

SWIM AMERICA LESSONS

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How long will it take to learn to swim? This depends on your child's age and level of fitness. It may take 20 or more lessons for preschoolers to learn the basic skills of floating, kicking, returning to the wall and rolling over on their back to breathe, float and rest. Older children learn more quickly and most can learn to swim two or more strokes in 20 or so lessons. What are SWIM AMERICA swim lessons? SWIM AMERICA offers infant through adult lessons. We teach with the most effective method known, using a progression developed by this nation's top swim coaches. Our goal is to teach your child to swim quickly. Children move at their own pace from one skill station to the next. All coaches are certified by SWIM AMERICA, a national program of the American Swimming Coaches Association.

Group Swim Lessons – \$37.00 Per Session

Semi-Private Swim Lessons – \$52.00 Per Session

Swim Lessons will be cancelled if Thunder & Lighting occurs.

Due to the Rigid Schedule, there will be NO makeup classes held due to bad weather.

Swim Lessons are Monday through Thursday for two weeks unless specified otherwise.

Children 3 years and younger must wear plastic pants to swim at our pools.

STATIONS

Stations 1-6 are for participants 6 years of age or older

PROGRESSION FOR SWIM AMERICA

Station One: Non Swimmer-A child who has not had any water experience.

Station Two: Ability to place head under water. Child is not afraid of the water and needs to know how to add the proper kicks to the front float and back float.

Station Three: Front float and back float. Child is not afraid of the water and needs to know how to add the proper kick to the front float and back float.

Station Four: Front float and kick, back float and kick. Child needs to learn how to add the proper arm stroke to the front and back float.

Station Five: Crawl arm stroke, no breathing.

Station Six: Crawl Stroke with breathing.

Preschool/Parent Class: A class for ages 3 to 5 who might not feel comfortable taking a class without mom or dad. Parent will be in water with child and instructor will teach both the parent and child.

Preschool 3-5 Year Old Classes: A class that will teach children about safety in the water and basic swimming skills.

Infant/Toddler Class (Up to 2 years old): Parent will get into the water with the child and will learn the basic water techniques to help the child feel more comfortable towards the water. A positive water experience at this age will help the child enjoy the water more in the future.

Semi-Private Lessons: These lessons are designed for children 6-12 years old who need extra attention in the water. We place 2 children in each lesson with 1 instructor which allows the instructor to work on individual strokes with each child.

Adults 18&up: This class is for adults who might not feel comfortable in the water. Depending on the ability of the class, we will work on freestyle, floating, treading water, and feeling secure in the water.

2010 Winter Sessions

Winter Session 9:

February 15-February 25, 2010

		Class No.	Class Size	Instructors Per Class
5:00-5:30 pm	Pre-School 3-5	13166	5	1
5:45-6:15 pm	Stations 1-3	13168	5	1
6:30-7:10 pm	Semi-Private	13169	2	1
7:20-8:00 pm	Semi-Private	13170	2	1

Winter Session 10:

March 1-March 11, 2010

		Class No.	Class Size	Instructors Per Class
5:00-5:30 pm	Pre-School 3-5	13167	5	1
5:45-6:15 pm	Stations 4-5-6	13173	5	1
6:30-7:10 pm	Semi-Private	13171	2	1
7:20-8:00 pm	Semi-Private	13172	2	1

2010 Spring/Summer Swimming Lessons

Session 1	Class Type	Class No.	Class Size	Instructors Per Class
May 31-June 10, 2010				
10:20-11:00 am	Semi-Private	13174	4	2
10:30-11:00 am	Pre-School 3-5	13194	10	2
11:00-11:30 am	Infant Toddler	13212	10	2
11:00-11:30 am	PreSchool-Parent	13218	5	1
11:00-11:30 am	Station 1-2-3	13220	5	1
11:00-11:30 am	Station 4-5-6	13234	5	1
11:00-11:40 am	Semi-Private	13175	6	3
11:45am-12:25pm	Semi-Private	13176	6	3
11:45am-12:15pm	Station 4-5-6	13235	5	1
11:45am-12:15pm	Pre-School 3-5	13204	10	2
11:45am-12:15pm	Station 1-2-3	13221	5	1
12:30-1:10 pm	Semi-Private	13177	8	4
12:30-1:00 pm	Stations 4-5-6	13236	5	1
12:30-1:00 pm	Stations 1-2-3	13222	5	1
12:30-1:00 pm	Pre-School 3-5	13195	5	1
5:30-6:00 pm	Pre-School 3-5	13196	10	2
6:15-6:45 pm	Stations 4-5-6	13237	10	2
7:00-7:30 pm	Stations 1-2-3	13223	5	1
7:00-7:40 pm	Semi-Private	13178	2	1

