

## AQRC Winter 2019-2020 Session Program Details



### 1. Learn-To-Swim Program

Winter 2019-2020 Session						Next Spring 2020 Session					
Location	Address	Days	Class Times	Winter 2019-2020 Session		Location	Address	Days	Class Times	Spring 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 & 6:50 PM	1/2 ~ 3/12 (11 weeks)	* 50 mins class			Thur	6 PM & 6:50 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	11/10 ~ 1/19 (9 weeks)	12/1 & 12/29 Off			Sun	4:30 PM	1/26 ~ 3/22 (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	HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	4 PM	1/27 ~ 3/30 (10 weeks)	
		Wed	4 PM & 5 PM	11/13 ~ 1/29 (9 weeks)	11/27, 12/25 & 1/1 Off			Wed	4 PM & 5 PM	2/5 ~ 4/1 (9 weeks)	
		Fri	4 PM & 5 PM	11/22 ~ 1/31 (9 weeks)	11/29 & 12/27 Off			Fri	4 PM & 5 PM	2/7 ~ 4/3 (9 weeks)	
		Sat	10 AM	11/16 ~ 1/25 (9 weeks)	11/30 & 12/28 Off			Sat	10 AM	2/1 ~ 3/28 (9 weeks)	
		Sun	10 AM, 11 AM & 2 PM	11/17 ~ 1/26 (9 weeks)	12/1 & 12/29 Off			Sun	10 AM, 11 AM & 2 PM	2/2 ~ 3/29 (9 weeks)	

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

### 2. Team Prep Program

Winter 2019-2020 Session						Next Spring 2020 Session					
Location	Address	Days	Class Times	Winter 2019-2020 Session		Location	Address	Days	Class Times	Spring 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	11/10 ~ 1/19 (9 weeks)	12/1 & 12/29 Off			Sun	5:30 ~ 7:30 pm	1/26 ~ 3/22 (9 weeks)	
		Both Sat & Sun	5:30 ~ 7:30 PM	11/10 ~ 3/14 (12 weeks)	12/1, 12/28, 12/29 Off 1/18 & 1/25 starts @ 6 pm			Both Sat & Sun	5:30 ~ 7:30 pm	1/26 ~ 6/13 (10 weeks)	4/4, 4/11 & 5/23 Off
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	HNA Conference Center	334 Rte 9W, Palisades, NY 10964	Mon	7:00 ~ 9:00 PM	1/27 ~ 3/30 (10 weeks)	
		Wed	7:30 ~ 9:30 PM	11/13 ~ 1/29 (9 weeks)	11/27, 12/25 & 1/1 Off			Wed	7:30 ~ 9:30 PM	2/5 ~ 4/1 (9 weeks)	
		Fri	6:30 ~ 8:30 PM	11/22 ~ 1/31 (9 weeks)	11/29 & 12/27 Off			Fri	7:00 ~ 9:00 PM	2/7 ~ 4/3 (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			Any 2 days Per week	7:00 ~ 9:00 PM	1/27 ~ 4/3 (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			3 days Per week	7:00 ~ 9:00 PM	1/27 ~ 4/3 (9 weeks)	

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