

Swimming Lessons

Session	Registration Dates Begin	Class Dates
1	May 17-May 28	June 7-June 18
2	May 31-June 11	June 21-July 2
3	June 14-June 25	July 12-July 23
4	June 28-July 9	July 26-August 6

*All classes meet Monday-Thursday (Friday will be used as a bad weather day only!!)

**All classes include one First Aid class day and one CPR class day

Fees: \$50.00 per participant

Times:

9:00-9:45am
9:00-9:45am
9:00-9:45am

10:00-10:25am
10:25-10:55am
10:00-10:45am

11:00-11:25am
11:00-11:25am
11:00-11:45am

11:30-11:55am
11:30-11:55am
11:30-11:55am

Class:

Level III
Level IV
Level V

Level I
Level II
Level III, IV, V

Level I
Level II
Level III

Level I
Level II
Parent and Child Aquatics

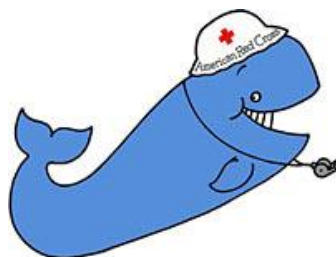
Adult Fitness Walking Class-Lazy River

Available for adults during swim lessons- children not in swim lessons may not be left unattended (babysitting not available).

Two-week swim lesson fee: \$15.00

9:00-9:45am/10:00-10:45am/11:00-11:45am

Limit of 12 participants per class



Red Cross Water Safety Instructor (WSI) Certified
Red Cross Community CPR & First Aid



Swim Lessons Course Description

<p><u>Level I-Introduction to Water Skills</u></p> <ul style="list-style-type: none"> Enter and exit water safely Submerge mouth, nose and eyes Exhale underwater through mouth and nose Open eyes underwater, pick up submerged object Change direction while walking or paddling Roll over from front to back and back to front with support Explore floating on front and back with support Explore swimming on front and back using arm and leg actions with support Use a PFD 	<p><u>Level IV-Stroke Improvement</u></p> <ul style="list-style-type: none"> Swim underwater Perform open turns on front and back Tread water using sculling arm motions and with different kicks Perform the following: <ul style="list-style-type: none"> ○ Front and back crawl ○ Breaststroke ○ Butterfly ○ Elementary backstroke Swim on side using scissors-like kick Perform compact jump into water from a height while wearing a PFD
<p><u>Level II-Fundamental Aquatic Skills</u></p> <ul style="list-style-type: none"> Enter water by stepping or jumping from the side Exit water safely using ladder or side Submerge entire head Blow bubbles submerging head in a rhythmic pattern (bobbing) Open eyes underwater, pick up a submerged object in shallow water Float on front and back Perform front and back glide Change direction of travel paddling on front or back Roll over from front to back, back to front Tread water using arm and leg motions (chest-deep water) Swim on front, back, and side using combined arm and leg actions Move in the water while wearing a life jacket 	<p><u>Level V-Stroke Refinement</u></p> <ul style="list-style-type: none"> ○ Front flip turn ○ Backstroke flip turn ○ Front and back crawl ○ Butterfly ○ Breaststroke ○ Elementary backstroke ○ Sidestroke <p>Tread water with two different kicks Learn survival swimming</p>
<p><u>Level III-Stroke Development</u></p> <ul style="list-style-type: none"> Jump into deep water from the side Dive from kneeling or standing position Submerge and retrieve an object in chest deep water Bob with the head fully submerged Rotary breathing in horizontal position Perform front and back glide using two different kicks Float on front and back in deep water Change from horizontal to vertical position on front and back Tread water using hand and leg movements Perform front and back crawl Butterfly—kick and body motion Perform the HELP and Huddle position 	<p><u>American Red Cross Parent and Child Aquatics</u></p> <p>Developed for children 6 months to 5 years of age, American Red Cross Parent and Child Aquatics builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more</p>

Special Events



Individual and Family Swim passes may not be used during special events held at the pool.

Splashville Special Event Admission

Admission	\$4.00 per person
Ages 2 & Under	FREE
Senior Citizen (65 & Up)	\$3.00 per person
Rental of tube (Movie/Fireworks Nights)	\$2.00 per person (limited)

*****All patrons must pay (swimmers and non-swimmers)***

<u>Event:</u>	<u>Date:</u>	<u>Time:</u>
Special Weekends:	Saturday, May 15 th	1:00pm-6:00pm
	Sunday, May 16 th	1:00pm-6:00pm
	Saturday, May 22 nd	1:00pm-6:00pm
	Sunday, May 23 rd	1:00pm-6:00pm
*Movie and FIREWORKS:	Friday, June 11 th	8:00pm-11:00pm
*Independence Day FIREWORKS:	Saturday, July 3 rd	8:00pm-11:00pm
*Movie Night:	Friday, July 23 rd	8:00pm-11:00pm
*Back to School Luau, Movie and FIREWORKS:	Saturday, August 21 st	8:00pm-11:00pm

*Splashville will close at 7:00pm and will re-open at 8:00pm. Daily admission is not applicable. Water park activities (slides, lazy river, etc..) will shut down 30 minutes prior to the start of the event. Tubes will not be allowed in the pool area until after the water park activities shut down.



