 28



# SWIM LESSONS

## HOMESCHOOL SWIM LESSONS

The CAC is committed to offering swim lessons for everyone, including our homeschool families! Our homeschool swim lessons follow the same guidelines as our Learn-to-Swim program.

### PRESCHOOL

Age: 4-5

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 1-24	1:30-2:15 p.m.	M/W	7642	\$40 Members/ Resident \$50 Non	April 26

### LEVEL ONE

Age: 6+

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 1-24	1:30-2:15 p.m.	M/W	7643	\$40 Members/ Resident \$50 Non	April 26

### LEVEL TWO

Age: 6+

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 1-24	2:30-3:15 p.m.	M/W	7644	\$40 Members/ Resident \$50 Non	April 26

### LEVEL THREE

Age: 6+

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE
May 1-24	2:30-3:15 p.m.	M/W	7645	\$40 Members/ Resident \$50 Non	April 26







## FITNESS PASSES

Do you want to try a new class, or mix and match your exercise program? If so, the fitness pass is for you!

10 Visit Fitness Pass: \$65

Daily Fitness Pass: \$7

*All fitness classes must have a minimum of five participants. Classes taught in The Cove have a maximum limit of 10 participants. Fitness passes cannot be used if the maximum number of participants for the day has been met. Thank you for your understanding.*

## MORNING FIT

Start your day the right way with Morning Fit! This shallow water workout combines calisthenics style movements with variations of upper and lower body resistance exercises. You will jog, kick, march and jump through the water to improve your cardiovascular fitness, muscular endurance, and flexibility.

Instructor: Danielle Bland

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE	NO CLASS
May 1-31	8:30-9:30 a.m.	M/W/F	7646	\$65 Members/ Resident \$75 Non	April 26	May 29
June 2-30	8:30-9:30 a.m.	M/W/F	7647	\$65 Members/ Resident \$75 Non	May 30	
July 10-Aug 11	8:30-9:30 a.m.	M/W/F	7648	\$60 Members/ Resident \$70 Non	July 5	July 14, 21, 28

## EVENING FIT

Not a morning person? Try this shallow water workout in the evening! This class follows the same structure as Morning Fit, including calisthenics, resistance exercises with buoys, and stretching to increase flexibility.

Instructor: Danielle Bland

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE	NO CLASS
May 2-30	5:45-6:45 a.m.	T/TH	7649	\$45 Members/ Resident \$55 Non	April 26	May 29
June 2-30	8:30-9:30 a.m.	M/W/F	7650	\$65 Members/ Resident \$75 Non	May 30	
July 10-Aug 11	8:30-9:30 a.m.	M/W/F	7651	\$60 Members/ Resident \$70 Non	July 5	July 14, 21, 28

## WARM WATER MOVE AND SOOTHE

Increase strength, improve balance, and reduce stress in the comfort of our 95° therapy pool. This low impact class will improve your mobility and flexibility in a relaxing atmosphere.

Instructor: Pat Brown

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE	NO CLASS
May 2-30	4:30-5:30 p.m.	T/TH	7652	\$45 Members/ Resident \$55 Non	April 26	
June 1-29	4:30-5:30 p.m.	T/TH	7653	\$45 Members/ Resident \$55 Non	May 30	
July 18-	4:30-5:30 p.m.	T/TH	7654	\$35 Members/ Resident \$45 Non	July 12	July 20





# FITNESS CLASSES

## WARM WATER WORKOUT

The warm water exercise program is designed for individuals with arthritic and mobility limitations. This class is for you if your goals include increasing strength, flexibility, and range of motion in a relaxing and low impact atmosphere.

