



Scottsdale Aquatics - Fall 2017 Swim Class Listings

[Register: Recreation.ScottsdaleAZ.gov](http://Recreation.ScottsdaleAZ.gov)

Registration for Fall activities begins July 31 for residents, and Aug 1 for non-residents. To register for Aquatics classes, visit Recreation.ScottsdaleAZ.gov. Once there, you can sign into your account, browse classes and register. If you don't have an account, it only takes a few moments to create.

When browsing classes, search by lesson or class name. Then use the filters on the left side of the page to narrow down results by location, day of the week, etc. If you have any questions, please call 480-312-6677 to speak to our Aquatics Staff. Learn more about Scottsdale Aquatics at ScottsdaleAZ.gov, search 'Aquatics'.

Pool Locations:

Cactus Aquatic & Fitness Center	Eldorado Aquatic & Fitness Center	McDowell Mountain Ranch Park & Aquatic Center
7202 E Cactus Road	2301 N Miller Road	15525 N Thompson Peak Pkwy
480-312-7665	480-312-2484	480-312-6677

*Chaparral Pool is only open during the summer.

[Swim Lessons - Youth & Adult](#)

[Sea Babies](#)

(6 MOS - 3 YR, 1:12 ratio) This course fosters very young children at a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This class introduces infants and toddlers to aquatics with parental presence in the water. This class is water acclimation, not swimming lessons.

[Tadpoles](#)

(3 - 5 YR, 1:6 Ratio) This course gives young children a positive, developmental approach to the aquatic learning experience and emphasizes water safety and survival concepts.

[Guppies](#)

(3 - 5 YR, 1:6 Ratio) This course focuses on learning elementary survival skills including breath control, submerging then recovering for air and returning to the wall, floating,

[Sea Turtles](#)

(4 - 6 YR, 1:6 Ratio) This course teaches students components of freestyle arm strokes, breathing, kicking, and treading. Students must feel comfortable in water four feet deep,

[Otters](#)

(5 - 7 YR, 1:6 Ratio) In this course students will learn components of freestyle, backstroke, and elementary backstroke including arm strokes, breathing pattern and kicking for 30

[Dolphins](#)

(6+ YR, 1:6 Ratio) In this course students will learn components of backstroke, including swimming for 30 feet of backstroke with straight arm recovery, body roll and good arm

[Orcas](#)

(7 YR+, 1:6 Ratio) Students will learn components of breaststroke and sidestroke including good timing and extension. The course will also work on endurance building. Deep water

[Sharks](#)

(7 YR+, 1:6 Ratio) Students must be proficient in all 4 competitive strokes (freestyle, backstroke, butterfly, breaststroke). Students will refine all strokes, learn turns and increase

[Adult Learn to Swim](#)

(18 YR+, 1:10 Ratio) It is never too late to learn to swim or improve your strokes! This class is geared toward adults who want to learn the basics and/or want to improve their

[Adult Stroke Refinement](#)

(17 YR+, 1:10 Ratio) This class is for adults who would like coaching to improve their swimming & stroke technique. This class will also introduce swimming for fitness.

[Private Lesson](#)

(1:1 ratio) This class is for all ages and skill levels. Instructor structures the class based on the individuals skill level. **Guardians are not permitted in the water during the lesson

[Adult Water Exercise Classes](#)

[Shallow Water Aerobics:](#)

Work out and have fun. Classes run 50 mins and include stretching, warm-up, cardio, toning, and cool-down.

[Deep Water Aerobics:](#)

This class features aerobic exercise, treading water, and activities that improve swimming technique & fitness.

[Ache Away:](#)

Try this especially designed class for any individual who needs gentler, slower paced water exercise. Emphasizes stretching & toning.

[Tone N' Tai Chi:](#)

This class combines water exercises with Tai Chi moves. It benefits students of all ages and abilities by using the water to increase strength, flexibility, balance and energy. A great way to start your day or prepare yourself for water exercise or lap swim.

[Life Guard Training](#)

StarGuard Training Class:

The SAI StarGuard Training class is offered to those interested in becoming a certified lifeguard. The class includes certifications in First Aid and ASHI CPR/AED Pro. Participants must attend all classes and refund are not permitted. Must be 15 years old, swim 100 yards head up non-stop, 50 yards with guard tube, retrieve 10lb weight from a maximum depth of 14.6 ft and tread water for one minute without using hands.

