

# Pool Schedules

## Lions Pool

509 W. Pine St., 575-6046

**Season:** 1/1 – 6/1 Open Daily

### Recreational Swimming

<b>Times:</b> 3:30-4:45 pm	M-F Starting Feb 22nd
1:00-3:00 pm	SAT
7:00-9:00pm	SAT

### Lap Swims and Water Walking

<b>Times:</b> 6:00-8:00 am	M-F
9:00-11:00 am	M-F
11:30-1:00pm	M-F
5:00-6:30 pm	M-SAT

### Instructional Programs

Classes are scheduled throughout the day. Check page \_ for specific times.

### Baby and Me

Tots 6 months-3 years

A fun, interactive water play time for parents and their children. Play, move and exercise with your children.

<b>Times:</b> 10:00-11:00 am	M,W
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### Preschool H2O Play

Bring your Preschooler for a non instructed play time! Children must be with in arms reach of the parent. One adult in the water for every three children.

<b>Times:</b> 10:00-11:00 am	M,W
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### Home-School Swim

This is an opportunity for Yakima's home-school students to receive P.E. credits for their curriculum or to socialize with fellow home-schoolers.

Seven years and older may be in the water without a parent.

<b>Times:</b> 1:30-3:00 pm	M,W,F Starting Feb 22nd
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## Funky Friday Nights (80's theme)

Alright you gnarly dude's it is time to take a step back into yester-years. We invite you and your far-out-friends to attend a special recreational swim with special rates, loud 80's music and much much more!

**Times:** 7:00-8:30 pm

Friday

*\* Special rates apply*

<i>Youth</i>	\$ .50
<i>Adult</i>	\$1.00
<i>Family</i>	\$3.25
<i>Honored Citizen</i>	\$.75

## Lions Pool Closures

The Pool may be closed on Tuesday and Thursday evenings due to High School swim meets and holidays.

12/8	1/5	1/21	5/31
12/15	1/18	1/26	
12/17	1/19	2/15	

### Learn-to-swim Sessions

M/W 6:00 – 8:30

1/25-2/17

2/22-3/17

3/22-4/14

4/19-5/12

### Learn-to-Swim and Exercise Class Schedule

## Lions Pool

(Morning Lessons, M-TH, Sessions I-IV)

Evening Lessons, M/W V, VI

<b>6:00</b>	Hydrofit	Semi-Private	
<b>6:30</b>	Hydrofit cont.	Tiny Tots	Preschool
<b>7:00</b>	Preschool 1	Level 1	Level 2
<b>7:30</b>	Preschool 2	Level 1	Level 3
<b>8:00</b>	Level 4	Level 5	

### Children (6 months - 3 years)

#### **Tiny Tots**

This program is designed to be both fun and informative. Our instructors will work with you and your child to help them become more comfortable in the water. Tiny Tot lessons are designed to help prepare children for Preschool lessons.

## **Children (3 years – 5 years)**

### **Preschool 1**

Front Float  
Back Float  
Getting face wet/bobs  
Jumping in the pool unassisted  
Introduction to kicking

### **Preschool 2**

Freestyle unassisted  
Streamline  
Jumping in and swimming unassisted  
Retrieve objects from the bottom of the pool  
Side bobs  
Introduction to backstroke  
Introduction to deep water

## **Children (6 years & older)**

### **Level 1**

Front Float  
Back Float  
Getting face wet/bobs  
Jumping in the pool unassisted  
Introduction to kicking

### **Level 2**

Freestyle unassisted  
Streamline  
Jumping in and swimming unassisted  
Retrieve objects from the bottom of the pool  
Side bobs  
Introduction to backstroke  
Introduction to deep water

### **Level 3**

Backstroke refinement  
Freestyle refinement w/side breathing  
Diving basics  
Introduction to dolphin kick  
Elementary backstroke  
Swimming strokes 30-40 feet

#### **Level 4**

Breaststroke  
Freestyle with breathing 25 yds  
Backstroke 25 yds  
Elementary backstroke 25 yds  
Dolphin kick refinement  
Diving from the board

#### **Level 5**

Breaststroke refinement 50 yds  
Backstroke 50 yds  
Freestyle with side breathing 50 yds  
Side stroke 25 yds  
Butterfly 25 yds  
Competitive approach and hurdle on diving board  
Introduction to flip turns

## **Registration**

Register 1 week prior to lesson start date and register at Lions Pool for all swim lessons.

Register in person or by phone. No mail-in registration please.

Pay with cash, check, Visa or MasterCard.

Classes with fewer than three participants may be combined with another class or cancelled. If this happens, the Head Instructor will share options that are available.

Families registering multiple family members in the session time are eligible for a 20% discount on the third and each additional registration.

### **Learn-to-Swim FEES:**

Learn-to-swim Lessons  
\$37/\$30 resident discount

Semi-Private Lessons  
\$96/\$80 resident discount

# Placement Tests

Not sure of the appropriate level for your child? Bring your swimmer to any open or recreational swim for a swim test. Staff will be glad to recommend an appropriate class level. There's no charge unless your child chooses to stay and participate in the session

# Lifeguard Training Class

This class is an intense training that will teach you all the necessary skills to become a lifeguard. So, if you think you have what it takes to become a Lifeguard then register today and find out!

Times: 6:00-9:00 pm      T/TH 1/26-3/18  
          6:00-9:00 pm      T/TH 3/23-5/13

Fee: \$80/\$63 resident discount\*

Call 575-6046 for further details.

Books need to be purchased separately at the American Red Cross.

## Aerobics

### Aquacise

A class for those who want a less strenuous aerobic workout that includes stretching, posture, breathing and more! Participate according to your own ability and condition. All exercises are done in the shallow end of the pool. Classes are held at Lions and Franklin.

**Times:** 10:00-10:55 am      M, W, F

**Fees:** \$6.00/\$5.50 resident discount (drop in)  
          \$40/\$32 resident discount (10-punch card)

### Hydrofit

Use specially designed equipment to exercise with all your joints and muscles submerged thus eliminating the harmful effects of impact. Through buoyancy and resistance, Hydrofit tones, strengthens, builds endurance and increases flexibility. Participants need to be comfortable in deep water. Class held at Lions Pool.

**Times:** 6:00-6:55 pm      M,W

**Fees:** \$6.00/\$5.50 resident discount (drop in)  
          \$40/\$32 resident discount (10-punch card)

# Pool Rentals

Rent Lions Pool for your family reunion, team celebration, birthday or all-around good time. Make your reservation by calling Jason at 575-6046.

**Times:** 3:00-5:00 Sat  
1:00-6:00 Su

**Fees:** \$89.00 + tax/hour for up to 50 people  
\$25 + tax for each additional 50 people up to a max of 200

*(Fee applies to everyone who will be inside the building whether they swim or not.)*

## Pool Fees (non-instructional)

### **General Fees**

Youth	\$	2.00
Adult	\$	3.75
Family*	\$	10.00
Honored Citizen**	\$	2.25

### **3 Month Pass**

Youth	\$	46.00
Adult	\$	89.00
Family*	\$	190.00
Honored Citizen**	\$	53.00

### **10 Punch- Punch Card**

Youth/Group Youth	\$	16.00
Adult/Group Adult	\$	30.00
Honored Citizen**	\$	18.50

\* Make swimming a family affair. Family rate includes up to two adult family members and four of their own children.

\*\* The Honored Citizen category is for those who are 62 years or older, or are a Yakima Transit Honored Citizen card holders, State of Washington Handicapped Parking Placard (wallet card) holders, or SSI Disabled.