

# BERA/BNL SWIMMING PROGRAMS

Winter 2020 @ Bldg. 478 Swimming Pool

ADVANCE REGISTRATION IS REQUIRED FOR THESE PROGRAMS BY 1/6/20

## 1.) STARFISH SWIMMING Lessons for 4 year olds



This 7-week program takes place on Saturday's at 9am from March 28 through May 16 (no class on 4/11)

\$95

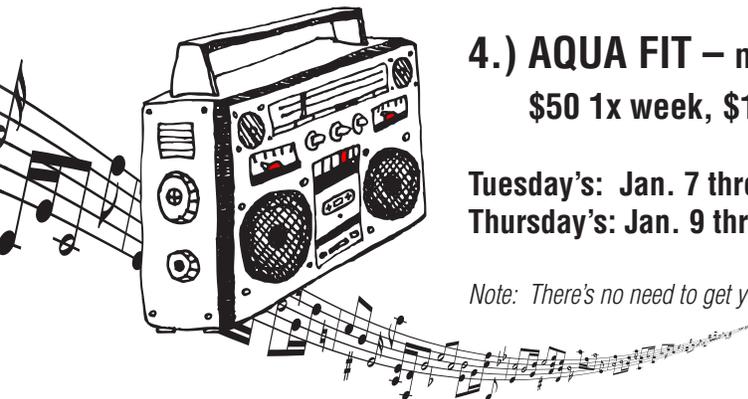
## 2.) SENIOR AQUA FIT This 13-week program takes place on Wednesday's at 9:45am from March 4 through May 27. \$150

Note: There's no need to get your hair or face wet, or know how to swim to participate



## 3.) ADULT SWIM LESSONS STROKE IMPROVEMENT CLASSES

Wed. 5:30-6:30pm 10-week program, Feb. 26 through April 29. \$150



## 4.) AQUA FIT – music & movement! 5:30PM

\$50 1x week, \$100 all 25 classes

Tuesday's: Jan. 7 through March 31

Thursday's: Jan. 9 through March 26

Note: There's no need to get your hair or face wet, or know how to swim to participate

PLEASE CHECK WITH YOUR PHYSICIAN BEFORE STARTING THESE AND ALL FITNESS PROGRAMS.

**ADVANCE REGISTRATION IS REQUIRED FOR THESE PROGRAMS.** Please make checks payable to BERA and mail to the Recreation Office, Bldg. 400. Questions? Please email [ccarter@bnl.gov](mailto:ccarter@bnl.gov) or call 631-344-5090. Programs are for those with BNL badges.

Proof of Medical Insurance is required for those with guest badges. Please present your insurance card at the Recreation Office in Bldg. 400.

### 2020 BERA Winter Pool Programs

Activity 1 \_\_\_\_\_ 2 \_\_\_\_\_ 3 \_\_\_\_\_ 4 \_\_\_\_\_

Name/Child's Name \_\_\_\_\_ BNL Life # \_\_\_\_\_

Email \_\_\_\_\_ Bldg. # \_\_\_\_\_ Phone \_\_\_\_\_

EMERGENCY CONTACT & Phone: \_\_\_\_\_

**Pool Hours on Back**

**OVER**



# Pool Hours

## January – March, 2020



For more information regarding the pool, visit the BERA Website at:  
[www.bnl.gov/bera/](http://www.bnl.gov/bera/) and click on *Recreational Facilities*, or call ext. 2873

<b>MONDAY</b>	10:00 am-3:00 pm 4:15 pm-8:30 pm	Employees & Facility Users for Lap Swim Only Open Swim, Family & Lap Swimmers
<b>TUESDAY</b> 	10:00 am-3:00 pm 4:15 pm-5:30 pm <b>5:30 pm-6:30 pm</b> 6:30 pm-8:30 pm	Employees & Facility Users for Lap Swim Only Lap Swimmers Only <b>Aqua Fit Class Only</b> Open Swim, Family & Lap Swimming
<b>WEDNESDAY</b> 	<b>9:45am-10:45am</b> 11 am-3:00 pm 4:15 pm-5:30 pm <b>5:30-6:30pm</b> 6:30 pm-8:30 pm	<b>Senior Aqua Fitness ~ March - June 2020</b> Employees & Facility Users for Lap Swim Only Lap Swimmers Only <b>Adult Swimming Lessons Only ~ Feb-April 2020</b> Open Swim, Family & Lap Swimmers
<b>THURSDAY</b> 	10:00 am-3:00 pm 4:15 pm-5:30 pm <b>5:30 pm-6:30 pm</b> 6:30 pm-8:30 pm	Employees & Facility Users for Lap Swim Only Lap Swimmers Only <b>Aqua Fit Class Only</b> Open Swim, Family & Lap Swimming
<b>FRIDAY</b>	10:00 am - 3:00 pm 4:15 pm - 5:00 pm <b>5:00 pm - 8:00 pm</b> 8:00 pm - 8:30 pm	Employees & Facility Users for Lap Swim Only Lap Swimmers Only <b>Family Swim Only - @ \$5.00 per family</b> Lap Swimmers Only
<b>SATURDAY</b> 	<b>9:00am - 10:00am</b> 10:00 am - 2:00 pm	<b>Starfish Swim Lessons 4yr olds March-May 2020</b> Lap Swimmers and Family Swim @ \$5 per family
<b>SUNDAY</b>	<b>CLOSED</b>	

**ADMISSION FEES PAID AT POOL DESK (Bldg. 478)**

*BNL badge policies followed for pool access*

Retirees - FREE lap swimming

Employees, Facility Users, those with Guest Appointments & Family Members over the age of 6 yrs - \$4.00  
Only Employees and those with Guest Appointments may purchase a monthly or quarterly pass for lap swimming.

• A Parent **MUST ACCOMPANY CHILDREN** at all times.

• If your child is less than 42" tall, the parent must be in the water with their child. **NO EXCEPTIONS.**

• A painted line on the wall will confirm height.

NOTE: BNL facilities are not open to the public. The pool and gym are always closed on Sunday.

**POOL & GYM CLOSURES:** Jan 1, Jan 2, Feb 1, 2020. Closed on Saturdays on weekends with Monday holiday.

*Lap Swim for Employees*

Monthly Individual Passes  
**\$22.00**

*Lap Swim for Employees*

Quarterly Passes for Individuals ~ valid for 3 months ~ \$55.00  
(Sold on Jan 1, April 1, July 1, Oct 1)

(Only employees and those with guest appointments may purchase a monthly or quarterly pass for lap swimming purposes.)

For information regarding the pool, visit the BERA Website: [www.bnl.gov/bera/](http://www.bnl.gov/bera/) or call ext. 2873