SWIM LESSONS BY LOCATION

Cactus Aquatic & Fitness Center 7202 E Cactus Road - 480-312-7665								
Activity Number	Beginning Date	End Date	Starting Time	Ending Time	Week Day	Resident	Non-Resident	
Level 1 - Seababies								
11666	Sep 6	Sep 27	5:15pm	5:45pm	M W	\$21	\$32	
Level 2 - Tadpoles								
11667	Sep 6	Sep 27	3:30pm	4:00pm	M W	\$21	\$32	
11668	Sep 6	Sep 27	4:40pm	5:10pm	M W	\$21	\$32	
Level 3 - Guppies								
11669	Sep 6	Sep 27	3:30pm	4:00pm	M W	\$21	\$32	
11670	Sep 6	Sep 27	4:05pm	4:35pm	M W	\$21	\$32	
Level 4 - Sea Turtles								
11671	Sep 6	Sep 27	3:30pm	4:00pm	M W	\$21	\$32	
11672	Sep 6	Sep 27	4:40pm	5:10pm	M W	\$21	\$32	
Level 5 - Otters								
11673	Sep 6	Sep 27	3:30pm	4:00pm	M W	\$21	\$32	
11674	Sep 6	Sep 27	4:05pm	4:35pm	M W	\$21	\$32	
11675	Sep 6	Sep 27	5:15pm	5:45pm	M W	\$21	\$32	
Level 6 - Dolphins								
11676	Sep 6	Sep 27	4:05pm	4:35pm	M W	\$21	\$32	
11677	Sep 6	Sep 27	5:15pm	5:45pm	M W	\$21	\$32	
Level 7 - Orcas								
11678	Sep 6	Sep 27	4:05pm	4:35pm	M W	\$21	\$32	
11679	Sep 6	Sep 27	4:40pm	5:10pm	M W	\$21	\$32	
Level 8 - Sharks								
11680	Sep 6	Sep 27	4:40pm	5:10pm	M W	\$21	\$32	
11681	Sep 6	Sep 27	5:15pm	5:45pm	M W	\$21	\$32	

Eldorado Aquatic & Fitness Center 2301 N Miller Road - 480-312-2484								
Activity Number	Beginning Date	End Date	Starting Time	Ending Time	Week Day	Resident	Non-Resident	
Level 1 - Seababies								
11586	Sep 6	Sep 27	5:05pm	5:35pm	M W	\$21	\$32	
Level 2 - Tadpoles								
11587	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11588	Sep 6	Sep 27	5:05pm	5:35pm	M W	\$21	\$32	
Level 3 - Guppies								
11589	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11590	Sep 6	Sep 27	5:05pm	5:35pm	M W	\$21	\$32	
Level 4 - Sea Turtles								
11591	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11592	Sep 6	Sep 27	5:05pm	5:35pm	M W	\$21	\$32	
Level 5 - Otters								
11593	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11594	Sep 6	Sep 27	5:05pm	5:35pm	M W	\$21	\$32	
Level 6 - Dolphins								
11595	Sep 6	Sep 27	5:05pm	5:35pm	M W	\$21	\$32	
Level 7 - Orcas								
11596	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
Level 8 - Sharks								
11597	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
Adult Learn to Swim								
11575	Sep 6	Sep 27	7:00pm	8:00pm	M W	\$37	\$55	

