AQUATICS

ADULT SWIM LESSONS

It's never too late to learn to swim. Add another component to your fitness routine. Class sizes are small to maximize learning potential in a relaxed atmosphere. We offer classes for both beginners and advanced beginners. All classes taught at the Bob L. Burger Recreation Center.

BEGINNERS (no experience)

Code	R/NR	Day	Time	Date
343900A	$25/$35	Tue	6:15-6:45 pm	9/3-9/24
343900B	$25/$35	Tue	6:15-6:45 pm	10/1-10/22
343900C	$25/$35	Tue	6:15-6:45 pm	10/29-11/19
343900D	$19/$29	Tue	6:15-6:45 pm	12/3-12/17*

** Three weeks*

ADVANCED BEGINNERS
(some experience, strokes are introduced and refined)

Code	R/NR	Day	Time	Date
343910A	$25/$35	Thu	6:15-6:45 pm	9/5-9/26
343910B	$25/$35	Thu	6:15-6:45 pm	10/3-10/24
343910C	$25/$35	Thu	6:15-6:45 pm	10/31-11/21
343910D	$19/$29	Thu	6:15-6:45 pm	12/5-12/19*

** Three weeks*

MILEAGE CLUB REWARDS

Get rewarded for your swimming and river walking mileage. Just track your miles on the cards provided near the aquatic offices and turn in the reward form when you reach a milestone.

MILESTONES:

25 Miles	Shirt and Certificate
50 Miles	Shirt and Certificate
75 Miles	Shirt and Certificate
100 Miles	Hat, Hat Pin and Certificate
200 Miles	Hat Pin and Certificate
300 Miles	Hat Pin and Certificate
400 Miles	Hat Pin and Certificate
500 Miles	Hat Pin and Certificate
1000 Miles	Blanket and Certificate

MAKING THE MILES:

72 lengths =	1 mile in lap pool
36 laps =	1 mile in the river pool

For more information regarding the Mileage Club, contact Jeff Richards at 303-665-0469, or email at jeffr@cityoflafayette.com.

MASTERS SWIM TEAM

Masters Swimming is a great way to swim in an adult-only program. Structured, ability-appropriate workouts are provided by the coaches. Every swimming ability is welcome. If you can't make practice, stop by the guard office for a copy of the morning work out.

Sessions are 16 weeks long and include 48 practices. Participants can elect to attend full-time (48 practices), part-time (24 practices) or at a drop-in rate. Program fee does not include admission into the facility.

PRACTICES: Mon/Wed/Fri; 5:45-6:45 a.m.
Participants should register early to guarantee that the minimum participant count is met.

COACH: SIMON BUTTERWORTH

Fall Session: 8/26 - 12/20		
Full-time	$60 + daily admission	343010A
Part-time	$38 + daily admission	343011A
Drop-in	$2 + daily admission	n/a

PRACTICES: Sundays 8:15-9:30 a.m.
COACH: GREG NENICK

Fall Session: 8/25-12/15		
Full-time	$18 + daily admission	343015A
Part-time	$12 + daily admission	343016A
Drop-in	$2 + daily admission	n/a

DISCOVER SCUBA EXPERIENCE

Find out about the adventure of scuba diving for $25. Flatirons Scuba will provide all of the necessary equipment and instruction in order for you to discover the exciting underwater experience. To participate, you must be at least 8 yrs old and fill out a PADI Discover Scuba Diving Statement. Come enjoy an evening of scuba and fun at the Bob L. Burger Recreation Center. For information, call 303-469-4477, e-mail: info@flatironsscuba.com or visit www.flatironsscuba.com. 1-day pre-registration is required. All registration is done through Flatirons Scuba.

Time	Date	Day
6:30-8:30pm	9/27	Friday
6:30-8:30pm	10/25	Friday
6:30-8:30pm	11/22	Friday
6:30-8:30pm	12/20	Friday