

**DR. GERTRUDE A. BARBER NATIONAL INSTITUTE NATATORIUM COMMUNITY SWIM SCHEDULE Winter 2 Session– February 1, 2010 to March 19 2010**

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| Beginning: Monday, February 1, 2010<br>Ending: Friday, March 19, 2010 | <b><u>To Register For Swim Classes</u></b><br>(or to take your name off the mailing list )<br><b>Call: 878-4071</b> | Address: 100 Barber Place, Erie, PA 16507-1899<br><b>To Contact us on-line:</b> <a href="http://www.barberinstitute.org">www.barberinstitute.org</a> . click- About Us, click Community Resources, scroll to Barber National Institute Natatorium. |
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| TIME   | MONDAY                                  | TUESDAY                               | WEDNESDAY              | THURSDAY                              | FRIDAY                  | American Red Cross   |
|--------|---|---------------------------------------|------------------------|---------------------------------------|-------------------------|--|
| 9-12   | BNI Learning Center                     | BNI Learning Center                   | BNI Learning Center    | BNI Learning Center                   | BNI Learning Center     | <b><u>Registration for this session:</u></b><br><br><b><u>Members:</u></b><br>Starting - Jan. 18 <sup>th</sup><br><br><b><u>Non-Members:</u></b><br>Starting - Jan. 25 <sup>th</sup><br><br><b><u>Next Session:</u></b><br>Spring Schedule - Mar. 29<br><br>(*) Denotes changed class on schedule. |
| 12-1   | **Deep H2O Exercise \$24.00 for 8 weeks | Deep H2O Exercise \$24.00 for 8 weeks | P.D. Community         | Deep H2O Exercise \$24.00 for 8 weeks | **P.D. Community AOE    |  |
| 1-2    | Arthritis AQ Program                    | Arthritis AQ Program                  | Arthritis AQ Program   | Arthritis AQ Program                  | Arthritis AQ Program    |  |
| 2-3    | P.D. Community / AOE                    | P.D. Community AOE                    | P.D. Community AOE     | P.D. Community AOE                    | 2:30 pm – Happy Hearts  |  |
| 3-3:30 | Private Lesson \$12.00                  | Private Lesson \$12.00                | Private Lesson \$12.00 | Private Lesson \$12.00                | Private Lesson \$12.00  |  |
| 3:30   | Level 4                                 | Preschool Aqua Level 2                | Preschool Aqua Level 1 | *Level 1                              | *Preschool Aqua Level 3 |  |
| 4:00   | Parent Child Level 1                    | Private Lesson \$12.00                | Parent Child Level 1   | *Preschool Aqua Level 1               | Level 4                 |  |
| 4:30   | Level 3                                 | Private Lesson \$12.00                | Preschool Aqua Level 3 | Level 4                               | *Level 1                |  |
| 5:00   | Preschool Aqua Level 1                  | Parent Child Level 1                  | Private Lesson \$12.00 | *Preschool Aqua Level 2               | *Level 3                |  |
| 5:30   | Preschool Aqua Level 2                  | *Preschool Aqua Level 3               | Level 3                | Parent Child Level 2                  | *Level 2                |  |
| 6:00   | Parent Child Level 2                    | Family Swim                           | Private Lesson \$12.00 | Family Swim                           | Family Swim             |  |
| 6:30   | Level 2                                 | Family Swim                           | Level 2                | Family Swim                           | Family Swim             |  |
| 7:00   | Adult Open Exercise                     | *Level 2                              | Level 4                | Level 2                               | Adult Open Exercise     |  |
| 7:30   | Adult Open Exercise                     | Adult Swim Lesson                     | Level 6                | Level 5                               | Adult Open Exercise     |  |

**Interested in Private Lessons? Please Inquire...**

**Students 6 Months to 5 Years:**

- Parent/Child Level 1: 6 months to 4 years of age, Parental assist in the water. Introduces basic skills to parents and children.
- Parent/Child Level 2: 1.5 to 4 years of age, Parental assist in the water. Builds on skills introduced in Parent/Child Level 1.
- Preschool Aquatics Level 1: Ages 3, 4, 5. Elementary aquatic skills and safety practices
- Preschool Aquatics Level 2: Ages 3, 4 and 5. Beginning independent aquatic locomotion skills.
- Preschool Aquatics Level 3: Ages 3, 4 and 5. Swimming skills are now performed independently.

**Students Ages 6 and Above:**

- Level 1: Elementary aquatic skills and safety practices
- Level 2: Beginning of independent aquatic locomotion skills.
- Level 3: Beginning of stroke development (front crawl, elementary backstroke and sidestroke).
- Level 4: Refining Front crawl, elementary backstroke, side stroke. Learning breaststroke, butterfly, back-crawl.
- Level 5: Refinement of Level 4 skills. Learning turns.
- Level 6: Stroke perfection and personal water safety and survival skills.



**Deep H2O Exercise: Adults. Low impact exercises with use of a floatation belt. Must call to reserve a spot. Class limit is 8**