

# BERA/BNL SWIMMING PROGRAMS

Fall 2019 @ Bldg. 478 Swimming Pool

ADVANCE REGISTRATION IS REQUIRED FOR THESE PROGRAMS

## STARFISH SWIMMING Lessons for 4 year olds



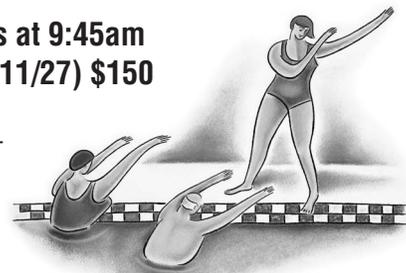
This 7-week program takes place on Saturday's at 9am from Sept. 7 through Oct. 26th (no class on 10/12)

\$95

## SENIOR AQUA FIT

This 12-week program takes place on Wednesday's at 9:45am from Sept. 11 through Dec.11 (no class on 10/9 or 11/27) \$150

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



## ADULT SWIM LESSONS STROKE IMPROVEMENT CLASSES

Wed. 5:30-6:30pm 10week program, Sept 11 through Nov 13. \$150

## AQUA FIT – music & movement! 5:30PM - \$70 1x week, \$125 all classes

Meet New Instructor HOLLY at our FREE TRIAL CLASS on Thurs 9/5 @5:30pm!

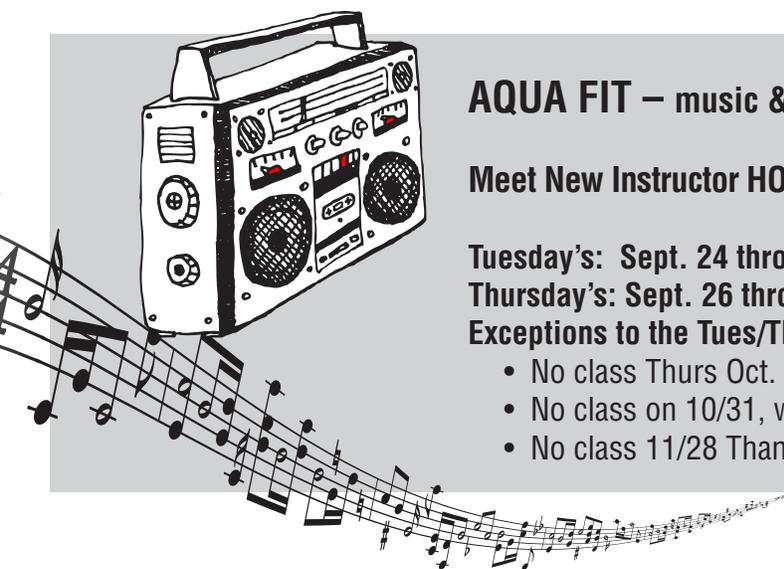
Tuesday's: Sept. 24 through Dec. 17

Thursday's: Sept. 26 through Dec. 19

Exceptions to the Tues/Thurs schedule:

- No class Thurs Oct. 3, will meet on Mon 9/30 & Tues 10/1,
- No class on 10/31, will meet Mon & Tues 10/28 & 29.
- No class 11/28 Thanksgiving.

*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.

### 2019 BERA Fall Pool Programs

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

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

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

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



# Pool Hours



## September-December 2019

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 <i>Aqua Fit Class Only</i> through Dec. 17, 2019 Open Swim, Family & Lap Swimming
<b>WEDNESDAY</b> 	<b>9:45am-10:45am</b> 11 am-3:00 pm <b>5:30-6:30pm</b> 6:30 pm-8:30 pm	<i>Senior Aqua Fitness</i> ~ through Dec. 11, 2019 Employees & Facility Users for Lap Swim Only <i>Adult Swimming Lessons Only</i> ~ through Nov. 13, 2019 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 <i>Aqua Fit Class Only</i> through Dec. 19, 2019 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</b> through Oct. 26, 2019 Lap Swimmers and <b>Family Swim @ \$5 per family</b>
<b>SUNDAY</b>	<b>CLOSED</b>	

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

Retirees - FREE lap swimming

Employees, Facility Users, Guests & 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 purposes. *No more than 2 guests per family (adult or child)*

• 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:** Sept 2, Oct 12-14, Nov 9-11, Nov 28-30, Dec 24-25 & Jan 1, 2020

*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