

SWIMMING LESSONS

Registration begins August 29th for both Group and Individual Lessons. Lessons for all skill levels are available. Group Lessons are offered Tuesday and Thursday afternoons at 3:30, 4:00, 4:30 and 5:00 pm. Each session runs for three weeks, for a total of six, 30 minute lessons.

Starfish Swim School®	Ages 6+	\$36.00
PreSwim School®	4 - 6 years	\$41.00

StarBabies™ (6m-18m) and StarTots™ (18m-3 yrs) with a parent in the water are \$30.50 per session.

Session 1: September 27- October 13

Session 2: October 25- November 10

Session 3: November 29 – December 15

Individual Lessons and multiple student lessons are available for all ages and abilities. We offer 25 minute or 55 minute lessons on Friday afternoon between 3:00 – 5:00 p.m.

All sessions are subject to teacher availability.

Registration is in person only; available from 7 am -6 pm Monday through Friday. All registration must be accompanied by payment and be made before the first day of the session.

POOL POLICIES

1.) RULES

Swimmers must obey posted rules and lifeguards' instructions. Lifeguards may clear the pool at any time or eject a swimmer to enforce safety concerns.

2.) MASKS/FINS

Masks, fins and snorkels are allowed ONLY during lap swims and fitness programs, not during open recreation swims or family swims.

3.) CLEARING THE POOL

Lifeguards will clear the pool 5 minutes before the end of exercise programs and rentals and 10 minutes before the end of recreation swims. Children must be picked up promptly at the end of all programs.

4.) AGE/HEIGHT REQUIREMENTS

Children under seven years of age **and/or** 51 inches in height must be accompanied by an adult in the water at all times.

5.) FAMILY SWIMS

All children must be accompanied in the water by a parent or guardian. Flotation devices and USCG approved lifejackets are allowed at family swims. **Water wings are not allowed.**

6.) SWIM WEAR

Swimsuits are required, do not wear T-shirts, cut-offs or denim jean shorts, even if hemmed. We do not allow cotton materials in the pool. If you have special needs, please talk to a lifeguard in advance.

7.) STREET SHOES

Shoes worn outside, even sandals, carry bacteria, dirt and other contaminants, and are not allowed on the pool deck, or locker rooms. To enter the spectator area, please walk around to the back door.

8.) PAYMENT

Please wait for a cashier or lifeguard to wait on you before you enter the locker rooms. Payment for swim lessons must be made at the time of registration.

9.) BELONGINGS

Do not leave your clothing and other belongings in the locker rooms. We are not responsible for lost or stolen articles. Place your items in a locker, or bring them out on deck.

10.) FOOD AND DRINKS

Food and drinks are not allowed in the locker rooms or pool area. Glass containers are not allowed anywhere in the facility.

11.) SHOWERS

Swimmers must shower before swimming. Public showers are available during exercise programs only.

12.) COMMUNICABLE DISEASES

No one with a communicable disease, open sores or bandages will be allowed in the pool.

13.) SWIM TEST

Swimmers who want to use the deep end of the pool are required to pass a swim test.

14.) WATCHING SWIM LESSONS

Parents and other spectators must watch from outside, so as not to distract the children and instructors. You are welcome to sit inside to watch on the last day of each session or if it is raining.

15.) BIRTHDAY PARTIES

Birthday parties and other groups may attend open recreation swims or rent the pool (see RENTALS). **Parties and groups are not allowed at family swims.** Please call ahead if you are bringing a group to an open swim so we can schedule extra staff.

