

## AQRC Fall 2019 Session Program Details



### 1. Learn-To-Swim Program

Fall 2019 Session					Next Winter 2019-2020 Session						
Location	Address	Days	Class Times	Fall 2019 Session		Location	Address	Days	Class Times	Winter 2019-2020 Session	
Bergen Community College	400 Paramus Rd, Paramus, NJ 07652	Tue	6 PM	N/A		Bergen Community College	400 Paramus Rd, Paramus, NJ 07652	Tue	6 PM	1/7 ~ 3/10 (10 weeks)	
		Tue	7 PM	9/3 ~ 12/17 (16 weeks)				Tue	7 PM	1/7 ~ 3/10 (10 weeks)	
		Tue	8 PM (Youth)	9/3 ~ 11/5 (10 weeks)				Tue	8 PM (Youth)	N/A	
		Tue	8 PM (Adults)	9/3 ~ 11/5 (10 weeks)				Tue	8 PM (Adults)	2/4 ~ 5/5 (14 weeks)	
		Thur	6 PM & 6:50 PM	9/5 ~ 10/31 (9 weeks)	* 50 mins class			Thur	6 PM & 6:50 PM	1/2 ~ 3/12 (11 weeks)	* 50 mins class
		Sat	12 pm, 1 pm	9/7 ~ 11/23 (12 weeks)				Sat	12 pm, 1 pm	1/25 ~ 5/9 (16 weeks)	
Ramapo College of NJ	505 Ramapo Valley Rd, Mahwah, NJ 07430	Sat	4:30 PM	9/7 ~ 12/14 (12 weeks)	10/12, 10/19 & 11/30 Off 10/26 starts @ 6 pm	Ramapo College of NJ	505 Ramapo Valley Rd, Mahwah, NJ 07430	Sat	4:30 PM	12/21 ~ 3/14 (12 weeks)	12/28 Off 1/18 & 1/25 starts @ 6 pm
		Sun	4:30 PM	9/8 ~ 11/3 (9 weeks)				Sun	4:30 PM	11/10 ~ 1/19 (9 weeks)	12/1 & 12/29 Off
HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	5 PM	9/9 ~ 11/4 (9 weeks)		HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	4 PM	11/11 ~ 1/20 (9 weeks)	12/23 & 12/30 Off
		Wed	5PM	9/11 ~ 11/6 (9 weeks)				Wed	4 PM & 5 PM	11/13 ~ 1/29 (9 weeks)	11/27, 12/25 & 1/1 Off
		Fri	5 PM	9/13 ~ 11/15 (10 weeks)				Fri	4 PM & 5 PM	11/22 ~ 1/31 (9 weeks)	11/29 & 12/27 Off
		Sat	10 AM	9/7 ~ 11/9 (10 weeks)				Sat	10 AM	11/16 ~ 1/25 (9 weeks)	11/30 & 12/28 Off
		Sun	10 AM, 11 AM, & 2 PM	9/8 ~ 11/10 (10 weeks)				Sun	10 AM, 11 AM, & 2 PM	11/17 ~ 1/26 (9 weeks)	12/1 & 12/29 Off

\* Membership Required: All members must have either One Session Membership(\$30) per swimmer or [Annual Membership\(\\$120\) per family](#)

### 2. Team Prep Program

Fall 2019 Session					Next Winter 2019-2020 Session						
Location	Address	Days	Class Times	Winter 2018-2019 Session		Location	Address	Days	Class Times	Summer 2019 Session	
Ramapo College of NJ	505 Ramapo Valley Rd, Mahwah, NJ 07430	Sat	5:30 ~ 7:30 PM	9/7 ~ 12/14 (12 weeks)	10/12, 10/19 & 11/30 Off 10/26 starts @ 7 pm	Ramapo College of NJ	505 Ramapo Valley Rd, Mahwah, NJ 07430	Sat	5:30 ~ 7:30 pm	12/21 ~ 3/14 (12 weeks)	12/28 Off 1/18 & 1/25 starts @ 6 pm
		Sun	5:30 ~ 7:30 PM	9/8 ~ 11/3 (9 weeks)				Sun	5:30 ~ 7:30 pm	11/10 ~ 1/19 (9 weeks)	12/1 & 12/29 Off
		Both Sat & Sun	5:30 ~ 7:30 PM	9/7 ~ 12/4	10/12, 10/19 & 11/30 Off 10/26 starts @ 7 pm			Both Sat & Sun	5:30 ~ 7:30 pm	11/10 ~ 3/14	12/1, 12/28, 12/29 Off 1/18 & 1/25 starts @ 6 pm
HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	6:30 ~ 8:30 PM	9/9 ~ 11/4 (9 weeks)	11/11 starts @ 7 pm	HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	7:00 ~ 9:00 PM	11/11 ~ 1/20 (9 weeks)	12/23 & 12/30 Off
		Wed	6:30 ~ 8:30 PM	9/11 ~ 11/6 (9 weeks)	11/11 starts @ 7:30 pm			Wed	7:30 ~ 9:30 PM	11/13 ~ 1/29 (9 weeks)	11/27, 12/25 & 1/1 Off
		Fri	6:30 ~ 8:30 PM	9/13 ~ 11/8 (9 weeks)				Fri	7:00 ~ 9:00 PM	11/15 ~ 1/31 (10 weeks)	11/29 & 12/27 Off
		Any 2 days Per week	6:30 ~ 8:30 PM	9/9 ~ 11/8 (9 weeks)				Any 2 days Per week	7:00 ~ 9:00 PM	11/11 ~ 1/31 (9 weeks)	11/27, 11/29, 12/23, 12/25, 12/27, 12/30, 1/1 Off
		3 days Per week	6:30 ~ 8:30 PM	9/9 ~ 11/8 (9 weeks)				3 days Per week	7:00 ~ 9:00 PM	11/11 ~ 1/31 (9 weeks)	11/27, 11/29, 12/23, 12/25, 12/27, 12/30

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