

# AQUATICS

# Classes

## FUNDAMENTALS OF SWIMMING

### Adults

This program is catering to adults (18 +) who are beginner swimmers or just timid and uncomfortable in the water. Level 1- total beginner, unable to swim more than 10 yards or must stay in the shallow end. Level 2- Can swim on their own, but is uncomfortable putting their face in the water, or has a limited understanding of strokes and stroke technique.

#### Fridays or Saturdays

S4: Feb 17-March 24

S5: March 30-May 12 (no class 4/14)



#### TIMES:

##### Friday

Level 1: 5-5:30 pm

Level 2: 5:35-6:05 pm

##### Saturday

Level 1: 9-9:30 am

Level 2: 9:35- 10:05 am

FEES: \$60 per session

## INNER TUBE WATER POLO

### Adults

2<sup>nd</sup> Season! Teams play 5 plus a goalie, and everyone except the goalie is required to stay on their tube to pass or shoot. Become a part of this fun league and discover the fastest growing water sport in the country. 6 games plus playoffs (all teams make playoffs)



#### Friday Nights

DATES: March 9- April 20

FEES: \$200 per team

Min. 4 teams, Max 5 teams

## KAYAK ROLLS

No instruction provided. Bring your own boat and practice your rolls. Only 1/2 pool available entire time .



#### FRIDAYS until June, 2012

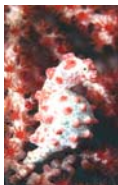
TIME: 6:00-8:00 pm

Cost: \$7 per person (not boat)

## SCUBA INSTRUCTION CLASS

Learn how to scuba dive in our own backyard. The instructor is offering an open-water diver certification and an advanced certification. The open-water will consist of two day classroom sessions, two pool sessions, and two days of open water dives.

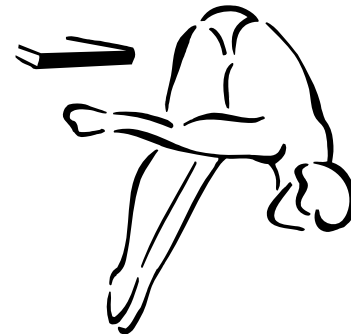
Contact the instructor Wendy Wood directly, to set up your class times and days, email at [wendylwood@earthlink.net](mailto:wendylwood@earthlink.net) or call 530-559-2971.



## SPRINGBOARD DIVING

### All Ages

Springboard diving is back! Join Elizabeth Robinson at the pool and learn or improve your diving skills. All ages encouraged to attend.



DAYS: Thursdays

DATES: March 1-April 5

TIME: 6-7:30 pm

FEE: \$90

INSTRUCTOR: Elizabeth Robinson

LOCATION: Truckee Community Pool

## TRUCKEE TAHOE AQUATIC MASTERS AGES 18 +

You can do it! TTAM is part of a nationwide organization that promotes adult swimming. Discover the tremendous benefits of swimming with a team and a coach on deck. Swim with us to get in shape, become a better swimmer, or drop significant time off your open water events.

#### DAYS/TIMES:

Tues/Thurs 6:45 am

Sat 7 am

FEES: \$7 drop in, \$40 monthly pass or \$4 per day for pool pass holders

+USMS annual membership fee \$35



**TTAM- OPEN WATER FREESTYLE CLINIC: TBA**

## WATER AEROBICS

Discover this invigorating workout! This class allows you to control your intensity from light to heavy, according to your personal preference. Work at your own level while you tone muscles, increase flexibility, and exercise your heart. **Great for prenatal exercise!**

Ongoing monthly until May

DAYS: Tuesdays & Thursdays

TIMES: 11:00-12:00 pm

FEES: \$70 for 10 class punch card or \$10 drop ins

INSTRUCTOR:

Amanda Oberacker

