

Swim Lessons: Mecklenburg County Aquatic Center

Session Dates:

Weekday	Weekday	Weekday	Saturday	Saturday
3/12 - 4/5	4/9 - 5/3	5/7 - 6/1 no class 5/28	4/7 - 4/28	5/19 - 6/9

Public Member

\$80	\$80	\$70	\$40	\$40
\$64	\$64	\$56	\$32	\$32



800 East Martin Luther King Jr. Blvd.
Charlotte, NC 28202
704.336.DIVE (3483)
www.parkandrec.com/aquatics

PUDDLE DUCKS Ages 6 mon - 2 yrs Introductory Level
A parent and child program that introduces the child to the aquatic environment. Fun and water adjustment are emphasized.

Saturday	10:00 a.m. - 10:30 a.m.	32169	32171
Saturday	10:30 a.m. - 11:00 a.m.	32170	32172

SAND DOLLAR Ages 3-5 Beginner Level
No entry skills required. Students learn blowing bubbles, front float and glide, back float and glide, and total submersion.

M/W	5:00 p.m. - 5:30 p.m.	32173	32182	32191		
M/W	6:00 p.m. - 6:30 p.m.	32174	32183	32192		
M/W	6:30 p.m. - 7:00 p.m.	32175	32184	32193		
M/W	7:00 p.m. - 7:30 p.m.	32176	32185	32194		
Saturday	9:00 a.m. - 9:30 a.m.				32178	32187
Saturday	9:30 a.m. - 10:00 a.m.				32179	32188
Saturday	10:00 a.m. - 10:30 a.m.				32180	32189
Saturday	10:30 a.m. - 11:00 a.m.				32181	32190

SEAL Ages 3-5 Advanced Level
Must be able to swim 10 feet independently to enroll. Students will learn rotary breathing on front and over arm recovery on front and back.

M/W	5:30 p.m. - 6:00 p.m.	32196	32198	32200		
Saturday	11:00 a.m. - 11:30 a.m.				32197	32199

OTTER Ages 6-12 Beginner Level
No entry skills required. Students learn blowing bubbles, front float and glide, back float and glide, and total submersion.

M/W	4:45 p.m. - 5:30 p.m.	32153	32159	32165		
M/W	5:30 p.m. - 6:15 p.m.	32154	32160	32265		
M/W	7:00 p.m. - 7:45 p.m.	32155	32161	32266		
Saturday	9:00 a.m. - 9:45 a.m.				32156	32162
Saturday	9:45 a.m. - 10:30 a.m.				32157	32163
Saturday	11:15 a.m. - 12:00 p.m.				32158	32164

MANATEE Ages 6-12 Advanced Level
Must be able to swim 25 yards using over arm recovery to enroll. Students will improve over arm recovery, rotary breathing on front, flutter kick, and backstroke.

M/W	6:15 p.m. - 7:00 p.m.	32017	32009	32152		
Saturday	10:30 a.m. - 11:15 a.m.				32010	32011

TEEN/ADULT BEGINNER Ages 13+ Beginner Level
No entry skills required. The class for the soon-to-be swimmer. Students learn front float and glide, back float and glide and total submersion.

M/W	6:15 p.m. - 7:00 p.m.	32201	32203	32205		
Saturday	9:00 a.m. - 9:45 a.m.				32202	32204

TEEN/ADULT INTERMEDIATE Ages 13+ Intermediate Level
Students will improve their freestyle and backstroke in order to swim distances, get some exercise or just have fun.

M/W	7:00 p.m. - 7:45 p.m.	32206	32207	32208		
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Register One of Three Ways

Registration is required for most programs whether or not there is a fee. Select one option:

CLICK on Eparks at www.parkandrec.com and use the course code number. **CALL** 311 (704.336.7600) or the number listed.

COME to the location where the program is offered.

Recreation & Nature Center addresses and phone numbers listed on pgs 4, 5, 32 & 33.

Phone and web registration requires payment with Visa or MasterCard only.

