Children

Proper swim attire includes a swim suit or swim trunks with liner (except board shorts). No cotton shirts, white t-shirts, or socks, or undergarments are allowed into the water. Persons with disabilities are welcome to participate in programs and classes. Reasonable accommodations will be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the program or class you wish to participate.

All swimmers must wear proper swim attire. All patrons must take a soap shower before entering the pool.

Children under 4 years of age must be accompanied by an adult within one arm’s length of the child at all times. Proper swim attire includes a swim suit or swim trunks with liner (except board shorts). All swimmers must wear proper swim attire to be allowed into the pool. Proper swim attire includes a swim suit or swim trunks with liner (except board shorts). No cotton shirts, white t-shirts, or socks, or undergarments are allowed into the water. White t-shirt or white rash guards are not allowed in the pool area.

All patrons must take a soap shower before entering the pool. Patrons wishing to swim in the deep water section of the pool will be asked to complete a swim test to assess for swimming proficiency. Do not interfere with a lifeguard rescue or call for help unless in distress.

If you have a concern or a complaint about the facility or programs, please feel free to speak to the manager or contact the Citywide Aquatics Facility or programs. Reasonable accommodations will be provided upon request. To ensure availability, you are advised to make your request at least 72 hours prior to the program or class you wish to participate.

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NOVICE TEAM SPORTS
Team Sports and Junior Lifeguard Registration Opens Sunday, June 14 at 10am
Registration: $45.00 for one team, $40.00 for each additional team

Designed for entry-level competitors. Proof of age required. Age verification must be completed before the first meet, or the participant will not be allowed to compete. Participants compete in a Department-sponsored Swimming league. Participants must demonstrate an intermediate level swimming competency. All meet times and locations will be announced. Fees includes t-shirt and awards. A team sport awards banquet is scheduled for the last week of summer. Athletes who compete in two or more meets and/or sports will receive a combined participation award.

LEARN TO SWIM

LESSON REGISTRATION

- Pre-registration for the following session begins on the Saturday after the end of the session.
- No telephone registration.
- Fees must be paid at the time of registration. NO EXCEPTIONS.

YOUTH - $40.00 ADULT - $50.00

LESSONS CATEGORIES & REQUIREMENT


Parent/Child – Children must be accompanied by an adult. Parent and child are introduced to basic water safety in a comfortable environment.

Water Confidence (Level 1) – Introduction to water safety and water acclimation. Buoyancy in water and basic skills will be taught. Kicking, breathing, and alternate arm action techniques are introduced as well as entering and exiting pool on own.

Beginner (Level 2) – Learn safety skills including floats and treading water, and progressive skills leading to front crawl including combined arm and leg action.

Advanced Beginner (Level 3) – Learn dolphin and scissor kicks, rotary breathing, progressive skills leading to diving, front crawl and elementary backstroke.

Intermediate (Level 4) – Refine crawl and elementary backstroke. Introduction to back crawl, breaststroke, sidestroke and butterfly. Turns and surface dives introduced.

Swimmer (Level 5) – Refine strokes and improve conditioning. Learn additional aquatic skills such as surface dives, flip turns, and improve diving into the pool.

GROUP LESSONS

MONDAY THROUGH FRIDAY
10 Lessons/2 weeks .......... YOUTH $40.00 ADULT $50.00

Session # 1 ..................... June 22 - July 03
Session # 2 ..................... July 06 - July 17
Session # 3 ..................... July 20 - July 31
Session # 4 ..................... Aug 3 - Aug 14
(Late Afternoon Lessons ONLY)
Session # 5 ..................... Aug 17 - Aug 28

SATURDAY & SUNDAY
Session # 1 ..................... June 27 - July 26
Session # 2 ..................... Aug 01 - Aug 30

YOUTH LESSONS

Intermediate .......... Mon. - Fri....11:00 a.m. - 11:30 a.m.
Adv. Beginner .......... Mon. - Fri....11:30 a.m. - 12:00 p.m.
Beginner ............... Mon. - Fri....11:30 a.m. - 12:00 p.m.
Water Confidence ...... Mon. - Fri....11:30 a.m. - 12:00 p.m.
Beginner ............... Mon. - Fri....12:00 p.m. - 12:30 p.m.
Adv. Beginner .......... Mon. - Fri....12:30 p.m. - 1:00 p.m.
Intermediate .......... Mon. - Fri....12:30 p.m. - 1:00 p.m.
Parent/Child ............ Mon. - Fri....12:30 p.m. - 1:00 p.m.
Swimmer ................. Mon. - Fri....1:00 p.m. - 1:30 p.m.
Beginner ............... Mon. - Fri....3:00 p.m. - 3:30 p.m.
Water Confidence ...... Mon. - Fri....3:30 p.m. - 3:30 p.m.
Parent/Child ............ Sat. & Sun......1:00 p.m. - 1:30 p.m.

ADULT LESSONS

Adult Level 1-3.......... Mon. - Fri....5:00 p.m. - 5:30 p.m.
Adult Level 4-5 .......... Mon. - Fri....5:30 p.m. - 6:00 p.m.

SYNCHRONIZED SWIMMING

Length of Season ................................................. June 22 – August 14
Workouts ............................................................. Monday - Friday, 3:00 p.m. – 4:00 p.m.
Age ................................................................. 7-17

*Swim team members must attend a minimum of 2 workouts per week to compete in swim meets

JUNIOR LIFEGUARD PROGRAM - $40.00
Program meets Monday – Friday .......................... 4:00 p.m. – 5:00 p.m.
Length of Season .................................................. June 22 – August 14
Program begins June 23rd. The Junior Guard program allows youths between 10-17 years of age an opportunity to improve their swimming skills, receive a basic understanding of water rescue, first aid, beginning and intermediate snorkeling skills and canoeing skills. The cost of the program will include one Junior Lifeguard T-shirt, bus transportation to selected events, materials, and instruction. This program is not eligible for a two team discount rate. Program limited to 20 participants. This program is not eligible for an additional team discount. Check with pool clerk for last day to register.

*The classes and programs in this brochure may be subject to cancellation.*