McDowell Mountain Ranch Park & Aquatic Center 15525 N Thompson Peak Pkwy - 480-312-6677								
Activity Number	Beginning Date	Dates	Starting Time	Ending Time	Week Day	Resident	Non-Resident	
Level 1 - Seababies								
11660	Sep 6	Sep 27	3:20pm	3:50pm	M W	\$21	\$32	
11617	Sep 9	Oct 28	9:00am	9:30am	Sat	\$24	\$36	
11618	Sep 9	Oct 28	10:10am	10:40am	Sat	\$24	\$36	
Level 2 - Tadpoles								
11619	Sep 6	Sep 27	3:20pm	3:50pm	M W	\$21	\$32	
11620	Sep 6	Sep 27	3:55pm	4:25pm	M W	\$21	\$32	
11621	Sep 9	Nov 25	9:00am	9:30am	Sat	\$24	\$36	
11622	Sep 9	Oct 28	10:10am	10:40am	Sat	\$24	\$36	
Level 3 - Guppies								
11623	Sep 6	Sep 27	3:20pm	3:50pm	M W	\$21	\$32	
11624	Sep 6	Sep 27	3:55pm	4:25pm	M W	\$21	\$32	
11625	Sep 9	Nov 25	9:00am	9:30am	Sat	\$24	\$36	
11626	Sep 9	Nov 25	10:45am	11:15am	Sat	\$24	\$36	
11627	Sep 9	Nov 25	10:45am	11:15am	Sat	\$24	\$36	
Level 4 - Sea Turtles								
11628	Sep 6	Sep 27	3:55pm	4:25pm	M W	\$21	\$32	
11661	Sep 6	Sep 27	3:20pm	3:50pm	M W	\$21	\$32	
11629	Sep 9	Nov 25	9:35am	10:05am	Sat	\$24	\$36	
Level 5 - Otters								
11630	Sep 6	Sep 27	3:55pm	4:25pm	M W	\$21	\$32	
11631	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11662	Sep 6	Sep 27	3:20pm	3:50pm	M W	\$21	\$32	
11632	Sep 9	Nov 25	9:35am	10:05am	Sat	\$24	\$36	
11633	Sep 9	Nov 25	11:20am	11:50am	Sat	\$24	\$36	
Level 6 - Dolphins								
11663	Sep 6	Sep 27	3:55pm	4:25pm	M W	\$21	\$32	
11634	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11635	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11640	Sep 6	Sep 27	3:55pm	4:25pm	M W	\$21	\$32	
11636	Sep 9	Oct 28	9:35am	10:05am	Sat	\$24	\$36	
11637	Sep 9	Oct 28	10:10am	10:40am	Sat	\$24	\$36	
11638	Sep 9	Oct 28	10:45am	11:15am	Sat	\$24	\$36	
11639	Sep 9	Oct 28	11:20am	11:50am	Sat	\$24	\$36	
Level 7 - Orcas								
11641	Sep 6	Sep 27	3:55pm	4:25pm	M W	\$21	\$32	
11642	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11643	Sep 9	Oct 28	10:45am	11:15am	Sat	\$24	\$36	
Level 8 - Sharks								
11644	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11645	Sep 6	Sep 27	4:30pm	5:00pm	M W	\$21	\$32	
11646	Sep 9	Oct 28	11:30am	12:00pm	Sat	\$24	\$36	
Adult Learn to Swim								
11611	Sep 6	Sep 27	7:00pm	8:00pm	M W	\$37	\$55	
Adult Stroke Refinement								
11612	Sep 6	Sep 27	7:00pm	8:00pm	M W	\$37	\$55	
Private Lesson								
11647	Sep 9	Oct 28	9:00am	9:30am	Sat	\$120	\$180	
11648	Sep 9	Oct 28	9:35am	10:05am	Sat	\$120	\$180	
11649	Sep 9	Oct 28	10:10am	10:40am	Sat	\$120	\$180	
11650	Sep 9	Oct 28	10:45am	11:15am	Sat	\$120	\$180	
11651	Sep 9	Oct 28	11:20am	11:50am	Sat	\$120	\$180	

ADULT WATER EXERCISE CLASSES BY LOCATION

Cactus Aquatic & Fitness Center								
7202 E Cactus Road - 480-312-7665								
Activity Number	Beginning Date	End Date	Starting Time	Ending Time	Week Day	Resident	Non-Resident	
Shallow Water Aerobics								
11682	Aug 28	Sep 22	9:00am	9:50am	M W F	\$29	\$44	
11683	Sep 25	Oct 20	9:00am	9:50am	M W F	\$32	\$48	
11684	Oct 23	Nov 17	9:00am	9:50am	M W F	\$32	\$48	
11685	Nov 27	Dec 22	9:00am	9:50am	M W F	\$32	\$48	

