

Capital Region Aquatic Center Community Programming

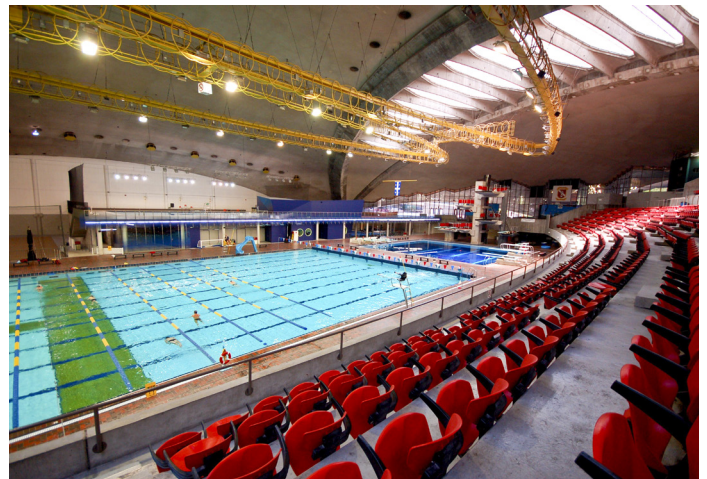
Programming for the community will include:

- Learn-to-Swim Programs
- Youth Water Polo, Diving and Synchronized Swimming Lessons/Training
- Adaptive Aquatic Lessons/Training
- Private Lessons
- WSI (Water Safety Instruction) Training
- Boating Safety Courses
- CPR, First Aid, Lifeguard Certifications
- Water Aerobics/Aquatic Fitness Classes
- Lap Swimming
- Paddle Board Training/Yoga
- Aquatic Physical Therapy
- Programs for people with special needs
- Programs for Veterans
- Exercise programs for people with arthritis
- Special Olympics
- Home School Teams and Programs
- Scuba Diving Classes
- Masters Training
- Triathlon Training
- Camps & Clinics
- Parties
- Personal Training
- Cross-Training



And as a facility that fully meets NCAA and FINA standards, Capital Region Aquatic Center will host:

- High School and Collegiate events
- USA Swimming events
- Masters Swimming events
- USA Water Polo events
- USA Diving events
- USA Synchro events



Capital Region Aquatic Center

The Northeast's Premier Aquatic Facility