



# Winter Swim Lessons

Wednesdays January 19 - February 16					
Level/Class	Age	Ratio	Time	Session Fees (5 Lessons)	
				Resident/Pass Holder	Non-Resident
Level 1	6+	4:1	2:00 pm	\$37.50	\$50
Level 2	6+	4:1	2:30 pm	\$37.50	\$50
Level 2/3	6+	4:1	3:00 pm	\$37.50	\$50
Level 3	6+	4:1	3:30 pm	\$37.50	\$50

Level/Class	Age	Ratio	Time	Session Fees (5 Lessons)	
				Resident/Pass Holder	Non-Resident
Sprouts Yellow/Green	3 - 5 years	4:1	11:00 am	\$37.50	\$50
Level 1/2	6+ years	4:1	10:00 am	\$37.50	\$50

Level/Class	Age	Time	Session Fees (10 Lessons)	
			Resident/Pass Holder	Non-Resident
Intermediate (Level 3/4)	6+ years	3:15-4 pm	\$72	\$82
Advanced + (Level 6+)	11-18 years	5:30-6:15pm	\$72	\$82

### Water Aerobics

Exercise without stress. This is an excellent low impact exercise to help stretch and tone muscles. Water supports the body and aids in improving balance, while resistance builds strength. This class is ideal for adults with limited-mobility injuries or arthritis. No swimming required. Non-swimmers welcome.

**Instructor:** Rebecca Callaway

### Deep Water Exercise

This course is a self-paced aqua jog program designed to maintain or gain conditioning and fitness. Terriic for a cardiovascular workout or to support a fitness training program. This class is great for injury recovery with reduced impact of gravity on muscles and skeletal structure. This is an on-going program.

**Instructor:** Rebecca Callaway

### Water Aerobics Schedule

	Deep Water Exercise	Water Aerobics	Deep Water Exercise	Water Aerobics	Deep Water Exercise
	Deep Water Exercise		Deep Water Exercise		Deep Water Exercise



## Winter Pool Schedule

**Monday, Oct. 25 - Sunday, Nov. 21, 2010 & Monday, Jan. 3 - Sunday Feb. 27, 2011**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>9-12am</b> Sat. & Sun.	<b>Aquatics Facility Opens at 11am Monday-Friday</b> Baby Pool is CLOSED during the Winter Season <i>All activities, dates, schedules and fees are subject to change.</i>					<b>9-12am</b> Adult Lap 2 Lanes Rec Swim 2 Lanes <b>Swim Lessons</b> 1 Lane & Spa	<b>9-12pm</b> Adult Lap Swim 3 Lanes Rec Swim 2 Lanes <b>Swim Lessons</b> Deep Water Well
<b>11am-12pm</b> M-F	Adult Lap Swim 4 Lanes Rec Swim 1 Lane	Adult Lap Swim 4 Lanes Rec Swim 1 Lane	Adult Lap Swim 4 Lanes Rec Swim 1 Lane	Adult Lap Swim 4 Lanes Rec Swim 1 Lane <b>Swim Lessons</b> SPA	Adult Lap Swim 4 Lanes Rec Swim 1 Lane		
<b>12-1pm</b> M-F	Adult Lap Swim 4 Lanes Rec Swim 1 Lane Deep Water Ex.	Adult Lap Swim 2 Lane Rec Swim 1 Lane Aerobics 2 Lanes	Adult Lap Swim 4 Lanes Rec Swim 1 Lane Deep Water Ex.	Adult Lap Swim 2 Lane Rec Swim 1 Lane Aerobics 2 Lanes	Adult Lap Swim 4 Lanes Rec Swim 1 Lane Deep Water Ex.		
<b>1-2pm</b> M-F	Adult Lap Swim 3 Lanes Rec Swim 2 Lanes	Adult Lap Swim 3 Lanes Rec Swim 2 Lanes	Adult Lap Swim 3 Lanes Rec Swim 2 Lanes	Adult Lap Swim 3 Lanes Rec Swim 2 Lanes	Adult Lap Swim 3 Lanes Rec Swim 2 Lanes	<b>12-3pm</b> Adult Lap Swim 3 Lanes Rec Swim 2 Lanes	<b>12-3pm</b> Adult Lap Swim 3 Lanes Rec Swim 2 Lanes
<b>2-4pm</b> M-F	Adult Lap Swim 2 Lanes Rec Swim 2 Lanes	Adult Lap Swim 1 Lanes Rec Swim 1 Lanes <b>Swim Lessons</b> 3 Lane	Adult Lap Swim 1 Lanes Rec Swim 2 Lanes <b>Swim Lessons</b> 2 Lane	Adult Lap Swim 1 Lanes Rec Swim 1 Lanes <b>Swim Lessons</b> 3 Lane	Adult Lap Swim 2 Lanes Rec Swim 2 Lanes		
<b>4-5:30pm</b> M-F	Adult Lap 1 Lane Rec Swim 1 Lane Swim Team 3 Lanes	Adult Lap 1 Lane Rec Swim 1 Lane Swim Team 3 Lanes	Adult Lap 1 Lane Rec Swim 1 Lane Swim Team 3 Lanes	Adult Lap 1 Lane Rec Swim 1 Lane Swim Team 3 Lanes	Adult Lap 1 Lane Rec Swim 1 Lane Swim Team am 3 Lanes <i>Only 10/25-11/19</i>		
<b>5:30-7pm</b> M-F	Adult Lap Swim 5 Lanes Adult Stroke Clinic <b>5:50-6:50</b> Deep Water Ex.	Adult Lap Swim 1 Lanes Rec Swim 1 Lane <b>Swim Lessons</b> 3 Lanes	Adult Lap Swim 5 Lanes Adult Stroke Clinic <b>5:50-6:50</b> Deep Water Ex.	Adult Lap Swim 1 Lanes Rec Swim 1 Lane <b>Swim Lessons</b> 3 Lanes	Adult Lap Swim 3 Lanes Adult Stroke Clinic <b>5:50-6:50</b> Deep Water Ex.	<b>Pool Closes at 3pm</b> Locker rooms close At 3:15pm Saturdays & Sundays	

### Winter Closure

**Monday, November 22, 2010 - Sunday, January 2, 2011**





## Get a Jump Start on your New Year's Resolution

Category	Resident	Non-Resident
Additional Person	\$25	\$25

\* First Person refers to First Person in the household. A Single Senior (65+). NO additions may be made to the "Single Senior" pass.

● *Pool use by family members at "Guest" fee rate is not permitted.* Additional family members must pay "Additional Person" fees. All passes are non-transferable and non-refundable.

● Swimming Lessons, Water Exercise Programs, Pool Parties & Swim Team are NOT included in the membership pass rates listed. For questions on these programs go to <http://strawberry.marin.org>.

***All activities dates, schedules and fees are subject to change.***

<b>Winter Closure</b> <i>Monday, November 22, 2010 - Sunday, January 2, 2011</i>		

### Adult Drop-In Lap Swim

(Non-pass holder)  
**Monday, Wednesday & Friday ONLY**  
**12-1pm**  
**\$8 drop in fee**  
**\$56 for an eight (8) visit card**  
**Minimum 18 years of age**