

# Adult Aquatics

## PRIVATE SWIM LESSONS

Private Swim Lessons are for ages 3 years through adult, and are for any level of ability. Instruction is geared toward the individual student's ability. Private Swim Lessons are offered as eight, thirty minute classes per session. One student/participant is enrolled in the entire session. The City of Morgan Hill does not accept rescheduling of missed classes for this program.

### OUTDOOR

Instructor: Aquatics Center Staff  
 Location: Aquatics Center  
 Session 1: M/W 9/8-10/1  
 T/TH 9/9-10/2

#### Session 1

M/W (9/8-10/1)		T/TH (9/9-10/2)	
Time	Activity #	Time	Activity #
4:00pm	4580.301	4:00pm	4580.306
4:30pm	4580.302	4:30pm	4580.307
5:00pm	4580.303	5:00pm	4580.308
5:30pm	4580.304	5:30pm	4580.309
6:00pm	4580.305	6:00pm	4580.310

### INDOOR

Instructor: CRC staff  
 Location: Centennial Recreation Center  
 Session 1: M/W 9/8-10/1  
 T/TH 9/9-10/2  
 SAT 9/20-11/15\*  
 Session 2: M/W 10/13-11/5  
 T/TH 10/14-11/6  
 Session 3: M/W 11/17-12/17\*  
 T/TH 11/18-12/18\*

#### Session 1

M/W 9/8-10/1		T/TH 9/9-10/2		SAT 9/20-11/15	
Time	Activity #	Time	Activity #	Time	Activity #
4:00pm	4580.311	4:00pm	4580.315	9:00am	4580.319
4:30pm	4580.312	4:30pm	4580.316	9:30am	4580.320
5:00pm	4580.313	5:00pm	4580.317	10:00am	4580.321
5:30pm	4580.314	5:30pm	4580.318	10:30am	4580.322

#### Session 2

M/W 10/13-11/5		T/TH 10/14-11/6	
Time	Activity #	Time	Activity #
4:00pm	4580.323	4:00pm	4580.327
4:30pm	4580.324	4:30pm	4580.328
5:00pm	4580.325	5:00pm	4580.329
5:30pm	4580.326	5:30pm	4580.330

#### Session 3

M/W 11/17-12/17		T/TH 11/18-12/18	
Time	Activity #	Time	Activity #
4:00pm	4580.331	4:00pm	4580.335
4:30pm	4580.332	4:30pm	4580.336
5:00pm	4580.333	5:00pm	4580.337
5:30pm	4580.334	5:30pm	4580.338

\*No Classes 10/11 and 11/24-11/27 (Thanksgiving Holiday week)  
 Resident \$230 / CRC Member \$215  
 Non-Resident \$240 / CRC Member \$225

## GROUP SWIM LESSON

All Group Lessons at the Centennial Recreation Center are offered as eight, thirty minute lessons, on M/W or T/TH, over a four week session as follows.

Instructor: Centennial Recreation Center Staff

**Location: Centennial Recreation Center**

**Adult Beginner:** For adults (ages 18 and older) who do not know how to swim but would like to learn. Emphasis is placed on water safety and basic swimming strokes such as treading water and front and back crawl coordination. Classes are paced to the individual's skill level.

M/W Classes

Session 1: 9/8-10/1

Session 2: 10/13-11/5

Session 3: 11/17-12/17\*

T/TH Classes

Session 1: 9/9-10/2

Session 2: 10/14-11/6

Session 3: 11/18-12/18\*

\*No class the week of Thanksgiving holiday. (11/24-11/27)

Resident \$76 / CRC Member \$66

Non-Resident \$86 / CRC Member \$76

M/W Classes	Session 1	Session 2	Session 3
CLASS NAME	Time	Activity #	Activity #
ADULT BEG.	6:05pm	5500.301	5500.303

T/TH Classes	Session 1	Session 2	Session 3
CLASS NAME	Time	Activity #	Activity #
ADULT BEG.	6:05pm	5500.304	5500.306

## AQUATICS TRIATHLON TRAINING PROGRAM

This program is designed for swimmers looking to improve their competitive swimming skills for participation in swim meets, open water races, or triathlons. Those participating will receive coached instruction during scheduled swim times at the Morgan Hill Aquatics Center. This program is not a swim lesson program, but is for intermediate/advanced swimmers looking to strengthen their skills. Coached workouts are scheduled throughout the week at various times. Contact the Aquatics Center for the current schedule.

Instructor: Tim Thornton

**Location: Morgan Hill Aquatics Center**

Monthly Fee for CRC members: \$25

Daily Drop in fee: \$14 Resident /\$15 Non-resident

ADULT