

**DO NOT MAIL TO AFC**

**SWIM LESSON REGISTRATION ON THE OTHER SIDE**

**Water Aerobics/ Exercise Registration Form**

**MEMBERS REGISTER BY MAY 15<sup>th</sup> and SAVE!**  
**Complete form, make checks payable to: Mary Allen**  
**Mail to: 601 N. Harrison St.**  
**Arlington, VA. 22203**

Member Name \_\_\_\_\_ Membership # \_\_\_\_\_

Day Phone \_\_\_\_\_ Night/Weekend \_\_\_\_\_

Address \_\_\_\_\_

**Water Aerobics/Exercise Classes for Adults**

(Mark with an X)

\_\_\_\_\_ Water Aerobics (11 classes) \$60.00 (\$50. if mailed by 5/15)

\_\_\_\_\_ Water Aerobics (4 class pass) \$30.00 (\$25. if mailed by 5/15)

\_\_\_\_\_ Gentle Water Exercise (4 classes) Free ages 55 and up  
 Under age 55? Fee \$30.00 (\$25.00 if mailed by May 15<sup>th</sup>)

**Looking for Adult Swim Lessons? Circle Info Below**  
**Which level? ..... Beginner or Stroke Technique**  
**Best Weekday Time For You – 6:30am 11:30am 8:30pm**  
**I will call you if there is enough interest**

**ADULT CLASSES 2008**

**WATER AEROBICS  
 GENTLE WATER EXERCISE**

**WATER AEROBICS FOR ADULTS**

**Monday and Wednesday Evenings  
 (Except Thurs. June 26)  
 Make-ups – Thurs. or TBA**

**Starts on Wednesday- June 18, 25, 26,  
 July 2, 7, 9, 16, 21, 23, 28, 30**

<b>Time</b>	<b>11 CLASSES</b>	<b>**Fee - \$60 *\$50.00 if mailed by May 15<sup>th</sup></b>
<b>7:30 -8:30pm</b>		
<b>Water Aerobics Pass Come to any four classes</b>		<b>**Fee - \$30 (\$25. by May 15<sup>th</sup>)</b>

**DROP IN -\$10.00 per class (pay instructor)  
 Cost for guest of members - \$70.00 plus guest fee**

**Gentle Water Exercise**

<b>Mondays and Wednesdays July 7<sup>th</sup>, 9<sup>th</sup>, 14<sup>th</sup> &amp; 16<sup>th</sup> 10:30-11:00am FREE for Seniors ages 55 &amp; up</b>	<b>Over 55-Free  Under 55? *Fee- \$30 ( \$25-mail by May 15<sup>th</sup>)</b>
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Class Lists posted at bathhouse entrance mid June  
 No Refunds – if questions call Mary @ 703 528-7936

**SWIM LESSON REGISTRATION  
 ON THE OTHER SIDE**

# 2008 SWIM LESSON SCHEDULE

WATER AEROBICS ON REVERSE SIDE

**MEMBER COST - \$30.00 PER CLASS**  
**(\$25 IF MAILED BY 5/15)**

NONMEMBERSR MORNING LESSONS ONLY - COST \$35.00 PER CLASS

**MORNING LESSONS AGES 4 & UP \***  
**AFTERNOON LESSONS AGES 5 & UP**

## WEEK OF JUNE 23<sup>rd</sup>

TIME	DAYS	LEVELS	CLASS #
9:45-10:15am	Mon.-Thurs.	1 2 3	10
10:15-10:45am	Ages 4 & up	3 4 5 Clinic	11
10:15-10:45am		DIVING	15
<b>4:00-4:30pm</b>	<b>Mon. - Wed.</b>	<b>3 4 5</b>	<b>P140</b>
<b>4:30-5:00pm</b>	<b>Ages 5 &amp; up</b>	<b>2 3</b>	<b>P143</b>

## WEEK OF JUNE 30<sup>th</sup>

9:45-10:15am	Mon. - Thurs.	1 2 3 Clinic	20
10:15-10:45am		4 5 6	21
10:15-10:45am		DIVING	25
<b>4:00- 4:45 m</b>	<b>Mon. &amp; Tues</b>	<b>3 4 5 6</b>	<b>P240</b>

## WEEK OF JULY 7<sup>th</sup>

9:45-10:15am	Mon. - Wed.	2 3 4	30
9:55 - 10:25		<b>SWIM &amp; PLAY</b>	SP3
		<b>w/parent*</b>	
10:15-10:55am		4 5 6	31
10:15-10:55am		DIVING	35
<b>4:15-5:00pm</b>	<b>Mon &amp; Tues</b>	<b>4 5 6</b>	<b>P3415</b>

## WEEK OF JULY 14<sup>th</sup>

9:45-10:15am	Mon.-Thurs.	1 2 3 Clinic	40
10:15-10:45am		4 5 6 Clinic	41
10:15-10:45am		DIVING	45
<b>4:00-4:30pm</b>	<b>Mon. - Wed.</b>	<b>3 4 5</b>	<b>P440</b>

## WEEK OF JULY 21<sup>st</sup>

9:45-10:15am	Mon-Thurs.	1 2 3	50
10:15-10:45am		4 5 6	51
<b>4:00-4:30pm</b>	<b>Mon. - Wed.</b>	<b>3 4</b>	<b>P540</b>
<b>4:30 -5:00pm</b>		<b>5 6</b>	<b>P543</b>

CLASS LISTS AND PRIVATE LESSON INFORMATION  
 POSTED AT BATHHOUSE ENTRANCE MID JUNE

**WATER AEROBICS ON OTHER SIDE**

DO NOT MAIL TO AFC

# SWIM LESSON REGISTRATION FORM

Complete form, make checks payable to: Mary Allen

Send to: 601 N. Harrison St.  
 Arlington, VA. 22203

Parent Name \_\_\_\_\_ Membership # \_\_\_\_\_

Day Phone # \_\_\_\_\_ Night/Weekend # \_\_\_\_\_

Address \_\_\_\_\_

Swimmer Name \_\_\_\_\_

Age (as of June 23) \_\_\_\_\_ Level (as of today) \_\_\_\_\_

CLASS # \_\_\_\_\_

Swimmer Name \_\_\_\_\_

Age (as of June 23) \_\_\_\_\_ Level (as of today) \_\_\_\_\_

CLASS # \_\_\_\_\_

Swimmer Name \_\_\_\_\_

Age (as of June 23) \_\_\_\_\_ Level (as of today) \_\_\_\_\_

CLASS # \_\_\_\_\_

**Morning - ages 4 & up      Afternoon ages 5 & up\***

**Level 1** Non swimmers

**Level 2** Non-swimmer who submerges head easily

**Level 3** Short distance swimmer

**Level 4** Swims across the pool

**Level 5** Swims across the pool **in deep water** and  
and can swim on back

**Level 6** Swims length pool on back and front

**Clinic** - Level 6 and up or on swim team Starts/turns/stroke tips

\***Swim & Play w/parent** Ages 2 - 4 Lessons, water play & safety

**Diving** - Ages 6 and up - dive lessons for swimmers level 4 and  
above or are on the dive team

**Nonmembers - morning lessons only - cost \$35.00 per class**

**Total amt.  
Enclosed**

\_\_\_\_\_

**Special member price  
if mailed by May 15<sup>th</sup>**

**\$25.00 per class**

**No refunds**

**Rescheduling may be  
a possibility - call.**