

AQUATICS

**CLICK HERE FOR A PRINTABLE
REGISTRATION FORM**

IMPORTANT REGISTRATION & CLASS INFO.

SWIM LESSON REGISTRATION DEADLINE IS 2 P.M. ON THE THURSDAY PRIOR TO THE FIRST DAY OF CLASS

SWIM CLASSES WITH AN ASTERISK (*) NEXT TO THE DAYS OF CLASS WILL RUN AS FOLLOWS:

1ST WEEK: TU-F & 2ND WEEK: M-F

****NO SWIM LESSONS WILL TAKE PLACE
FRIDAY, APRIL 16TH**

POOL RULES

For you and your family's protection and enjoyment, the Department asks for your cooperation in the following requests:

1. Swimsuits are required for those who plan to enter the pool.
2. No inflatable devices (water wings). Foam devices must be approved.
3. Approved waterproof swim diaper required.
4. Shower before entering pool.
5. Parent/guardian is required to be in the water with children under the age of 5.

PUBLIC SWIM FEE CHART

Under 5 yrs./65 yrs. & up: FREE

6-17 yrs.: \$1.25	18-54 yrs.: \$2.50	55-64 yrs.: \$1.25
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ANNUAL POOL PASS

Up to 6 family members per visit: \$50

INDIVIDUAL 30-DAY FITNESS PASS

Access to AMCYC Fitness Center and Pool: \$30

POOL PARTY RENTALS

Book your own private pool party at the Paul Nelson Aquatic Center. We have two pools, two waterslides, a water umbrella, an octopus slide, two water inflatables, and a grass area all for your enjoyment. Various times and days are available for bookings.

POOL CLOSURES

The Paul Nelson Aquatic Center will be closed to the public on the following dates:

JANUARY 1 & THE 3RD FRIDAY OF EACH MONTH

WEEKDAY RECREATION SWIM

42" or accompanied by an adult

Enjoy the Recreation Pool during the week with your friends and family. We have three slides and a water umbrella for your enjoyment. **For use of Recreational Pool Only. Fees: Refer to Public Swim Fee Chart on this page.**

*Pool will be closed 4/16.

M,W,F 3:00-4:30 PM *04/05-04/30 PNAC

FITNESS SWIM

Run, walk, or swim laps in our Olympic-size heated pool. Various times offered to accommodate your busy schedule. **Pool will be closed 1/15, 2/19, 3/19, & 4/16.**

Fees: Refer to Public Swim Fee Chart on this page.

17 yrs. & up

Long Course 50M

M,W,F 5:30-7:00 AM

Short Course 25 yds.

M-Sa 12:00-1:30 PM

M-F 6:00-7:30 PM

LEVEL 1: WATER EXPLORATION

Students will be introduced to water entry and exit, blowing bubbles, floating, rolling over, treading water, front and back crawl with support, water safety and how to help others.

*First week runs Tu-F. **No swim lessons 04/16.

5 yrs. & up \$29.50(R)/\$36.50(N)

001 *M-F 5:05-5:40 PM 03/30-04/09 PNAC

002 *M-F 6:15-6:50 PM 03/30-04/09 PNAC

003 M-F 5:40-6:15 PM **04/12-04/23 PNAC

004 M-F 6:15-6:50 PM **04/12-04/23 PNAC

LEVEL 2: PRIMARY SKILLS

Students will be introduced to jumping in the water, blowing bubbles, submerging their head, floating on front and back, rolling over, treading water, front and back crawl five lengths, swimming on side with support, water safety and how to help others. *First week runs Tu-F. **No swim lessons 04/16.

5 yrs. & up \$29.50(R)/\$36.50(N)

001 *M-F 5:05-5:40 PM 03/30-04/09 PNAC

002 *M-F 6:15-6:50 PM 03/30-04/09 PNAC

003 *M-F 6:50-7:25 PM 03/30-04/09 PNAC

004 M-F 4:30-5:05 PM **04/12-04/23 PNAC

005 M-F 5:05-5:40 PM **04/12-04/23 PNAC

006 M-F 5:40-6:15 PM **04/12-04/23 PNAC

007 M-F 6:15-6:50 PM **04/12-04/23 PNAC

LEVEL 3: STROKE READINESS

Prerequisite: Level 2 Card or equivalent skills. Students will be introduced to jumping in deep water, diving, glides, floating, treading water for 30 seconds in deep water, front and back crawl 15 yards, elementary backstroke 15 yards, dolphin and scissor kick, water safety, and how to help others.

*First week runs Tu-F. **No swim lessons 04/16.

5 yrs. & up \$29.50(R)/\$36.50(N)

001 *M-F 5:40-6:15 PM 03/30-04/09 PNAC

002 *M-F 6:50-7:25 PM 03/30-04/09 PNAC

003 M-F 5:05-5:40 PM **04/12-04/23 PNAC

AQUATICS

NOTICE OF REGISTRATION PROCEDURES

Registrations must be received at least three days before the first class start date and have a minimum of six participants for the class to be a "GO". Otherwise, the class may be cancelled.

