



Aquatics Classes

Call (608) 263-7936

21 Weeks: January 3 – June 3, 2012

No classes 1/16 (MLK Day), 4/02 - 4/08 (Spring Break), and 5/28 (Mem. Day). Class fees prorated for off dates.

REGISTRATION

Early Registration (Re-Enrollment In Current Classes Only)
Open Registration (Anyone)

December 5 – 11
Starts December 12

All new participants must submit a completed Physician's Authorization form and undergo a pre-participation screening prior to starting class.

Lap Pool (82° F) Classes

Class	Days	Time	Instructor	Fee	Discount*	Member
Aqua Aerobics	MW	8:20 – 9:20 AM	Oster/Eggert	\$288.00	\$244.80	\$144.00
Aqua Aerobics	TR	10:05 – 11:05 AM	Reilly	\$311.00	\$264.35	\$155.50
Aqua Aerobics	TR	5:30 – 6:30 PM	Oster/Singer	\$311.00	\$264.35	\$155.50
Aqua Aerobics <i>17 wk: no class 2/13</i>	M	6:30 – 7:30 PM	Reilly	\$126.00	\$107.10	\$63.00
Aqua Aerobics	F	8:20 – 9:20 AM	Singer	\$155.00	\$131.75	\$77.50
Aqua Zumba	W	6:30 – 7:15 PM	Severson	\$116.00	\$98.60	\$58.00
Deep Water Interval Training	TR	11:10 – 11:55 AM	Reilly	\$233.00	\$198.05	\$116.50
Intro to Masters Swim <i>8 wk: 4/11 – 5/30</i>	W	7:15 – 8:15 AM	Walsh	\$79.00	\$67.15	\$39.50
Masters Swim	TR	6:00 – 7:15 AM	Gausewitz	\$388.00	\$329.80	\$194.00
Masters Swim	TR	6:40 – 7:55 PM	Caulfield	\$388.00	\$329.80	\$194.00
Masters Swim	T	12:00 – 12:45 PM	Bock	\$116.00	\$98.60	\$58.00
Masters Swim	F	6:00 – 7:15 AM	Caulfield	\$194.00	\$164.90	\$97.00
Swim 101 <i>19 wk: 2 off days TBD</i>	R	12:00 – 12:45 PM	Walsh	\$105.00	\$89.25	\$52.50

Independent Lap Pool Use (Select 1-3 times/wk)

Swim Fit	Days	Time	Fee	Discount*												
Swim Fit	MW	5:45 – 7:45 AM	<table border="1"> <thead> <tr> <th></th> <th>Fee</th> <th>Discount*</th> </tr> </thead> <tbody> <tr> <td>1x/wk</td> <td>\$151.00</td> <td>\$128.35</td> </tr> <tr> <td>2x/wk</td> <td>\$302.00</td> <td>\$256.70</td> </tr> <tr> <td>3x/wk</td> <td>\$453.00</td> <td>\$385.05</td> </tr> </tbody> </table>		Fee	Discount*	1x/wk	\$151.00	\$128.35	2x/wk	\$302.00	\$256.70	3x/wk	\$453.00	\$385.05	
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1x/wk	\$151.00	\$128.35														
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Swim Fit	MWF	9:30 – 11:30 AM														
Swim Fit	MWFSS	2:30 – 4:30 PM														
Swim Fit	MTWR	8:30 – 9:30 PM														
Swim Fit	TR	1:45 – 2:45 PM														

Swim Lessons & Stroke Filming

Physician Authorization and pre-participation screening are required for Swim Lessons.

Private Swim Lessons

Individual sessions are available to persons of all swimming levels (beginner to elite). Instructors can help refine your stroke, increase your speed, and improve your efficiency. Call 265-8350 for times.

Private Swim Lesson Fees:

1 lesson = \$30; 3 lessons = \$69;
6 lessons = \$132; 9 lessons = \$180
**Fee discounts not applicable*

Swim Stroke Filming

Have your swim stroke filmed from both above water and underwater perspectives. DVD copy and 30 minute instructor analysis included. Fee: \$90. Continued analysis/coaching is available through the private swim lesson program. Call 265-8350 for more information or to schedule.

* Discount fees apply to

Members of

- Unity Health Plans
- Group Health Cooperative (GHC)
- UW Sports Medicine Multisport Club

Employees of

- Businesses in the University Research Park
- UW Hospital & Clinics, UW Medical Foundation, or UW Medical School

Registrants may need to provide member number, employee number, or other proof of employment to receive discount.

See other side for **Warm Water Pool** classes.



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Warm Water Pool (92° F) Classes

Class	Days	Time	Instructor	Fee	Discount*	Member
Aqua Ai Chi <i>10 wk: 1/26 – 3/29</i>	R	12:05 – 12:50 PM	Oster	\$55.00	\$46.75	\$27.50
Aqua Flow	T	6:35 – 7:20 PM	Severson	\$116.00	\$98.60	\$58.00
Aqua Strength and Flexibility	TR	9:00 – 10:00 AM	Reilly	\$311.00	\$264.35	\$155.50
Aqua Strength and Flexibility	MW	5:25 – 6:25 PM	Reilly/Odgren	\$288.00	\$244.80	\$144.00
Aqua Strength and Flexibility	Sat	9:20 – 10:20 AM	Bodendein	\$155.00	\$131.75	\$77.50
Aquatic Core Training	TR	7:25 – 8:25 PM	Stevens	\$311.00	\$264.35	\$155.50
Arthritis Plus	MW	10:30 – 11:30 AM	McClain	\$288.00	\$244.80	\$144.00
Arthritis Plus	TR	12:55 – 1:55 PM	McClain/Wise	\$311.00	\$264.35	\$155.50
Walk 'n Talk <i>10 wk: 1/24 – 3/27</i>	T	12:05 – 12:50 PM	McClain	\$55.00	\$46.75	\$27.50

Independent Warm Water Pool Use *(Select 1-3 times/wk)*

Going Solo	Days	Time	Fee	Discount*
Going Solo	MWF	5:45 – 6:45 AM		
Going Solo	MWF	8:00 – 9:00 AM		
Going Solo	TR	10:00 – 11:00 AM		
Going Solo	MW	2:00 – 3:00 PM		
Going Solo	TR	5:30 – 6:30 PM		
Going Solo	MTWR	8:30 – 9:30 PM		
Going Solo	Sat	11:30 – 12:30 PM		
Going Solo	Sun	2:00 – 3:00 PM		

	Fee	Discount*
1x/wk	\$151.00	\$128.35
2x/wk	\$302.00	\$256.70
3x/wk	\$453.00	\$385.05

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See other side for **Lap Pool** classes.