

# CHATTANOOGA YOUTH AND FAMILY 2016 POOL SCHEDULE

## September – December



Water Aerobics at South Chattanooga Complex.



**YOUTH & FAMILY  
DEVELOPMENT**



**INDOOR POOLS OPEN YEAR ROUND**

**Brainerd Complex 643-6220**

1010 North Moore Road

**S. Chattanooga Complex 643-6810**

1151 West 40th Street

**[www.chattanooga.gov](http://www.chattanooga.gov)**

# SWIM LESSONS

## Class Fees \$34

Includes 8 Half Hour Lessons!

**Beginner Lessons**-Skills learned include:

floating and gliding on front and back, swimming independently, flutter kicking, basic components of front and back crawl, submerging to pick up objects, and following basic water safety rules.

**Advanced Lessons**-Skills learned include:

endurance swimming in front and back crawl strokes, learning the basics of breast stroke, elementary back-stroke, treading water and jumping into deep water from the side.



## Brainerd Complex Pool

**\*\*SATURDAYS ONLY\*\***

TIME	Advanced School Age	Beginner School Age	Beginner Preschool	Adult Beginner
10:15 am	X			
10:50 am		X		
11:25 am			X	
12:15 pm				X

**Fall Registration:**  
September 1-10, 2016  
**Classes begin:**  
September 17

**Winter Registration:**  
January 4, 2017

**OR**

## South Chattanooga Complex Pool

**Fall Registration:**  
September 1-10, 2016  
**Classes begin:**  
September 12 or 14

**Winter Registration:**  
January 4, 2017

**CONTACT:**  
**PEGGY GRALL**  
**643-6608**

pgrall@chattanooga.gov

TIME/ DAY	Beginner preschool	Beginner school age	Advanced preschool	Advanced school age	Youth Stroke
Monday 3:45pm	X				
Monday 4:15pm		X			
Wednesday 3:45 pm			X		
Wednesday 4:15pm				X	
Mon/Wed 4:45pm					X

# INDOOR POOL SCHEDULES

## Brainerd Complex Pool Schedule (643-6220)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00—10:00 am	open/lap swim 1/2 pool each	open/lap swim 1/2 pool each	open/lap swim 1/2 pool each	9:15 H2O works	open/lap swim 1/2 pool each	
10:00—11:00 am	water fitness	open/lap swim 1/2 pool each	water fitness	10:15- open/lap swim 1/2 pool each	water fitness	swim lessons
11:00—12:00 pm	open/lap swim	water fitness	open/lap swim	water fitness	open/lap swim	swim lessons
12:00—12:30 pm	open/lap swim	open/lap swim	open/lap swim	open/lap swim	open/lap swim	swim lessons
1:00—3:30 pm						open/lap swim
4:00pm	open/lap swim 1/2 pool each	4:00-7:00pm open swim/ programs 1/2 pool each		open swim/ programs 1/2 pool each		
6:15—7:15pm	water fitness			water fitness		

## South Chattanooga Complex Pool Schedule (643-6810)

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00—10:00 am	open/lap swim 1/2 pool each	9:15 H2O works	open/lap swim 1/2 pool each	open/lap swim 1/2 pool each	open/lap swim 1/2 pool each	
10:00 —11:00am	water fitness	10:15- open/lap swim 1/2 pool each	water fitness	open/lap swim 1/2 pool each	water fitness	
11:00 —12:30 pm	open/lap swim 1/2 pool each	open/lap swim 1/2 pool each	open/lap swim 1/2 pool each	open/lap swim 1/2 pool each	open/lap swim 1/2 pool each	
1:00—3:30 pm						open/lap swim
3:30—5:15 pm	open/lessons 1/2 pool each		open/lessons 1/2 pool each			
5:15—6:15 pm	Aquatic programs		Aquatic programs			
6:15—7:30 pm	open swim		open swim			
5:30—6:30pm		open swim				
6:30—7:30 pm		open swim				

**Daily Admission**  
**18 & over or water fitness**  
**\$2.00**  
**17 & under \$1.00**

**NEW CLASS!!** H2O WORKS — This class is of moderate impact—the class will work on cardiovascular training, weight training, and resistance exercises to tone and sculpt the entire body.

# Competitive Swim and Lifeguard Programs

**Youth Stroke Class** - this is an ideal program for participants who can swim one length of the pool both freestyle and backstroke. All four competitive strokes will be taught. Great lead up program for swim team!! Class takes place at South Chattanooga.

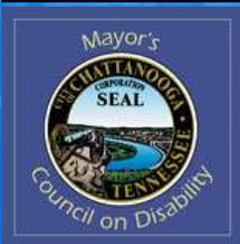
**Registration:**  
September 1-10  
or October 3-6

**Class Fees: \$34 for 4 weeks!**

4:45 –5:15pm Monday and Wednesday

**Students attend both days of class.**

**START DATE:**    Session 1    September 12  
                                 Session 2    October 10



## Chattanooga Penguins Swim Team

USA Swimming program for swimmers with disabilities.

**Practice Times: Tue/Thu 5-6pm at Brainerd Complex Pool**

**Fees: \$1 per practice.**

**Contact: [specialteacher@hotmail.com](mailto:specialteacher@hotmail.com) for more details**

**FREE PROGRAM: Lifeguard Skills Class:** Looking for that great summer job but need to work on your swim skills and endurance? This is the ideal class for you! The program will work on all skill areas that are essential to passing the American Red Cross lifeguard course which will be offered in spring 2017.

**Students must be at least 14 years old for the skills class and 15 years old to take the ARC lifeguard certification course.**

This is an ongoing class and participants can start at anytime and attend as many classes as necessary to meet the course prerequisites.

Classes held at South Chattanooga will meet on Monday and/or Wednesday Nights 5:15-6:15pm beginning September 12th.

Saturday classes will be offered at Brainerd Pool starting in January.



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**Contact:**  
**Peggy Grall**  
**643-6608**