

Activities	Sun.	Mon.	Tues.	Wed.	Thu.	Fri.	Sat.
Novice Swim Club (Ages 5-15)	X	X	6:00-7:00pm	X	6:00-7:00pm	X	1:00pm–2:00pm
Aqua Fitness	X	X	11:00am-12:00pm	11:00am-12:00pm	11:00am-12:00pm	10:30-11:30am	X

Swim Lesson Session Dates (8 lessons)

Session Dates—2 days a week classes

Session I: Week of June 6–July 1 Session II: July 11–August 5

Session Dates—1 day a week classes

June 4–July 23

CLASS MAKE UP POLICY

If class is cancelled by us due to weather or a facility issue, makeup classes are available at the times/days listed. Makeups should be completed with the session enrolled. *2 makeups max for 2 days cancelled.* If more than 4 classes are cancelled due to weather in the session, staff will help you re-enroll into another session. Sorry—no makeups offered for not attending a scheduled class.

Weather Policy

When lightning is seen or thunder heard the pool will be closed until there has been no lightning or thunder for 30 minutes. All patrons will be asked to leave the pool and deck areas immediately.

Summer 2022 Holiday Hours

Monday, May 30: Open Swim 12:00–5:00pm

Thursday, June 23: Event, Closed Select Hours in am

Monday, July 4: Open Swim 12:00-5:00pm

LAP SWIM: Ages 18 and up or by special permission. Lap lanes are reserved for lap swim or aqua jogging. Shared lanes and circle swim may be required depending on participant volume. Individuals under 18 should speak with the pool staff about permission to use the lanes. **Fee: Current Rec Card and Lap Swim Pass, or Daily Drop In Fee**

OPEN SWIM: All Ages. Children under 8 years must be accompanied by an adult both in and out of the water. Enjoy the entire pool and all it's amenities. All swimmers under 18 years old will be swim tested and given the appropriate wrist band to signify shallow or deep water swimming ability. All floatation devices must be Coast Guard approved. Life vests are available for use. **Fee: Current Rec Card or Daily Drop In Fee**

FEATURE AREA: Children under 8 with an Adult. Here, you and your preschooler can enjoy our mushroom fountain, spray features, and frog slide while the rest of the pool is being used for youth and adult programming. Water is 0 to 2 feet deep. **Fee: Current Rec Card or Daily Drop In Fee**

AQUA FITNESS: Ages 18 and up. This class is a medium intensity, low impact workout held in chest deep water. This class will increase cardiovascular endurance and emphasize muscular strength and flexibility. Water equipment will be used for added resistance. Water dumbbells and water noodles will be provided. **Class Fee: Current Rec Card or Daily Drop In Fee**

AQUA STRETCH & TONE: Ages 18 and up. Low impact and low intensity. This class will increase your range of motion, flexibility and help relieve stress. All in the water. **Class Fee: Current Rec Card or Daily Drop In Fee**

PARENT/CHILD AQUATICS: Ages 6 months to 3 years. This program familiarizes young children to the water and prepares them to learn to swim. Parents are given safety information and taught techniques to help orient their children to the water and direction regarding how to supervise water activities. This is a great bonding experience with wonderful lifelong memories. **Class fee: Current Rec Card and \$24 per session (8 lessons)**

PRESCHOOL AQUATICS: Ages 3 to 5 years. This program promotes the developmentally appropriate learning of fundamental water safety and aquatic skills for young children. Skills include aquatic and water safety with water entry/exit, breath control and submerging, buoyancy, changing direction and position, treading, swim on front and back, and water safety. **Class Fee: Current Rec Card and \$24 per session (8 lessons)**

LEARN TO SWIM: Ages 6 and up. The Learn to Swim program teaches aquatic and personal water safety skills in a logical progression. With six levels of progression, participants build on their basic skills to learn various propulsive movements on the front, back, and side. As the levels increase, stroke refinement and endurance increase. **Class Fee: Current Rec Card and \$24 per session (8 lessons)**

ADULT SWIM LESSONS: Ages 18 and up. Learn to swim or improve your strokes. We will work with you at your own pace and according to your swim level and goals. **Class Fee: Current Rec Card and \$24 per session (8 lessons)**

NOVICE SWIM TEAM: Ages 5-15. Must be able to swim 25 yards unassisted. Children will improve their swim strokes and get a grass roots experience in the world of competitive swimming. Competitions occur summer season only. **Class Fee: Current Rec Card**

NOVICE MEET DATE/TIME:

Saturday, June 18 Interbay Pool, 4321 W. Estrella Street: 8:30am warmup, 9:00am start

Saturday, June 25 Copeland Pool, 2900 N. 15th Street: 8:30am warmup, 9:00am start

Saturday, July 16, Bobby Hicks Pool, 4120 W. Mango Ave.: 8:30am warmup, 9:00am start

Saturday, August 6, Del Rio Pool, 10105 North Boulevard: 8:30am warmup, 9:00am start

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