



## Summer Aquatics

### Kids' Swim Fitness/ Non-competitive Kids' Swim Team

In this program, youth from age 5-18 will have the opportunity to learn new strokes, work out with a group of peers and achieve personal goals, all in a stress free environment.

Come and be a part of this fun, energizing new class and experience all of the positive attributes swimming has to offer. Non-members are welcome!

June-August  
Monday-Thursday + bonus Friday\*\*  
10:00-10:45 a.m.

**Cost:** \$50/week members; \$80/week for non-members

**Coach:** Karen Pfeiffer or Shelly Kelley

\*\*Miss a class during the week? Make it up on Friday or just enjoy an extra class!

### Mommy & Me

This class is designed to introduce children and infants, ages 6 months to 3 years, to the water. Swimming and safety skills are taught.

June-August  
Tuesdays and Thursdays  
4:30 – 5:15 p.m.

**Cost:** \$29/week members; \$59/week non-members

### Summer Swim Lessons

Preschool Lessons (3-4 years):	10:00 – 10:30 a.m.
Level I (5 years and older):	10:30 – 11:00 a.m. 6:30 – 7:00 p.m.
Level II (6 years and older):	11:00 – 11:30 a.m. 7:00 – 7:30 p.m.
Level III (7 years and older):	11:30 a.m. – 12:00 p.m.

**Cost:** \$63/week members; \$93/week non-members

\*See insert for class descriptions.

Call or email Shelly Kelley at (707) 521-2471 or [shellyk@airportclub.com](mailto:shellyk@airportclub.com) for more information.



## Adult Team Trainings

### Pre Masters Swimming

Have you been out of the water for longer than you care to remember, or are you just ready for a total body workout without stress and strain on your joints? Maybe you are interested in learning the proper techniques for the four swimming strokes? Planning on completing a triathlon but lack the confidence in the water? Let your motivation move you to develop your confidence, strokes and techniques in this fitness swim class!

**Dates/Time:** Fridays, 12:00 noon-12:45 p.m.

**Cost:** Members \$36 Non Members \$52

**Instructor:** Shelly Kelley

**Sign up:** Call or email Shelly Kelley at (707) 521-2471

[shellyk@airportclub.com](mailto:shellyk@airportclub.com)

### X – Treme Aqua – Team Training

Get the most from this total body workout as you push, pull, kick, and jump through the water. You'll never get bored during this class as you will move fast and furious from cardio to muscle conditioning. This class is intended for intermediate to advanced participants. Swim skill requirement: lap swimming ability required.

**Dates/Time:** Mondays from 10:00 –11:00 am

**Cost:** \$24.00 per session

**Instructor:** Shelly Kelley

**Sign up:** Call or email Shelly Kelley at (707) 521-2471

[shellyk@airportclub.com](mailto:shellyk@airportclub.com)

### Fitness Swimming- Team Training

Want to learn about fitness swimming? If you have intentions of working many muscles and getting a cardio workout. Try swimming! Quick facts about fitness swimming: When swimming for fitness, the longer you stay in the water, the more calories you will be burning. Swimming can help a 123lb woman burn 95 calories every 10 minutes—a 170lb man can burn 130 calories. Swim skill requirement: lap swimming ability required.

**Dates/Time:** Thursdays from 10:00 –11:00 am

**Cost:** \$24.00 per session

**Instructor:** Shelly Kelley

**Sign up:** Call or email Shelly Kelley at (707) 521-2471

[shellyk@airportclub.com](mailto:shellyk@airportclub.com)

For more information contact Aquatics Coordinator  
Shelly Kelley  
(707) 521-2471 [shellyk@airportclub.com](mailto:shellyk@airportclub.com)



## Aquatics Summer 2009



### Airport Health Club

432 Aviation Boulevard, Santa Rosa, CA 95403



# Weekly Aquatics Schedule

## Monday

7:00 – 8:00	Water Fitness	Gerry
8:00 – 9:00	Water Fitness	Jill
9:00 – 10:00	Water Fitness	Jill
10:00 – 10:45	*Kids Swim Fitness/NC Swim Team	Shelly/Karen
10:00 – 12:00	Swim Lessons	Instructor
11:00 – 12:00	Masters Swim	Shelly
4:30 – 5:30	Water Fitness	Jeanne
5:30 – 6:30	Water Fitness	Jeanne
6:30 – 7:30	Evening Lessons	Lisa

## Tuesday

8:00 – 9:00	Water Fitness	Joel
9:00 – 10:00	Water Fitness	Joel
10:00 – 10:45	*Kids Swim Fitness/NC Swim Team	Shelly/Karen
10:00 – 12:00	Swim Lessons	Instructor
11:00 – 12:00	Masters Swim	Catherine
4:30 – 5:15	Mommy & Me	Lisa
5:30 – 6:30	Water Fitness	Jill
5:45 – 7:00	Masters Swim	Karen
6:30 – 7:30	Evening Lessons	Lisa