Water Aerobics/Lap Swimming

Session	Activity	Registration Dates Begin	Class Dates	Fees
1	Water Aerobics-MWF	May 17-May 28	June 2-June 30	\$45.00
1	Water Aerobics-TTH	May 17-May 28	June 1-June 29	\$30.00
1	Lap Swimming-MWF	May 17-May 28	June 2-June 30	\$30.00
1	Lap Swimming-TTH	May 17-May 28	June 1-June 29	\$25.00
2	Water Aerobics-MWF	June 14-June 25	July 2-July 30	\$45.00
2	Water Aerobics-TTH	June 14-June 25	July 1-July 29	\$30.00
2	Lap Swimming-MWF	June 14-June 25	July 2-July 30	\$30.00
2	Lap Swimming-TTH	June 14-June 25	July 1-July 29	\$25.00
3	Water Aerobics-MWF	July 12-July 23	August 2-August 30	\$45.00
3	Water Aerobics-TTH	July 12-July 23	August 3-August 31	\$30.00
3	Lap Swimming-MWF	July 12-July 23	August 2-August 30	\$30.00
3	Lap Swimming-TTH	July 12-July 23	August 2-August 31	\$25.00

For multiple classes a \$10.00 discount will be offered per session!!

JUNE

S	M	T	W	TH	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

**MWF-Water Aerobics
6:45am-7:30am**

**MWF-Lap Swimming
12:00pm-12:45pm**

JULY

S	M	T	W	TH	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

**TTH-Lap Swimming
6:45am-7:30am**

**TTH-Water Aerobics
12:00pm-12:45pm**

AUGUST

S	M	T	W	TH	F	S
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

**Fitness Walking-Mon-Thurs.
See-Swim Lessons for Details**

Schedule is subject to changes based on participation!!

All Swimmers Must Wear An Approved Swimsuit!

All swimmers must wear an appropriate swimsuit in order to enter and remain in the aquatics facility. An appropriate swimsuit is defined as a swim garment with an affixed/sewn inner lining. "Thong" bikinis and swim wear with exposed zippers, buckles, rivets or metal ornamentation are not permitted.

- NO SHORTS WITH BELTS
- NO DENIM JEANS OR SHORTS
- NO THONG BIKINIS
- NO CUT-OFFS ALLOWED

A clean t-shirt and sports or swim shorts may be worn over a swimsuit.

Spectators may accompany a person wearing a swimsuit into the pool area provided the spectators remain on deck. Spectators dressed in street clothes are not allowed in the pool. Spectators must pay the regular admission fee.

All diaper wearing children must wear swim diapers in the pool. Swim diapers are available for purchase from the Cashier. Please do not change diapers on the deck. A changing station is provided in each restroom for your convenience.

¡Todos nadadores tienen que llevar un traje de baño aprobado!

Todos tienen que llevar un traje de baño apropiado para entrar y quedarse en la facilidad acuática. El traje de baño tiene que tener un forro interior pegado/cosido. No se permiten hilos ni trajes de baño con cremalleras expuestas, hebillas, roblones, ni adornos metales.

- NO CORTOS CON CINTURONES
- NO JEANS/JEANS CORTOS
- NO CORTOS DE MEZCLILLA
- NO HILOS
- NO CORTOS SIN DOBLADILLO

Se puede llevar una camiseta limpia y cortos atléticos o cortos de baño sobre un traje de baño. Espectadores pueden acompañar a una persona quien lleva un traje de baño al área de la piscina pero tienen que quedarse en el patio. No se permiten espectadores vestidos en ropa para la calle en la piscina. Espectadores tienen que pagar la entrada normal.

Niños que llevan pañales tienen que llevar pañales de nadar. Se puede comprar pañales de nadar del cajero. Por favor, no cambien los pañales en el patio. Hay estaciones de cambiar en los baños.

Department of Health Safety

Recommendations!!

Three Steps for All Swimmers

Keep germs from causing illnesses (RWIs) at the pool:

- **Please** don't swim when you have diarrhea. You can spread germs in the water and make other people sick.
- **Please** don't swallow the pool water. Avoid getting water in your mouth.
- **Please** practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.

Three Steps for Parents of Young Kids

Keep germs out of the pool:

- **Please** take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- **Please** change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.
- **Please** wash your child thoroughly (especially the rear end) with soap and water before swimming. Invisible amounts of fecal matter can end up in the pool.

All visitors to Splashville must abide by all the rules, regulations and City Ordinances in order to continue a safe and healthy environment. Splashville will close for inclement weather when thunder or lightning is detected inside 10 miles of the facility. A refund will NOT be given for inclement weather, please check the forecast before coming to the facility. If at anytime you feel or see anything that disrupts a safe and healthy environment, please contact us immediately. Splashville may close without notice for chemical adjustments to the pool. We apologize for any inconvenience this may cause.