For more information, visit www.parkandrec.com/aquatics or call the facility where the activity is listed.



Water Fitness Programs: Mecklenburg County Aquatic Center

Session Dates:

3/12 - 4/5
no class
3/23, 3/29, 3/30

4/9 - 5/3
no class
4/25

5/7 - 6/1
no class
5/10, 5/11, 5/28

Mon & Wed & Fri

\$36/\$27
public/member

\$40/\$30
public/member

\$40/\$30
public/member

Tues & Thurs

\$28/\$21
public/member

\$32/\$24
public/member

\$28/\$21
public/member

HYDROMANIA

Moderate-High Intensity SHALLOW WATER.

All-over body toning and cardiovascular workout. Since each participant works at their own pace, this class is great for the beginner to the most advanced fitness level.

Mon & Wed & Fri	5:30 p.m. - 6:30 p.m.	32248	32250	32252
Tues & Thurs	6:00 p.m. - 7:00 p.m.	32249	32251	32253

EASY DOES IT

Beginner-Moderate Intensity SHALLOW WATER.

A low-level, low-impact exercise class. Activities include water walking, aerobic exercise to build cardiovascular endurance and range-of-motion classes.

Mon & Wed & Fri	11:00 a.m. - 12:00 p.m.	32245	32246	32247
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ARTHRITIS FOUNDATION

Beginner Intensity SHALLOW WATER.

Gentle stretches and range-of-motion exercises keep tender joints mobile. The buoyancy of the water assists movements, while the resistance strengthens muscles that support joints. A physician's release is required to participate.

Tues & Thurs	11:00 a.m. - 12:00 p.m.	32239	32240	32241
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Kayak Polo

If you're looking for adventure and a fun challenge that will help you develop some top-notch kayak paddling skills, come join in a game of Kayak Polo – a combination of water polo, basketball, and kayaking. Any Age

Mecklenburg County Aquatic Center

Thursday nights from 8 to 9 p.m.
\$5 a person
Contact Matt Jakubowski at
Matthew.jakubowski@mecklenburgc
ountync.gov

Scuba Certification

The Mecklenburg County Aquatic Center is your place to get certified in scuba diving. Contact Matthew.jakubowski@mecklenburgc
ountync.gov to receive more information.

Masters Swimming

The Aquatic Center's Masters Program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming.

Advantages include a structured workout with a coach, multiple swim times, support through friendship and camaraderie, and improved fitness and training.

Age 18+

Mecklenburg County Aquatic Center

Monday-Friday 6:00 am – 7:30 am
and 12:00-1:00 pm, and Saturday
8:00 – 9:30 am
\$8/visit, \$35/month (member rate),
\$55/month (non-member rate)
Contact Coach Heather Hageman at
theaquabug@yahoo.com

Water Polo

Come play a team water sport that combines elements of swimming and handball. Water polo has become a major sport played by both men and women and develops swimming, ball handling, reflexes, and awareness.

Any Age

Mecklenburg County Aquatic Center

Wednesday nights from 8 to 9 p.m.
\$5 a person
Contact Matt Jakubowski at
Matthew.jakubowski@mecklenburgc
ountync.gov

For more information, visit

www.parkandrec.com/aquatics

or call the facility where the activity is listed.



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Preschool and Learn to Swim: Ray's Splash Planet

Days Dates	Tu/Thurs 3/6-3/29	Tu/Thurs 4/3-4/26	Tu/Thurs 5/1-5/31	Saturday 3/3-3/24	Saturday 4/7-4/28	Saturday 5/5-5/26
Public	\$80	\$80	\$80	\$40	\$40	\$40
Member	\$64	\$64	\$64	\$32	\$32	\$32

SAND DOLLAR/PS LEVEL 1 Ages 3-5 Beginner Level
No entry skills required. Students learn blowing bubbles, front float and glide, back float and glide, and total submersion.

