

Cincinnati Recreation Commission Aquatic Division
Mt. Auburn Indoor Pool Fall 2009
September 14 – December 12
(Pool is closed November 11 and November 25, 26 & 27)

All programs require a pool membership \$5.00 All Ages
 2009 City-wide pool memberships valid all year through 12/31/09.

Arthritis Exercise (Oct. 13 – Dec.18) Tuesday 3:15pm – 4:00pm \$40 / 10 classes
 (18 years & older) Thursday 2:15pm – 3:00pm \$72 / 20 classes
 Friday 1:15pm - 2:00pm (may use pass interchangeable
 with Water Exercise classes)

* Participants can choose to attend one, two or three days a week.

Water Exercise (Sept. 15 – Dec. 17) Tues. & Thurs. 9:00am – 10:00am \$40 / 10 classes
 (18 years & older) \$72 / 20 classes
 (may use pass interchangeable
 with Arthritis Exercise classes)

American Red Cross Swim Lessons

Parent & Child Aquatics (6 mo. to 5yrs old) Saturday 9:00am – 10:00am \$53.50 / 12 week session
 * Parent/Guardian must participate in the water with their child (12 classes)
 Session 1 (12wks) September 19 – December 12 *No class Nov.28

Preschool Levels 1,2 & 3 (4-5 yrs. old) Mon. & Wed. 5:30pm – 6:00pm \$53.50 / 6 week session
 Session 1 September 14 – October 21 (12 classes)
 Session 2 October 26 – December 7 (no class Nov.11 & Nov. 25)

Youth Levels 1,2 & 3 (6 yrs and older) Mon. & Wed. 6:00pm – 6:30pm \$53.50 / 6 week session
 Session 1 September 14 – October 21 (12 classes)
 Session 2 October 26 – December 7 (no class Nov.11 & Nov. 25)

Adult Level 1 & 2 Mon. & Wed. 6:30pm – 7:15pm \$53.50 / 6 week session
 Session 1 September 14– October 21 (12 classes)
 Session 2 October 26 – December 7 (no class Nov.11 & Nov. 25)

Adapted Aquatics (Oct. 3 – Dec. 8)
 This program is for individuals with disabilities ages 5 & older.

Beginner & Intermediate Tuesday 4:30pm–5:10pm or 5:15pm–5:55pm or 6:00pm – 6:40pm \$135 / 9 week session
 Saturday 10:00am-10:40am or 10:45am-11:25am or
 11:30am-12:10pm or 12:15pm-12:55pm

For questions about programs please call the Aquatics Office at 357-POOL(7665). OVER