Instructor: Danielle Bland

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE	NO CLASS
May 1-31	9:30-10:30 a.m.	M/W/F	7655	\$65 Members/ Resident \$75 Non	April 26	May 29
June 2-30	9:30-10:30 a.m.	M/W/F	7656	\$65 Members/ Resident \$75 Non	May 30	
July 10-Aug 11	9:30-10:30 a.m.	M/W/F	7657	\$60 Members/ Resident \$70 Non	July 5	July 14, 21, 28

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE	NO CLASS
May 2-30	8:30-9:30 a.m.	T/TH	7658	\$45 Members/ Resident \$55 Non	April 26	
June 1-29	8:30-9:30 a.m.	T/TH	7659	\$45 Members/ Resident \$55 Non	May 30	
July 11-Aug 10	8:30-9:30 a.m.	T/TH	7660	\$45 Members/ Resident \$55 Non	July 5	July 20

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE	NO CLASS
May 2-30	10:30-11:30 a.m.	T/TH	7651	\$45 Members/ Resident \$55 Non	April 26	
June 1-29	10:30-11:30 a.m.	T/TH	7662	\$45 Members/ Resident \$55 Non	May 30	
July 11-Aug 10	10:30-11:30 a.m.	T/TH	7663	\$45 Members/ Resident \$55 Non	July 5	July 20

## ROLLING IN THE DEEP

Strap on an aqua belt and join us for a deep water class in the diving well of the competition pool! You will use noodles, buoys, and resistance gloves to develop core strength while performing aerobic exercises such as jogging, skiing and more!

Instructor: Danielle Bland

DATES	TIME	DAY	COURSE #	FEE	REG. DEADLINE	NO CLASS
May 2-30	9:30-10:30 a.m.	T/TH	7664	\$45 Members/ Resident \$55 Non	April 26	
June 1-29	9:30-10:30 a.m.	T/TH	7665	\$45 Members/ Resident \$55 Non	May 30	
July 11-Aug 10	9:30-10:30 a.m.	T/TH	7666	\$45 Members/ Resident \$55 Non	July 5	July 20

# FIN'S AFTER HOURS SPLASH!

The fun doesn't have to end when the building closes. Come join us on Friday and Saturday nights for a private splash in our leisure pool! We offer private parties, with the pool just to yourselves! \$250 for up to 100 guests for two hours, or \$350 for three hours. Please contact Scott at 540-381-7665 ext. 3111 to book today!

## BIRTHDAY PARTIES

Our birthday parties are "a piece o' cake!" Choose our basic party package, or pick from our options and build your own party from scratch! We also feature our "Ultimate Birthday Splash," which gives you everything we offer, to give your child the best birthday ever!

### Basic Party Package: \$95

- Two hour upstairs party room rental
- All guests included!
- Upgrade to the Reef room (on the pool deck) for an additional \$25

### Ultimate Splash Party Package: \$345

- Features an appearance by a mermaid and pirate
- All guests included
- Two hour pool and upstairs party room rental
- Optional upgrade to three or more hours
- Three one-topping pizzas, two 2-liter drinks
- Your choice of a layer cake, Cold Stone Creamery ice cream cake, or Edible Arrangement
- Multi-color paper products and decorations
- Goodie bags for each child
- Personal party host

### Build-Your-Own-Party Package: Price varies

Build your party from the ground up! Choose what you want, or bring your own. Optional choices include food, drinks, cake, goodie bags, decorations, and much more! Prices vary depending on the item(s) selected.

## SPORTS PARTY PACKAGE

Need a place for your team to celebrate, or plan out your next season? We have a Sports Party Package that's right for you!

### Sports Party Package: \$200

- One hour in the pool
- One hour in the party room
- Up to 20 participants; \$5 charge per additional participant. Chaperones for youth parties are free
- Six one-topping pizzas, three 2-liter drinks. Paper products and tablecloths included



Full payment is due at time of booking. Parties fill up quickly so book now! We can book up to three months in advance.

**Give Scott a call to reserve your child's party today!**

**540-381-7665 ext. 3111**









OUR FINS SUMMER CAMP IS THE PLACE TO BE



THIS SUMMER!



595 N FRANKLIN ST. • CHRISTIANSBURG, VA 24073 • 540.381.POOL (7665) • WWW.CACPOOL.COM