

AQRC Winter/Spring 2020 Session Program Details



1. Learn-To-Swim Program

Winter/Spring 2020 Session						Next Spring/Early-Summer 2020 Session					
Location	Address	Days	Class Times	Winter/Spring 2020 Session		Location	Address	Days	Class Times	Spring/Early-Summer 2020 Session	
Bergen Community College	400 Paramus Rd, Paramus, NJ 07652	Tue	6 PM & 7 PM	1/7 ~ 3/10 (10 weeks)		Bergen Community College	400 Paramus Rd, Paramus, NJ 07652	Tue	6 PM & 7 PM	3/17 ~ 5/26 (10 weeks)	3/31 Off
		Tue	8 PM (Youth)	2/4 ~ 5/26 (15 weeks)	2/11 & 3/31 Off			Tue	8 PM (Youth)	2/4 ~ 5/26 (15 weeks)	[Cont*] 2/11 & 3/31 Off
		Tue	8 PM (Adults)	2/4 ~ 5/26 (15 weeks)	2/11 & 3/31 Off			Tue	8 PM (Adults)	2/4 ~ 5/26 (15 weeks)	[Cont*] 2/11 & 3/31 Off
		Thur	6 PM & 6:40 PM	1/2 ~ 3/12 (11 weeks)	* 50 mins class			Thur	6 PM & 6:40 PM	3/19 ~ 5/28 (10 weeks)	* 50 mins class 5/14 Off
		Sat	12 PM & 1 PM	1/25 ~ 5/9 (16 weeks)				Sat	12 PM & 1 PM	1/25 ~ 5/9 (16 weeks)	[Cont*]
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	Ramapo College of NJ	505 Ramapo Valley Rd, Mahwah, NJ 07430	Sat	4:30 PM	3/21 ~ 6/13 (10 weeks)	4/4, 4/11 & 5/23 Off
		Sun	4:30 PM	1/26 ~ 3/22 (9 weeks)				Sun	4:30 PM	3/29 ~ 6/14 (9 weeks)	4/12, 4/26 & 5/24 Off
HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	4 PM	1/27 ~ 3/30 (10 weeks)		HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	4 PM & 5 PM	4/13 ~ 6/15 (9 weeks)	5/25 Off
		Wed	4 PM & 5 PM	2/5 ~ 4/1 (9 weeks)				Wed	4 PM & 5 PM	4/15 ~ 6/17 (10 weeks)	
		Fri	4 PM & 5 PM	2/7 ~ 4/3 (9 weeks)				Fri	4 PM & 5 PM	4/17 ~ 6/19 (10 weeks)	
		Sat	10 AM	2/1 ~ 3/28 (9 weeks)				Sat	10 AM	4/4 ~ 6/13 (9 weeks)	4/11 & 5/23 Off
		Sun	10 AM, 11 AM & 2 PM	2/2 ~ 3/29 (9 weeks)				Sun	10 AM, 11 AM & 2 PM	4/5 ~ 6/14 (9 weeks)	4/12 & 5/24 Off

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

2. Team Prep Program

Winter/Spring 2020 Session						Next Spring/Early-Summer 2020 Session					
Location	Address	Days	Class Times	Winter/Spring 2020 Session		Location	Address	Days	Class Times	Spring/Early-Summer 2020 Session	
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 @ 7 pm	Ramapo College of NJ	505 Ramapo Valley Rd, Mahwah, NJ 07430	Sat	5:30 ~ 7:30 pm	3/21 ~ 6/13 (10 weeks)	4/4, 4/11 & 5/23 Off
		Sun	5:30 ~ 7:30 PM	1/26 ~ 3/22 (9 weeks)				Sun	5:30 ~ 7:30 pm	3/29 ~ 6/14 (9 weeks)	4/12, 4/26 & 5/24 Off
		Both Sat & Sun	5:30 ~ 7:30 PM	12/21 ~ 3/22 (12 weeks)	12/1, 12/28, 12/29 Off 1/18 & 1/25 starts @ 6 pm			Both Sat & Sun	5:30 ~ 7:30 pm	3/21 ~ 6/14 (9 weeks)	4/4, 4/11, 4/12, 4/26, 5/23, 5/24 Off
HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	7:00 ~ 9:00 PM	1/27 ~ 3/30 (10 weeks)		HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	6:30 ~ 8:30 PM	4/13 ~ 6/15 (9 weeks)	5/25 Off
		Wed	7:30 ~ 9:30 PM	2/5 ~ 4/1 (9 weeks)				Wed	6:30 ~ 8:30 PM	4/15 ~ 6/17 (10 weeks)	
		Fri	6:30 ~ 8:30 PM	2/7 ~ 4/3 (9 weeks)				Fri	6:30 ~ 8:30 PM	4/17 ~ 6/19 (10 weeks)	
		Any 2 days Per week		1/27 ~ 4/3 (9 weeks)				Any 2 days Per week	6:30 ~ 8:30 PM	4/13 ~ 6/19 (10 weeks)	5/25 Off
		3 days Per week		1/27 ~ 4/3 (9 weeks)				3 days Per week	6:30 ~ 8:30 PM	4/13 ~ 6/19 (10 weeks)	5/25 Off

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