## Wednesday

7:00 – 8:00	Water Fitness	Gerry
8:00 – 9:00	Water Fitness	Jeanne
9:00 – 10:00	Water Fitness	Jeanne
10:00 – 10:45	*Kids Swim Fitness/NC Swim Team	Shelly/Karen
10:00 – 12:00	Swim Lessons	Instructor
11:00 – 12:00	Masters Swim	Karen
5:30 – 6:30	Water Fitness	Amy
6:30 – 7:30	Evening Lessons	Lisa

## Thursday

8:00 – 9:00	Water Fitness	Joel
9:00 – 10:00	Water Fitness	Joel
10:00 – 10:45	*Kids Swim Fitness/NC Swim Team	Shelly/Karen
10:00 – 12:00	Swim Lessons	Instructor
11:00 – 12:00	Masters Swim	Shelly
4:30 – 5:15	Mommy & Me	Lisa
5:30 – 6:30	Water Fitness	Kim
5:45 – 7:00	Masters Swim	Catherine
6:30 – 7:30	Evening Lessons	Lisa

## Friday

7:00 – 8:00	Water Fitness	Karen G.
9:00 – 10:00	Water Fitness	Maggie
10:00 – 10:45	*Kids Swim Fitness/NC Swim Team	Shelly/Karen
10:00 – 12:00	Swim Lessons	Instructor
11:00 – 12:00	Masters Swim	Shelly
12:00 – 12:45	*Stroke Instruction/PreMasters TT	Shelly
6:30 – 7:30	Evening Lessons	Lisa

## Saturday

7:30 – 8:30	Water Fitness	Tami
8:30 – 9:30	Water Fitness	Tami

\* denotes fee based program

## Lap Pool Schedule June - August

	Mon	Tue	Wed	Thur	Fri	Sat/ Sun
5:30am	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	*
10:00- 11:00am	3 Lanes Open	3 Lanes Open	3 Lanes Open	3 Lanes Open	3 Lanes Open	*
11:00- 12:00pm	Masters Swim <i>All Lanes Reserved</i>	Masters Swim <i>1 Lane Open</i>	Masters Swim <i>All Lanes Reserved</i>	Masters Swim <i>1 Lane Open</i>	Masters Swim <i>All Lanes Reserved</i>	*
12:00 – 5:00 pm	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	*
5:00- 5:45pm	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	*
5:45- 7:00pm	All Lanes Open	Masters Swim <i>1 Lane Open</i>	All Lanes Open	Masters Swim <i>1 Lane Open</i>	All Lanes Open	*
7:00pm	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	All Lanes Open	*

On weekdays, up to two lap lanes may be closed at any time for private/semi-private swim lessons or team trainings

\* Most lanes of the lap pool are open on weekends.

## About our Aquatics Schedule

Classes such as Water Fitness and Masters Swim are part of our **Group Exercise Program** at the Airport Club. There is no charge for these classes. If you have any questions, or would like more information, please contact **Lori Ennis**, Group Exercise Director at (707) 521-2443 or [lorie@airportclub.com](mailto:lorie@airportclub.com).

Classes marked with an asterisk and *italicized* are **fee-based programs**. These include *Pre-Masters Swim, Kids Swim Fitness and Triathlon Team Training*. If you have any questions, contact **Shelly Kelley**, Aquatics Coordinator (707) 521-2471 or [shellyk@airportclub.com](mailto:shellyk@airportclub.com).

Revised: 5/28/2009

## Annual Private and Semi-Private Instruction

### Private Swim Lessons

Private instruction is available at various times throughout the day at the Airport Club.

Call Shelly Kelley, Aquatics Coordinator (707) 521-2471 or email [shelleyk@airportclub.com](mailto:shelleyk@airportclub.com) to schedule lessons.

### Members:

5 x 30 Minute lessons \$118  
10 x 30 Minute lessons \$217

### Non-Members:

5 x 30 Minute lessons \$148  
10 x 30 Minute lessons \$277

### Semi Private Swim Lessons

Are you looking for a smaller option to group instruction?

Semi Private lessons are available for two students to work with an instructor. Let us help you to choose the instructor best matched to your needs!

### Members:

5 x 30 Minute lessons \$84  
10 x 30 Minute lessons \$153

### Non-Members:

5 x 30 Minute lessons \$114  
10 x 30 Minute lessons \$213

### About Our Pools

Our Lap Pool is Junior Olympic Size (25 yards), 6 lanes, which we maintain at approximately 78 degrees.

Our Recreational Pool, home to our Water Fitness classes, is kept at approximately 86 degrees.