[CLICK HERE FOR CITY RESIDENT DISCOUNT INFO](#)

LEVEL 4: STROKE DEVELOPMENT

Prerequisite: Level 3 Card or equivalent skills. Students will be introduced to diving, swimming underwater 3 to 5 body lengths, floating, treading water, front and back crawl 25 yards, breast stroke 15 yards, elementary backstroke 25 yards, side stroke 5 yards, water safety, and how to help others. ***First week runs Tu-F. **No swim lessons 04/16.**

5 yrs. & up			\$29.50(R)/\$36.50(N)	
001	*M-F	5:40-6:15 PM	03/30-04/09	PNAC
002	*M-F	6:50-7:25 PM	03/30-04/09	PNAC
003	M-F	6:50-7:25 PM	**04/12-04/23	PNAC

LEVEL 5: STROKE REFINEMENT

Prerequisite: Level 4 Card or equivalent skills. Students In this class will be introduced to dives with glides, front crawl and back crawl 50 yards, butterfly 25 yards, breast stroke 25 yards, side stroke 25 yards, elementary backstroke 50 yards, treading water for 5 minutes, flip turns, water safety, and how to help others. ***First week runs Tu-F. **No swim lessons 04/16.**

5 yrs. & up			\$29.50(R)/\$36.50(N)	
001	*M-F	5:40-6:15 PM	03/30-04/09	PNAC
002	M-F	6:50-7:25 PM	**04/12-04/23	PNAC

LEVEL 6: FITNESS SWIMMER

Prerequisite: Level 5 Card and students must be able to swim 50 yards continuously. **STUDENTS WILL NEED TO PROVIDE THEIR OWN SWIM PADDLES AND SWIM FINS.** Students will be introduced to endurance swimming skills, swimming turns, how to use swim fitness equipment, swimming etiquette, and how to calculate heart rate. ***First week runs Tu-F.**

5 yrs. & up			\$29.50(R)/\$36.50(N)	
001	*M-F	6:15-6:50 PM	03/30-04/09	PNAC

LEVEL 6: PERSONAL WATER SAFETY

Prerequisite: Level 5 Card and must be able to swim 50 yards continuously. Students will be introduced to swimming endurance skills, swimming stroke turns, water and swimming survival skills. ***No swim lessons 04/16.**

5 yrs. & up			\$29.50(R)/\$36.50(N)	
001	M-F	6:50-7:25 PM	*04/12-04/23	PNAC

ADAPTIVE AQUATICS

Aquatics instruction for children with disabilities. Class will provide basic safety skills to improve independent freedom of movement. Instruction will focus on improving range of motion, muscle strength, and water safety skills. **It is requested that each participant be accompanied by a partner in the water for all sessions. *First week runs Tu-F. **No swim lessons 04/16.**

5 yrs. & up			\$29.50(R)/\$36.50(N)	
001	*M-F	4:30-5:05 PM	03/30-04/09	PNAC
002	M-F	4:30-5:05 PM	**04/12-04/23	PNAC

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PARENT AND CHILD LEVEL 1

Under the guidance of the instructor parents will work with their children on water adjustment, water entry and exit, exploring the pool, floating, bubbles, rolling over and personal water safety. ***First week runs Tu-F. 6 mos.-3 yrs.**

001	*M-F	5:05-5:40 PM	03/30-04/09	PNAC
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PARENT AND CHILD LEVEL 2

Under the guidance of the instructor parents will work with their children on water adjustments, exploring the pool in shallow water, stepping/jumping in the pool, ark and kick strokes with support, underwater exploration and exploration of front crawl and back crawl with support. ***No swim lessons 04/16. 3 mos.-6 yrs.**

001	M-F	5:05-5:40 PM	*04/12-04/23	PNAC
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SUPER TOT LEVEL 1

Students will be introduced to water entry and exit, exploring the pool, floating, gliding, arm and leg movements with support, blowing bubbles and water safety. ***First week runs Tu-F.**

3-4 yrs. \$29.50(R)/\$36.50(N)

001	*M-F	4:30-5:05 PM	03/30-04/09	PNAC
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SUPER TOT LEVEL 2

Students will be introduced to water entry using ladder, steps or side. Opening eyes underwater, glides, front and back floats with support, treading water using arms and legs. Front crawl three body lengths with support and back crawl three body lengths with support. ***No swim lessons 04/16.**

3-4 yrs. \$29.50(R)/\$36.50(N)

001	M-F	5:40-6:15 PM	*04/12-04/23	PNAC
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SUPER TOT LEVEL 3

Students will be introduced to jumping in the pool and bobbing. Students will independently demonstrate front and back floats, treading water, glides, front and back crawl 5 body lengths and water safety skills. ***No swim lessons 04/16.**

3-4 yrs. \$29.50(R)/\$36.50(N)

001	M-F	6:15-6:50 PM	*04/12-04/23	PNAC
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