Session 2 June 14 - June 24		Class No.	Class Size	Instructors Per Class
10:20-11:00 am	Semi-Private	13179	4	2
10:30-11:00 am	Pre-School 3-5	13197	10	2
11:00-11:30 am	Infant Toddler	13213	10	2
11:00-11:30 am	Pre-School 3-5	13198	5	1
11:00-11:30 am	Station 1-2-3	13224	5	1
11:00-11:30 am	Station 4-5-6	13238	5	1
11:00-11:40 am	Semi-Private	13180	6	3
11:45am-12:25pm	Semi-Private	13181	6	3
11:45am-12:15pm	Station 4-5-6	13239	5	1
11:45am-12:15pm	Pre-School 3-5	13205	10	2
11:45am-12:15pm	Station 1-2-3	13225	5	1
12:30-1:10 pm	Semi-Private	13182	8	4
12:30-1:00 pm	Stations 4-5-6	13240	5	1
12:30-1:00 pm	Stations 1-2-3	13226	5	1
12:30-1:00 pm	Pre-School 3-5	13199	5	1
5:30-6:00 pm	Pre-School 3-5	13200	10	2
6:15-6:45 pm	Stations 4-5-6	13241	10	2
7:00-7:30 pm	Adults 18 & Up	13216	5	1
7:00-7:40 pm	Semi-Private	13183	2	1

Session 3 July 5 - July 15		Class No.	Class Size	Instructors Per Class
10:20-11:00 am	Semi-Private	13184	4	2
10:30-11:00 am	Pre-School 3-5	13201	10	2
11:00-11:30 am	Infant Toddler	13214	5	1
11:00-11:30 am	PreSchool-Parent	13219	5	1
11:00-11:30 am	Station 1-2-3	13227	5	1
11:00-11:30 am	Station 4-5-6	13242	5	1
11:00-11:40 am	Semi-Private	13185	6	3
11:45am-12:25pm	Semi-Private	13186	6	3
11:45am-12:15pm	Station 4-5-6	13243	5	1
11:45am-12:15pm	Pre-School 3-5	13206	10	2
11:45am-12:15pm	Station 1-2-3	13228	5	1
12:30-1:10 pm	Semi-Private	13187	8	4
12:30-1:00 pm	Stations 4-5-6	13244	5	1
12:30-1:00 pm	Stations 1-2-3	13229	5	1
12:30-1:00 pm	Pre-School 3-5	13202	5	1
5:30-6:00 pm	Pre-School 3-5	13203	10	2
6:15-6:45 pm	Stations 4-5-6	13245	10	2
7:00-7:30 pm	Stations 1-2-3	13230	5	1
7:00-7:40 pm	Semi-Private	13188	2	1

Session 4 July 19 - July 22		Class No.	Class Size	Instructors Per Class
10:20-11:00 am	Semi-Private	13189	4	2
10:30-11:00 am	Pre-School 3-5	13207	10	2
11:00-11:30 am	Infant Toddler	13215	10	2
11:00-11:30 am	Pre-School 3-5	13208	5	1
11:00-11:30 am	Station 1-2-3	13231	5	1
11:00-11:30 am	Station 4-5-6	13246	5	1

Since this session is only 4 lessons, cost for group classes is \$18.50 and \$26.00 for Semi-Private classes.

Session 4 Continued		Class No.	Class Size	Instructors Per Class
11:00-11:40 am	Semi-Private	13190	6	3
11:45am-12:25pm	Semi-Private	13191	6	3
11:45am-12:15pm	Station 4-5-6	13247	5	1
11:45am-12:15pm	Pre-School 3-5	13209	10	2
11:45am-12:15pm	Station 1-2-3	13232	5	1
12:30-1:10 pm	Semi-Private	13192	8	4
12:30-1:00 pm	Stations 4-5-6	13248	5	1
12:30-1:00 pm	Stations 1-2-3	13233	5	1
12:30-1:00 pm	Pre-School 3-5	13210	5	1
5:30-6:00 pm	Pre-School 3-5	13211	10	2
6:15-6:45 pm	Stations 4-5-6	13249	10	2
7:00-7:30 pm	Adults 18 & Up	13217	5	1
7:00-7:40 pm	Semi-Private	13193	2	1



WATER AEROBICS

At the Lakeshore Pool
For Ages 18 & Older

Deep Water Aerobics

DEEP WATER AEROBICS CLASS is a low impact fitness session. Suspended up to your neck in water with the Aqua Jogger, you can breathe normally like you do on land as you move through the water. Your feet don't touch the bottom of the pool and the water provides resistance in all directions that you control by the speed of your movements.

