

POOL SCHEDULE

MUNICIPAL POOL, KENWOOD PARK

Open May 23 - August 16

The Pool will be closed:
Aug. 10-14

Phone: 826-7430

Hours:

Monday, Wednesday, & Friday, 1:00-8:00pm
Tuesday & Thursday, 1:00-7:00pm
Saturday & Sunday, 1:00-6:00pm

The Salina Municipal Pool will open if the air temperature is 72 degrees or warmer and the sky is clear. On cloudy days the air temperature must be at least 75 degrees in order to open. Weather conditions will be checked at 8:30 am (on Swim Lesson days), at 12:00pm and again at 3:00pm.

Fees

Preschool: Free
(must be accompanied by responsible adult)
Students through high school:
(8 & under must be accompanied by responsible adult over the age of 18)
75¢ or Discount Coupons
(book of 20 student admissions for \$10.00)
Adults: \$1.25
Coin-operated Lockers: 25¢

Special Rates

2-for-1 Swim: Two swimmers admitted for one admission on Monday & Friday, 5:00-8:00pm.

Free Swim Nights

Again this summer, the Municipal Pool is offering the "Free Swim" program on Wednesday evenings from 5:00-8:00 p.m. Everyone swims for free. Dates for this program during the 2009 season are as follows:

June 3	June 10	June 17	June 24
July 1	July 8	July 15	July 22

Aqua Exercise

Join us for a fun and refreshing way to get in shape, combining the benefits of aerobic exercise and resistance training while in the water. Swimming skills are not necessary to join these classes. You don't even have to get your head wet! Two 4-week sessions of Tues. and Thurs. evening classes are scheduled to begin June 3.

Session I:	June 2-June 25	4902.101
Session II:	July 7-July 30	4902.201
When:	Tuesday & Thursday, 7:15-8:00pm	
Fee:	\$15.00	

Free Pass Program

The Parks & Recreation Department wants to insure that no residents of our community are excluded from an opportunity to swim at the Municipal Pool due to inability to pay. A free pass system has been established using guidelines from the free and reduced school lunch program which utilize the income standards set by U.S.D. #305. Those qualifying for *reduced* school lunches would receive 5 free passes per person per season, while individuals qualifying for *free* school lunches would receive 10 free passes per person per season. Interested persons may fill out the form and submit their request to Steve Snyder, Director, at the Parks & Recreation Office, Rm. #100, City-County Building. For more information, call Parks & Recreation at 309-5765.

Pool Rental

Plan a private party at the Municipal Pool this summer for your next group outing! The pool is available Saturday and Sunday evenings from 7:00-9:00pm for clubs, organizations, or other group interested in reserving the facility for a private party. Parties are fully supervised with lifeguards and a manager on duty. A \$20 deposit is due at the time of the reservation. To make your reservation, come to the Municipal Pool during regular pool hours. For more information, contact the Pool at 826-7430.

Dates:	May 30 - August 9
Fee:	\$40.00 (50 or less persons)
	\$55.00 (51-75 persons)
	\$70.00 (76-100 persons)

Learn To Swim

All classes held at the Municipal Pool

Session 1: June 1 to June 11
Session 2: June 15 to June 25
Session 3: June 29 to July 9
Session 4: July 13 to July 23

Enrollment

Enrollment for Learn to Swim classes will be through the Parks & Recreation summer registration process. Refer to pages 4 & 5 for complete details. The prerequisite for each class level is successful demonstration of the skills taught in the previous level. Beginners start at Level I, which has no prerequisite. Water safety staff reserve the right to change class placement for students to assure that they are receiving the proper level of instruction. Students are limited to one class per session.

Fees: \$20.00 Per Session:

Registration fees charged for participants enrolling in the Learn To Swim program include costs associated with course certification by the American Red Cross. Class size is limited to the first 12 enrollees.

Schedule: Classes are scheduled to meet Monday, Tuesday, Wednesday, and Thursday mornings in each 2-week session, with class times offered at 9:30-10:15am, 10:20-11:05am, or 11:10-11:55am. Classes are scheduled for 45 minutes, although in-water time or class length may vary due to particular class, water temperature, or weather conditions. All class levels in the Learn to Swim program are offered for youth ages 5 years and above (except for the Infant/Toddler, Pre-School and Guard Start classes).

Our classes follow the new Learn To Swim course levels adopted by the American Red Cross and are taught by certified water safety instructors and instructor aides. The number of class levels offered in each time slot is determined by the availability of instructors – not all levels will be offered at every class time scheduled.

Specific class schedules for each session are listed on page 10.

Infant/Toddler: Introduce your little ones to the water in our Infant/Toddler Aquatics Class! Class is open to youngsters ages 6 months to 36 months, and parent or adult accompaniment in the water is required. This course is designed to provide parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner. The 30-minute classes will meet from 12:00-12:30pm or twice a week during the evening. Actual class time is subject to change due to temperature or weather conditions.