Eldorado Aquatic & Fitness Center								
2301 N Miller Road - 480-312-2484								
Activity Number	Beginning Date	End Date	Starting Time	Ending Time	Week Day	Resident	Non-Resident	
Shallow Water Aerobics								
11599	Aug 28	Sep 22	9:00am	9:50am	MTWRF	\$43	\$65	
11603	Aug 28	Sep 22	6:00pm	6:50pm	M W F	\$34	\$51	
11600	Sep 25	Oct 20	9:00am	9:50am	MTWRF	\$45	\$68	
11604	Sep 25	Oct 20	6:00pm	6:50pm	M W F	\$36	\$54	
11601	Oct 23	Nov 17	9:00am	9:50am	MTWRF	\$45	\$68	
11605	Oct 23	Nov 17	6:00pm	6:50pm	M W F	\$36	\$54	
11602	Nov 27	Dec 22	9:00am	9:50am	MTWRF	\$45	\$68	
11606	Nov 27	Dec 22	6:00pm	6:50pm	M W F	\$36	\$54	
Deep Water Aerobics								
11577	Aug 28	Sep 22	11:00am	11:50am	M W F	\$34	\$51	
11581	Aug 28	Sep 22	6:00pm	6:50pm	M W F	\$34	\$51	
11578	Sep 25	Oct 20	11:00am	11:50am	M W F	\$36	\$54	
11582	Sep 25	Oct 20	6:00pm	6:50pm	M W F	\$36	\$54	
11579	Oct 23	Nov 17	11:00am	11:50am	M W F	\$36	\$54	
11583	Oct 26	Nov 16	6:00pm	6:50pm	Thurs	\$12	\$18	
11580	Nov 27	Dec 22	11:00am	11:50am	M W F	\$36	\$54	
11584	Nov 30	Dec 21	6:00pm	6:50pm	Thurs	\$12	\$18	
Ache Away								
11574	Aug 28	Sep 22	10:00am	10:50am	M W F	\$34	\$51	
11571	Sep 25	Oct 20	10:00am	10:50am	M W F	\$36	\$54	
11572	Oct 23	Nov 17	10:00am	10:50am	M W F	\$36	\$54	
11573	Nov 27	Dec 22	10:00am	10:50am	M W F	\$36	\$54	
Tone N' Tai Chi								
11607	Aug 28	Sep 22	9:00am	9:50am	M W F	\$34	\$51	
11608	Sep 25	Oct 20	9:00am	9:50am	M W F	\$36	\$54	
11609	Oct 23	Nov 17	9:00am	9:50am	M W F	\$36	\$54	
11610	Nov 27	Dec 22	9:00am	9:50am	M W F	\$36	\$54	

McDowell Mountain Ranch Park & Aquatic Center								
15525 N Thompson Peak Pkwy - 480-312-6677								
Activity Number	Beginning Date	Dates	Starting Time	Ending Time	Week Day	Resident	Non-Resident	
Shallow Water Aerobics								
11654	Aug 28	Sep 22	8:00am	8:50am	MTWRF	\$43	\$65	
11655	Aug 28	Sep 22	9:00am	9:50am	MTWRF	\$43	\$65	
11652	Sep 25	Oct 20	8:00am	8:50am	MTWRF	\$45	\$68	
11653	Sep 25	Oct 20	9:00am	9:50am	MTWRF	\$45	\$68	
Deep Water Aerobics								
11614	Aug 28	Sep 22	11:00am	11:50am	MTWRF	\$43	\$65	
11657	Sep 25	Oct 20	11:00am	11:50am	MTWRF	\$45	\$68	
11613	Oct 23	Nov 17	8:00am	8:50am	MTWRF	\$45	\$68	
11615	Oct 23	Nov 20	8:00am	8:50am	MTWRF	\$45	\$68	
11658	Oct 23	Nov 17	9:00am	9:50am	MTWRF	\$45	\$68	
11659	Nov 27	Dec 22	11:00am	11:50am	MTWRF	\$60	\$90	

LIFEGUARD TRAINING

McDowell Mountain Ranch Park & Aquatic Center								
15525 N Thompson Peak Pkwy - 480-312-6677								
Activity Number	Beginning Date	Dates	Starting Time	Ending Time	Week Day	Resident	Non-Resident	
StarGuard Training								
11664	Nov 6	Nov 20	5:00pm	8:00pm	M W Sat	\$170	\$255	