T/Th	6:00 p.m. - 6:30 p.m.	32321	32353	32355		
Saturday	9:15 a.m. - 9:45 a.m.				32322	32354 32356

STARFISH/PS LEVEL 2 Ages 3-5 Intermediate Level
Must be able to float independently to enroll. Students will learn front and back glide, arm and leg movement and are introduced to swimming independently.

T/Th	6:00 p.m. - 6:30 p.m.	32325	32357	32359		
Saturday	9:15 a.m. - 9:45 a.m.				32326	32358 32360

OTTER/LTS LEVEL 1 Ages 6-9 Beginner Level
No entry skills required. Students learn blowing bubbles, front float and glide, back float and glide, and total submersion.

T/Th	8:30 p.m. - 9:00 p.m.	32317	32319	32351		
Saturday	10:00 a.m. - 10:30 a.m.				32318	32320 32352

WALRUS/LTS LEVEL 2 Ages 6-9 Intermediate Level
Must be able to swim 25 yards using over arm recovery to enroll.
Students will improve over arm recovery, rotary breathing on front, flutter kick, and backstroke.

T/Th	8:30 p.m. - 9:00 p.m.	32085	32401	32403		
Saturday	10:00 a.m. - 10:30 a.m.				32086	32402 32404

OTTER/LTS LEVEL 1 Ages 10-12 Beginner Level
No entry skills required. Students learn blowing bubbles, front float and glide, back float and glide, and total submersion.

T/Th	7:00 p.m. - 7:45 p.m.	32394	32396	32398		
Saturday	10:45 a.m. - 11:30 a.m.				32395	32397 32399

WALRUS/LTS LEVEL 2 Ages 10-12 Intermediate Level
Must be able to swim 25 yards using over arm recovery to enroll.
Students will improve over arm recovery, rotary breathing on front, flutter kick, and backstroke.

T/Th	7:00 p.m. - 7:45 p.m.	32405	32407	32409		
Saturday	10:45 a.m. - 11:30 a.m.				32406	32408 32410

Parent/Child-Puddle Ducks/Level 1 Suggested: Ages 6 months - 18 months
No water experience required. Parent will learn holding and supporting techniques.
Child will learn entry and exiting water safely, getting comfortable in water, buoyancy, leg action and learn how to play safely.
(All activities must involve Parent or Guardian in the water.)

Tues-Thurs	10:00 a.m. - 10:30 a.m.	32362	32363	32364		
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Parent/Child-Puddle Ducks/Level 2 Suggested: Ages 18 months - 3 yrs.
No water experience required. Parent will learn holding and supporting techniques.
Child will learn entry and exiting water safely, getting comfortable in water, buoyancy, leg action and learn how to play safely.
(All activities must involve Parent or Guardian in the water.)

Tues-Thurs	10:30 a.m. - 11:00 a.m.	32411	32412	32413		
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Register One of Three Ways

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CALL 311 (704.336.7600) or the number listed.
COME to the location where the program is offered.

Recreation & Nature Center addresses and phone numbers listed on pgs 4, 5, 32 & 33.

Phone and web registration requires payment with Visa or MasterCard only.

For more information, visit
www.parkandrec.com/aquatics
or call the facility where the activity is listed.

Marion Diehl Pool

2219 Tyvola Road
Charlotte, NC 28210
704.432.0237

www.parkandrec.com/aquatics

Swim Lessons: Marion Diehl Pool

Swim Lessons

Public
Member

2 days/week	2 days/week	2 days/week	1 day/week	1 day/week	1 day/week
2/27-3/29	4/9/-5/3	5/7-5/31	2/28-3/31	4/14-5/5	5/12-6/2
\$100	\$80	\$80	\$50	\$40	\$40
\$80	\$64	\$64	\$40	\$32	\$32

*no class 5/28

PUDDLE DUCKS Ages 6 mon - 2 yrs Introductory Level

A parent and child program that introduces the child to the aquatic environment Fun and water adjustment are emphasized.

Saturday	10:00 a.m. - 10:30 a.m. (6 -18 mo)	32040	32043	32042
Saturday	10:30 a.m. - 11:00 a.m. (19 - 35 mo)	32041	32044	32045

SAND DOLLAR Ages 3-5 Beginner Level

No entry skills required. Students learn blowing bubbles, front float and glide, back float and glide, and total submersion.

