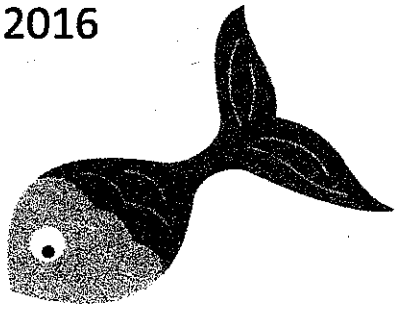
Swimming Pool Schedule 2016

440 S. Milton 357-7207



Hours

7 am – 8 am	Lap Swim
9 am – 12:45 pm	Swimming Lessons
1 pm – 4 pm	Public Swim
4:30 pm – 7:30 pm	Public Swim
7:45 – 9 pm	Family Swim
9 pm – 10pm	Water Aerobics

$$ Price $$

Lap & Family Swim $2.50 or group rent (church, scouts, etc)

Public Swim Sessions

1 yr to 12 yr	$3.00
13 yrs to older	$3.50
Water Aerobics	$3.00

Passes

Water Aerobics	10 punch pass	$25.00
Unlimited individual	1yr – 12 yr	$125.00

Family pass: 1 family & each member is a punch

100 punches	$250
50 punches	$145
25 punches	$75.00

All non-swimmers MUST be accompanied by an adult. A swim test may be given if needed. No masks, snorkels, or air-filled floatation devices are allowed. All children not potty-trained MUST wear a swim diaper.

Management reserves the right to refuse Admittance to any person(s).

Lessons (No Refunds)

Session	Times
May 31 – June 10	9:00 – 9:40 am
June 13- June 23	9:45 – 10:25
June 27 – July 8	10:30 – 11:10
July 11 – July 22	11:15 – 11:55
July 25 – Aug 4	12;00 – 12;40
Aug 8 – Aug 18	

Class Descriptions

Level I: Water Exploration Will fully submerged face for 3 seconds, bounce 10 times in chest deep water, front and back float (4 seconds). Blow bubbles, hold breath under water. Walk and maintain balance in chest deep water, Supported front and back kicks.

Level II: Primary Skills Prone and back glide 5 seconds(Recovery to feet), Level off from vertical position, 10 bobs, Jump from side in 5ft water and swim to side unassisted, flutter kick on front and back unassisted, finning on back, back crawl arm action, front crawl, turning over.

Level III: Stroke Readiness Crawl stroke with rotary breathing for 10 yds. Coordinated back crawl for 10 yds., Elementary backstroke for 10 yds., reverse direction in the water. Personal safety such as safe diving and treading water.

Level IV: Stroke Development. New locomotion skills are taught, sculling, elementary backstroke, breaststroke, and sidestroke with scissor kick. CPR

Level V: Stroke Refinement Perfect the strokes, butterfly kick, underwater swimming, diving, stride jump entry, turns

Level VI: Skill Proficiency Skill Proficiency, butterfly stroke with all turns, Pike and tuck dive, tread 3 min, tread with 2 lb. brick

Level VII: .Advanced Skills swim 500 yds continuously, distance and endurance, diving, retrieving brick in 10 ft, tread, water rescues

Pool reservations during non-business hours is $175, 11am - 1 pm on Saturdays.

Web site www.ci.shelley.id.us

Swimming lessons costs $35 per child. Payment is required for each child at the time of registration. **If you live outside of the City limits, add $10 to the cost of lessons! Signups begin May 16.**