Pre-School: Open to ages 3, 4, & 5, this introductory class will provide an opportunity for water adjustment and swimming readiness skills while increasing knowledge of water safety and practices. The 30-minute classes will meet from 12:00-12:30pm or twice a week during the evening.

Level I – Introduction to Water Skills: Help students feel comfortable in the water by learning basic water skills; submerging mouth, nose and eyes; opening eyes underwater and picking up submerged object; swimming on front and back using arm and leg actions; exhaling underwater; floating on front and back; recognizing a swimmer in distress and getting help, and use of a life jacket.

Level II – Fundamental Aquatic Skills: Give students success with fundamental skills in the water; submerging the entire head; front & back glide; treading water using arm and leg motions; recognizing swimmer in distress and getting help; bobbing in water; jellyfish float; swimming using combined stroke on front and back crawl.

Level III – Stroke Development: Build on the skills in Level II by providing additional guided practice in reaching assist; submerging and retrieving an object; introduction of elementary back stroke; front and back crawl; kneeling or standing dive (shallow dive progression); rotary breathing in horizontal position; survival float, back float; butterfly kick and body motion.

Level IV – Stroke Improvement: Develop confidence in the strokes learned and improve other aquatic skills; elementary back stroke, breaststroke, butterfly; front and back crawl; throwing assist; learn safe diving rules; dive from stride position or shallow dive; and feet-first surface dive.

Level V – Stroke Refinement: Provide further coordination and refinement of strokes with survival swimming; elementary backstroke, butterfly, breaststroke & sidestroke; front and back crawl; open turns on front and back; front flip turn and backstroke flip turn; standing dive (diving progression); tuck surface dive and pike surface dive; and performing rescue breathing.

Level VI – Swimming & Skill Proficiency: Refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances; emphasis on personal water safety with an optional focus on diving fundamentals.

Learn to Swim Class Schedule

All classes meet on Monday, Tuesday, Wednesday and Thursday)
(Except for evening classes which meet Tuesday & Thursday)

Class sizes are limited to 12 per class.

Session 1: June 1 - June 11	9:30-10:15am	-----	-----
	10:20-11:05am	Level 1	5902.101
		Level 2	5902.111
		Level 3	5902.121
		Level 4	5902.131
	11:10-11:55am	Level 1	5902.102
		Level 2	5902.112
		Level 3	5902.122
		Level 4	5902.110
		Level 5/6	5902.141
12:00-12:30pm	Preschool	5902.161	

Session 2: June 15 - June 25	9:30-10:15am	Level 1	5902.105
		Level 2	5902.113
		Level 3	5902.123
	10:20-11:05am	Level 1	5902.103
		Level 2	5902.114
		Level 3	5902.124
		Level 4	5902.132
	11:10-11:55am	Level 1	5902.104
		Level 2	5902.115
		Level 3	5902.125
		Level 4	5902.133
		Level 5/6	5902.142
	12:00-12:30pm	Preschool	5902.162
	Infant/Parent	5902.171	

Session 3: June 29 - July 9	9:30-10:15am	Level 1	5902.201
		Level 2	5902.211
		Level 3	5902.221
	10:20-11:05am	Level 1	5902.202
		Level 2	5902.212
		Level 3	5902.222
		Level 4	5902.231
	11:10-11:55am	Level 1	5902.203
		Level 2	5902.213
		Level 3	5902.223
		Level 4	5902.232
		Level 5/6	5902.241
12:00-12:30pm	Preschool	5902.261	

Session 4: July 13 - July 23	9:30-10:15am	Level 1	5902.206
		Level 2	5902.214
		Level 3	5902.224
	10:20-11:05am	Level 1	5902.204
		Level 2	5902.215
		Level 3	5902.225
		Level 4	5902.233
	11:10-11:55am	Level 1	5902.205
		Level 2	5902.216
		Level 3	5902.226
		Level 4	5902.227
		Level 5/6	5902.242
	12:00-12:30pm	Preschool	5902.262
		Infant/Parent	5902.271

Infant/Parent Tues/Thurs	Session I - 4 Weeks	June 2 - June 25	7:15-7:45pm	5902.172
	Session II - 4 Weeks	June 29 - July 16	7:15-7:45pm	5902.272
Preschool Tues/Thurs	Session I - 4 Weeks	June 2 - June 25	7:15-7:45pm	5902.163
	Session II - 4 Weeks	June 29 - July 16	7:15-7:45pm	5902.263

Water Carnival! Back by popular demand, this fun and free event is returning to the pool this summer. This year's Carnival will be held on Saturday, August 1, 2009 for kids 6-12 years old. Races and relays, games, contests and lots of action in the pool will highlight this popular event. **You must pre-register at the pool by 5:00pm on Wednesday, July 29.**

When: 9:00 am—11:00 am, Saturday, August 1.

Where: Municipal Pool, Kenwood Park