

Arthritis Exercise Class



AFAP, Arthritis Foundation Aquatic Program, is a water exercise program created by the Arthritis Foundation for people with Arthritis. This is not an aerobics class. It is designed to increase your range of motion, flexibility, mobility, and balance. The program will improve your functional ability, decrease depression, and increase your confidence in your ability to exercise. You do not need to know how to swim to participate.

**Classes meet Wednesdays and Fridays at 3:00-3:45pm.
No cost and no registration required.**

Let Us Host Your Next Pool Party!

CRC is the perfect place to host your next pool party. Check out pool hours and pricing below:

Saturdays, 12:00pm-2:00pm

Party Fees:

*2 hour maximum
10-40 children/adults, \$100 flat fee
26-40 children/adults \$150 flat fee

Additional Guard Fees:

12 to 24 swimmers- \$40 (1 additional guard, 2 hours)
25 or more swimmers- \$80 (2 additional guards, 2 hours)
*Please schedule at least 1 week in advance

Ask us about food and beverage options!



Contact Us

Please contact us with any questions or concerns or stop by the pool anytime!

Aquatics Director- Laura Bersée
Phone: (216) 831-2155 ext. 106
Email: laura.bersee@clevelandracquet.com

Lifeguard/Instructor- Denise Potter
Email: denise.potter@clevelandracquet.com



CLEVELAND RACQUET CLUB

AQUATICS



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The Cleveland Racquet Club
29825 Chagrin Blvd, Pepper Pike, OH 44124
(216) 831-2155

Swim Team Conditioning



These clinics are designed for swimmers ages 6 years and older who would like to improve on the fundamentals of swimming. Swimmers must have experience in all four competitive strokes- freestyle, backstroke, breast stroke and butterfly. The clinic will focus on strokes, diving and flip turns associated with each stroke.

Schedule:

Wednesday:

All Levels 5:30-6:00pm

Price: Members- \$10/class, Non-Members- \$20/class

Saturday

All Levels 11:00-11:45am

Price: Members- \$12/class, Non-Members- \$22/class

Water Babies



This class will give parents safety information and techniques to help orient their children in the water. This course is a bonding experience that will provide parents and children with life-long memories! Please note that infants and children must be in

a water diaper and swim suit. A parent must accompany infant/toddler in the water.

*This class is NOT designed to teach children to become good swimmers or to survive in the water on their own.

Schedule: Call for next session dates. (216) 831-2155

Saturday mornings
10:00am

Price:

Members- \$70 for 6 classes

Non-members- \$120 for 6 classes

Ages 6 months to 3 years old.

Indoor Pool Hours

Monday- Saturday 8:00am-8:00pm
Sunday 8:00am-7:00pm

Indoor Pool Schedule

Sunday

Lap Swim
8:00-10:30am
(4 lanes avail.)

Water Aerobics
10:30-11:30am
(Entire pool used)

Lap Swim
11:30-12:30pm
(4 lanes avail.)

Open Swim
12:30-7:00pm
(2 lanes avail.)

Monday

Lap Swim
8:00-10:00am
(4 lanes avail.)

Open Swim
10:00-12:00pm
(2 lanes avail.)

Lap Swim
12:00-4:00pm
(4 lanes avail.)

Open Swim
4:00-6:00pm
(2 lanes avail.)

Lap Swim
6:00-8:00pm
(4 lanes avail.)

Tuesday

Lap Swim
8:00-10:00am
(4 lanes avail.)

Water Aerobics
10:30-11:30am
(Entire pool used)

Lap Swim
11:30-4:00pm
(4 lanes avail.)

Open Swim
4:00-6:00pm
(2 lanes avail.)

Lap Swim
6:00-8:00pm
(4 lanes avail.)

Wednesday

Lap Swim
8:00-10:00am
(4 lanes avail.)

Open Swim
10:00-12:00pm
(2 lanes avail.)

Lap Swim
12:00-4:00pm
(4 lanes avail.)

Arthritis Exercise
3:00-3:45pm
(2 lanes avail.)

Lap Swim
6:00-8:00pm
(4 lanes avail.)

Thursday

Lap Swim
8:00-10:00am
(4 lanes avail.)

Water Aerobics
11:00-12:00pm
(Entire pool used)

Lap Swim
12:00-4:00pm
(4 lanes avail.)

Open Swim
4:00-6:00pm
(2 lanes avail.)

Lap Swim
6:00-8:00pm
(4 lanes avail.)

Friday

Lap Swim
8:00-10:00am
(4 lanes avail.)

Open Swim
10:00-12:00pm
(2 lanes avail.)

Lap Swim
12:00-2:00pm
(4 lanes avail.)

Arthritis Exercise
3:00-3:45pm
(2 lanes avail.)

Family Swim
6:00-8:00pm
*No Lap Swim

Saturday

Lap Swim
8:00-9:30am
(4 lanes avail.)

Open Swim
9:30-10:45pm
(2 lanes avail.)

Lap Swim
10:45-12:00pm
(4 lanes avail.)

Open Swim
12:00-8:00pm
(2 lanes avail.)

Water Aerobics



This complimentary class will use supportive equipment to assist in the use of your arms and legs. Your core will be in over-drive as you work to keep proper alignment without the use of the pool floor for balance. Carve your abs and legs

with patterns and movements that become more difficult with the density of the water. Boost your metabolism with the extra effort required to travel and make the calorie burn count.

Schedule:

Tuesdays and Sundays, 10:30am-11:30am

Thursdays, 11:00am-12:00pm

Private Lessons

We offer adults and kids lessons for members and non-members.

Non-Members may visit 4 times/month (families may visit 6 times/month).

Members:

45 min private- \$39

30 min private- \$25

15 min private \$14

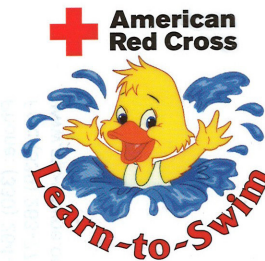
Non-Members:

45 min private- \$49

30 min private- \$35

15 min private \$24

ARC Learn to Swim Group Programs



These are American Red Cross programs that will teach you to swim and be comfortable in the water. The following programs are:

Saturday Morning Swim Lessons for Youth

Youth: 10:00-10:30am, 10:30-11:00am

Session I: Call for dates & times, (216) 831-2155 EXT 106

Cost Per 6 Weeks: Member \$70, Non-Member \$120

Dive-In Movies

Bring your favorite beach towel to the indoor pool for Dive-In Movies! We show kid-friendly movies on the big screen while you relax by the pool. Dinner buffet included.

Check the Pro Shop or pool area for more information about the next Dive-In Movie.

Time: 6:00-8:00pm