M/W	5:45 p.m. - 6:15 p.m.	32046	32055	32064			
T/Th	5:30 p.m. - 6:00 p.m.	32049	32058	32067			
M/W	6:15 p.m. - 6:45 p.m.	32047	32056	32065			
T/Th	6:00 p.m. - 6:30 p.m.	32050	32059	32068			
M/W	6:45 p.m. - 7:15 p.m.	32048	32057	32066			
T/Th	6:30 p.m. - 7:00 p.m.	32051	32060	32069			
Saturday	9:00 a.m. - 9:30 a.m.				32052	32061	32070
Saturday	9:30 a.m. - 10:00 a.m.				32053	32062	32071
Saturday	10:00 a.m. - 10:30 a.m.				32054	32063	32072

SEAL Ages 3-5 Intermediate Level

Must be able to swim 10 feet independently to enroll.

Students will learn rotary breathing on front and over arm recovery on front and back.

Saturday	9:30 a.m. - 10:00 a.m.	32073	32075	32074
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OTTER Ages 6-12 Beginner Level

No entry skills required. Students learn blowing bubbles, front float and glide, back float and glide, and total submersion.

M/W	6:30 p.m. - 7:15 p.m.	32034	32035	32036			
Saturday	10:30 a.m. - 11:15 a.m.				32028	32033	32031
Saturday	11:15 a.m. - 12:00 p.m.				32029	32030	32032

MANATEE Ages 6-12 Intermediate Level

Must be able to swim 25 yards using over arm recovery to enroll.

Students will improve over arm recovery, rotary breathing on front, flutter kick, and backstroke.

T/Th	5:30 p.m. - 6:15 p.m.	32013	32018	32015			
Saturday	8:45 a.m. - 9:30 a.m.				32012	32014	32016

MARLIN Ages 6-12 Advanced Level

Must be able to swim freestyle and backstroke for 25 yards to enroll.

Students will improve current strokes and are introduced to breaststroke, butterfly and flip turns.

M/W	5:45 p.m. - 6:30 p.m.	32019	32021	32023			
T/Th	6:15 p.m. - 7:00 p.m.	32025	32026	32027			
Saturday	11:00 a.m. - 11:45 a.m.				32020	32022	32024

TEEN/ADULT BEGINNER Ages 13+ Beginner Level

No entry skills required. The class for the soon-to-be swimmer.

Students learn front float and glide, back float and glide and total submersion.

M/W	7:15 p.m. - 8:00 p.m.	32079	32080	32081			
Tuesday	11:00 a.m. - 11:45 a.m.	32272	32273	32274			
Saturday	8:15 a.m. - 9:00 a.m.				32078	32076	32077

TEEN/ADULT INTERMEDIATE Ages 13+ Intermediate Level

Students will improve their freestyle and backstroke in order to swim distances, get some exercise or just have fun.

Thursday	11:00 - 11:45 a.m.	32275	32276	32277			
Saturday	11:45 a.m. - 12:30 p.m.				32082	32083	32084



Register One of Three Ways

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COME to the location where the program is offered.

Recreation & Nature Center addresses and phone numbers listed on pgs 4, 5, 32 & 33.

Phone and web registration requires payment with Visa or MasterCard only.

Water Exercise Programs: Marion Diehl Pool

Session Dates:

	2/27-4/1	4/9-5/6	5/7-6/3 <small>*no class 5/28</small>
3 days a week	\$30	\$24	\$22
2 days a week	\$20	\$16	\$16
1 day a week	\$10	\$8	\$8

HYDROMANIA

Moderate-High Intensity SHALLOW WATER.

All-over body toning and cardiovascular workout. Since each participant works at their own pace, this class is great for the beginner to the most advanced fitness level.