Improve cardiac function, lower blood pressure, and set in motion a host of other benefits in the class. For safety reasons, participant **MUST** have the proper equipment to take the class: belt, delta bells, & cuff and participant must also be able to swim.

Days/Times: Every Tuesday & Thursday, 8-8:45am

Cost: \$20 per month. Instructor is Julie Parrish

Month & Course number: March-13369 April -13370
May-13371 No classes June, July, or August

Regular Water Aerobics

Morning
See Times Below

Evening
6:30-7:30pm

Days: Mon. - Wed. - Fri. Tuesday & Thursday

Cost: \$30 a month \$20 a month

Dates: #13250 March 9-10am #13256 March

#13251 April 9-10am #13257 April

#13252 May 9-10am #13258 May
5/24-5/31 is 10-11am

#13253 June 10-11am #13259 June

#13254 July 10-11am #13260 July
(No class 7/29-30 due to State Swim Meet)

#13255 August 9-10am #13261 August

AMERICAN RED CROSS COURSES

The Carrollton Parks, Recreation and Cultural Arts Department is proud to sponsor American Red Cross Lifesaving Courses at Lakeshore Pool. Students will receive certifications in American Red Cross Lifeguard Training, Community First Aid & Safety and CPR for the Professional Rescuer. Refer to Page 24 in this book for registration information. If you have questions, please call **Jennie Coker at (770) 832-8828. Make all checks payable to CPRCAD.**

Lifeguard Training (LGT) - Community First Aid & Safety (CFAS) CPR for the Professional Rescuer (C-PRO)

This course is for participants who are **NOT** currently certified in Lifeguard Training, Community First Aid & Safety (CFAS), and CPR for the Professional Rescuer (C-PRO).

Pre-Requisites: Students must be 15 years old by the last day of the class. Students must be able to swim 500 yards without stopping, including at least 100 yards of breaststroke, sidestroke and crawl stroke. Students must be able to tread water for two minutes using only the legs.

Certification Expiration: The LGT and CFAS certifications expire 3 years from completion date. The C-PRO certification expires after 1 year.

Dates: Students must attend every class session to be certified by the American Red Cross. Also, students will get into the water every night so please bring a bathing suit to all scheduled classes.

Cost: \$85.00

Class Size: 10 people

Course 13263

Course 13262		Course 13263	
Monday thru Thursday	March 1-2-3-4 5 pm - 9 pm	Monday thru Friday	April 12 - April 16 5 pm - 9 pm
Monday thru Thursday	March 8-9-10-11 5 pm - 9 pm	Saturday	April 17 8 pm - 5 pm
		Monday	April 19 5 pm - 9 pm

CPR for the Professional Rescuer Review Course (C-Pro)

This course is for people who are **Currently** certified in CPR for the Professional Rescuer. You must possess a current American Red Cross CPR for the Professional Rescuer Certificate to enroll in the course. We will check your certificate on the first night of class to be sure you are eligible for the course. Students must attend one four hour course to be certified.

Certification Expiration: CPR for the Professional Rescuer expires after 1 year.

Class Size: 10 people

Cost: \$20.00

Dates/Times/Class #: Classes are 5-9 p.m. each date

#13264 - Wednesday, April 21

#13265 - Thursday, April 22

Bluefin Swim Team

The **Bluefin Swim Team** is a year round Recreation/USA swim team that practices at the Lakeshore Natatorium and competes at various swim meets. Tryouts for the team will be held on May 24th through May 27th at Lakeshore Natatorium. You must be able to swim 25 yards freestyle without assistance in to tryout for the team.

There is an annual USA/registration fee of \$72, and \$50.00 a month, excluding August which is a free month, to swim on the swim team. Save by prepaying for 3 months at \$146.25, 6 months at \$285.00 or 1 year for \$495.00.

First time members must complete release forms and sign up at the Main Office at 118 S. White Street. **Current Team Members** may register on-line and pay with credit card., Use the following class numbers for signup.

Monthly: March-#13375, April-#13376, May-#1337, June-#13378, July- #13379

Yearly: March 1, 2010-February 28, 2011 #13380

3 Months: March-May #13381, April-June #13382, May-July #13383
June-September #13384, July-October #13385

6 Months: March-Sept. #13386, April-Oct. #13387, May-Nov. #13388
June-Dec. #13389, July-Jan. #13390

Contact Head Coach David Weeks or John Pepper at 770-832-1134 is you for more information.. Visit www.carrolltonbluefins.com for updated information on the Team and their activities.



