

Fall 2019 Session II Swim Lessons & Aquatic Fitness Classes *at Wall Aquatic Center*



**American
Red Cross**

Adult Aquatic Fitness Session II

8-day session

Meets weekday evenings, Sept. 30 – Oct. 24

Mon/Wed	5:15 – 6:00p	Water Aerobics: DEEP
Tues/Thurs	5:15 – 6:00p	tAQUAta (Shallow Water Aerobics)

Monday/Wednesday Session II

4-day session Meets Mon/Wed, Oct. 14 - 23

Start Time	25-min. classes	50-min. classes
4:00p	Water Basics 1 Water Basics 2	
4:30p	Water Basics 1 Water Basics 2	
5:00p	Water Basics 1	Learn to Swim 3
5:30p	Water Basics 2	

Tuesday/Thursday Session II

4-day session Meets Tues/Thurs, Oct 15 - 24

Start Time	25-min. classes	50-min. classes
5:00p	Water Basics 1	Learn to Swim 3 Learn to Swim 4
5:30p	Water Basics 2	
6:00p	Water Basics 1	Learn to Swim 4 Teen/Adult Beginner
6:30p	Water Basics 2	

Swim Lesson Pricing

	Membership Type	25-min. class	50-min. class
4-day	NAU Student	\$15	\$25
	Campus Rec	\$17.50	\$30
	Non-member	\$20	\$35

Registration
opens
Sept. 16!

Visit nau.edu/wac for class descriptions, registration assistance and more!