Mon & Wed & Fri	7:30 a.m. - 8:30 a.m.	32128	32137	32130
Mon & Wed & Fri	8:30 a.m. - 9:30 a.m.	32134	32136	32131
Mon & Wed	9:30 a.m. - 10:30 a.m.	32278	32279	32280
Tues & Thurs	8:00 a.m. - 9:00 a.m.	32129	32138	32132
Tues & Thurs	7:00 p.m. - 8:00 p.m.	32135	32139	32133

DEEP WATER FITNESS

Moderate-High Intensity DEEP WATER.

No swimming skills required, float belts are worn. All-over toning and cardiovascular program held in deep water with float belts. A great upper body workout.

Sunday	1:15 p.m. - 2:15 p.m.	32107	32108	32109
Mon & Wed & Fri	7:15 a.m. - 8:15 a.m.	32101	32102	32096
Mon & Wed & Fri	8:15 a.m. - 9:15 a.m.	32092	32103	32097
Tues & Thurs	9:00 a.m. - 10:00 a.m.	32112	32110	32111
Tues & Thurs	10:00 a.m. - 11:00 a.m.	32093	32104	32098
Tues & Thurs	1:00 p.m. - 2:00 p.m.	32094	32105	32099
Tues & Thurs	7:00 p.m. - 8:00 p.m.	32095	32106	32100

EASY DOES IT

Beginner-Moderate Intensity SHALLOW WATER.

A low-level, low-impact exercise class. Activities include water walking, aerobic exercise to build cardiovascular endurance and range-of-motion classes.

Tues & Thurs	10:00 a.m. - 11:00 a.m.	32116	32124	32120
Tues & Thurs	1:00 p.m. - 2:00 p.m.	32117	32125	32121
Tues & Thurs	2:00 p.m. - 3:00 p.m.	32118	32126	32122
Tues & Thurs	3:00 p.m. - 4:00 p.m.	32119	32127	32123

ARTHRITIS FOUNDATION

Beginner Intensity SHALLOW WATER.

Gentle stretches and range-of-motion exercises keep tender joints mobile. The buoyancy of the water assists movements, while the resistance strengthens muscles that support joints. A physician's release is required to participate.

Tues & Thurs	9:15 a.m. - 10:00 a.m.	32089 \$40	32090 \$32	32091 \$32
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DEEP WATER RUNNING

Moderate DEEP WATER

No swimming skills required, float belts are worn. Class format involves interval running cadence class designed to improve endurance, stamina, breathing, muscle toning.

Tues & Thurs	2:00 p.m. - 3:00 p.m.	32113	32114	32115
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Marion Diehl Pool

2219 Tyvola Road
Charlotte, NC 28210
704.432.0237

www.parkandrec.com/aquatics



For more information, visit

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or call the facility where the activity is listed.

American Red Cross Lifeguard Training

Must be 15 and be able to swim 300 yards continuously. Tread water and retrieve a 10lb brick from 7-9 feet of water

Cost \$225

Class 1	3/9-3/17	32231
Class 2	4/13-4/21	32390
Class 3	5/11-5/19	32391

Classes meet

Friday	6:00 p.m. - 9:00 p.m.
Saturday	8:00 a.m. - 4:00 p.m.
Sunday	1:00 p.m. - 4:00 p.m.
Monday	6:00 p.m. - 9:00 p.m.
Wednesday	6:00 p.m. - 9:00 p.m.

American Red Cross Lifeguard Recertification

Must be 15 and be able to swim 300 yards continuously Tread Water and retrieve a 10lb brick from 7-9 feet of water. All participants in this class MUST hold a current ARC LG certification

Cost \$125

Class 1	3/10 & 3/17	32230
Class 2	4/14 & 4/21	32452
Class 3	5/12 & 5/18	32453

American Red Cross CPR/PRO Recertification

This class is for currently certified staff and public. Certification is 2 years.

Class 1	3/10/12	32330
Class 2	4/14/12	32331
Class 3	5/12/12	32332

Fees

Public	\$50
Staff + Mask	\$35
Public and brings mask	\$35
Staff w/mask	\$20