Lakeshore Pool & Midtown Water Park

The Lakeshore Natatorium Pool is open all year round with a heated pool for the cold weather months. Use of the Lap Lanes and Family Swim Pool requires one of the passes noted below. The Midtown Water Park, located on the corner of Leroy Childs Drive and Alabama Street, features Kiddie Slides, a 150 foot Spiral Speed Slide, Zero Depth Water Area for young children, a Rain Tree, Walrus Swings, Concession Room, Picnic Area and more!!

Family Passes are available at the Lakeshore Pool, the Community Activities Center on 118 South White Street and the Midtown Water Park. Passes are good for both of the pools.

Family Size	3 Months	6 Months	Annual
4 or less	\$70.00	\$140.00	\$280.00
5	\$80.00	\$160.00	\$320.00
6	\$90.00	\$180.00	\$360.00

Over 6 in Family-Each Extra Person is \$25

Admission Fees without Pass at Both Pools

	Adult	Youth-Student-Senior
Daily	\$ 4.00	\$ 3.00
Monthly	\$ 25.00	\$ 18.00
Quarterly	\$ 68.00	\$ 40.00
Annual	\$180.00	\$124.00

Youth: 2-17 years of age Senior: 60 years + Children Under 2-\$1.00 Student: Must have valid student ID for discounted rate

Group Rate for Open Hours of both pools is \$2.50 per person swimming with a minimum of 10 people in the group. The rate applies to church groups, day camps, day cares and other groups approved by CPRCAD. The person in charge of the group will be required to fill out CPRCAD paperwork before entering pool area.

LAKESHORE POOL PUBLIC HOURS

Open Hours - March, April, May 1-21 & August			Open Hours - May 22 thru August 1		
	Open Swim Times	Lap Swim Times		Open Swim Times	Lap Swim Times
Mon-Wed-Fri	7:00am-10:00am	4:00pm-8:00pm	Mon thru Thurs	1:30pm-5:00pm	6:30pm-8:00pm
Tues-Thurs	7:00am-9:00am	6:30pm-8:00pm	Friday	1:30pm-8:00pm	
Saturday	12:00pm-5:00pm		Saturday	12:00pm-5:00pm	
Sunday	1:00pm-5:00pm		Sunday	1:00pm-5:00pm	

Midtown Water Park Public Hours

The Water Park will open **May 22, 2010** through August 8, 2010. **After August 8th**, the pool will be open on weekends until August 22, 2010. **Daily Open Hours** Noon to 5:00 PM - Monday through Saturday, Sunday is 1 to 5 PM **Family Nights at the Midtown Water Park are every Tuesday & Wednesday, 4-7 p.m., \$1.00 per person.**

Lakeshore Pool & Midtown Water Park Private Pool Rentals

A rental contract and payment in full are required for all reservations. **There will be a \$20.00 charge for any cancellations without a seven day notice.** All fees include lifeguards on duty. Call (770) 832-1161 to book your Private Party at either of the pools.

Reservations must be made by 4:30 p.m. on Friday for the following week in order for our pool staff to schedule lifeguards for your event.

\$130 for 1-20 Swimmers, \$155 for 21-40 Swimmers, \$180 for 41-74 Swimmers, \$205 for 75-99 Swimmers, \$230 for 100-125 Swimmers

Lakeshore Pool Rental Hours Saturday & Sunday, 5:30-7:00 p.m. & 7:30-9:00 p.m.

Midtown Water Park Rental Hours (After July 31, no 7:30pm time slot will be booked)

Monday & Thursday & Saturday	10:00am - 11:30am	5:30pm - 7:00pm	7:30pm - 9:00pm
Tuesday & Wednesday	10:00am - 11:30am		7:30pm - 9:00pm
Friday & Sunday		5:30pm - 7:00pm	7:30pm - 9:00pm

Please Note

Payments made at the either Pool are by cash or check. A valid driver's license is required for all checks and for all Monthly, Quarterly, and Annual Pass Purchases. **Make checks** payable to C.P.R.C.A.D. **An Adult** 18 years of age or older must accompany children 10 years of age or under.

No Floats or Floaties in the Pool. **Only U.S. Coast Guard Approved Lifejackets.** Swimsuits required: **No Cut-Offs.** "T" Shirts can be worn in the pool, however you must have a bathing suit on under your "T" Shirt.

POLICY - Children 10 years of age and younger must be accompanied by an adult 18 years of age or older.
All children ages 3 years & younger must wear plastic pants to swim in either pool.