Fred Endert Municipal Swimming Pool



Fall Schedule

August 29 – December 31

2016

www.crescentcity.org

464-9503

Aug. 29 through Dec. 31, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 a.m.		Lap Swim 5:30 - 7	Master's Swim Lap 6:30 - 8	Lap Swim 5:30 - 7	Master's Swim Lap 6:30 - 8	Lap Swim 5:30 - 7	
7:00		Aerobics, Width Laps	Swim 6:30 - 8	Aerobics Width Laps	Swim 6:30 - 8	Aerobics Width Laps	
8:00		DW Aerobics, SW Aerobics	Exercise, DW Aerobics	DW Aerobics, SW Aerobics	Exercise, DW Aerobics	DW Aerobics, SW Aerobics	Master's & Laps 8:00 - 9:20
9:00	C		Aerobics, Exercise		Aqua Yoga		
10:00	L	School Swimming Lessons	Exercise, Walking, Jogging, Width Laps	School Swimming Lessons	Yoga, Walking, Jogging, Width Laps	School Swimming Lessons	
11:00	O		9:00 - 12	9:00 - 12	8:00 - 12	9:00 - 12	Water Walking, Jogging 10:00 - 12
12:00 noon	E		8:00 - 12	9:00 - 12	8:00 - 12	9:00 - 12	
1:00 p.m.	D	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Recreation Swim 12 - 2:00
	S	Walking, Jogging & Laps, 1 - 2:45	Exercise & Laps, Width Laps	Walking, Jogging & Laps, 1 - 2:45	Exercise & Laps, Width Laps	Walking, Jogging & Laps, 1 - 2:45	Family Recreation Swim 2 - 4:00
3:00	U			* Open Recreation Swim*		Individual Swim Lessons 3:00 - 5:00	
4:00	N	Lifeguard Training & Development 3:00 - 5:30	Group Swimming Lessons 3:30 - 5:30		Group Swimming Lessons 3:30 - 5:30		Rental Available
4:30	D						
5:00	A	Swim Club & Laps 5:30 - 7	Swim Club & Laps 5:30 - 7	Swim Club & Laps 5:30 - 7	Swim Club & Laps 5:30 - 7	Swim 6-8:00	Open Recreation
6:00	Y						Open Recreation
7:00	S	Aerobics, Exercise & Laps 7 - 8:15	Walking, Jogging, & Laps 7 - 8:15	Walking, Jogging, & Laps 7 - 8:15	Aerobics, Exercise, & Laps 7 - 8:15	Rental Available	Swim 6-8:00
8:00							Rental Available
9:00							

OPEN RECREATION SWIM

These are open swims for all ages. Children under 51 inches and/or seven years, MUST be with an adult (18+) in the water at all times. No flotation devices are allowed, however USCG approved lifejackets are okay for children accompanied by an adult. We do not charge extra for use of the water slide during these swims. Please be patient if the lifeguards have to temporarily close the slide for any reason.

FAMILY RECREATION SWIM

These are recreational swims for families, so **all children** must be with an adult in the water. USCG approved lifejackets and other approved flotation devices are allowed, except for water wing arm bands.

SHALLOW WATER (SW) AEROBICS/DEEP WATER (DW) AEROBICS

Exercise to music in these organized classes. The water adds resistance to movements and cushions impact to knees, hips and backs. Deep Water Aerobics (DW) runs from 8:30 to 9:15 a.m. on T & TH.

ALL EXERCISE CLASSES MUST AVERAGE A MINIMUM OF 5 PARTICIPANTS TO REMAIN ON SCHEDULE.

EXERCISE / WATER WALKING / AQUA JOGGING

Walk or jog against the water's resistance at your own pace. Great for non-swimmers. Width lap swimming in the deep end is also available during these programs.

AQUA YOGA

Stretch & tone muscles in this gentle, breath-led class. Appropriate for all levels.

WATER SLIDE

The slide will be open during recreation swims marked with the dolphin.

SPA & SAUNA

The spa and sauna are open during adult lap & exercise times only.

You must be at least 16 years of age, and in good health, to use the spa & sauna.

SWIMMING LESSONS

Starfish Swimming® lessons are available year-round. Dates and times are listed on the other side of this brochure.

RENTALS

Rentals are available as marked. We require a \$25 deposit and at least 72 hours notice.

Rentals are subject to staff availability.

CRESCENT CITY SWIM CLUB

This is a fun, competitive, parent-run club that meets Mon. - Thurs. Call Darla for more info @ 707-954-4661

MASTERS SWIM

A club for adults who want to improve fitness through organized work-outs. Contact Dan @ 541-890-5483.

POOL CLOSURES

The pool will be closed for annual maintenance Monday, Sep. 5th through Saturday, Sep. 10th.

The pool will also be closed on Friday, Nov. 11th, Thursday, Nov. 24th, Saturday, Dec. 24th, & Saturday, Dec. 31st.

The pool is located at 1000 Play Street, near the Crescent City Cultural Center.

The City of Crescent City does not discriminate on the basis of handicap status in the admission to, access to, treatment of, or employment in its programs and activities.

	Admission	10 Visit	50 Visit	Annual
Youth / Senior (7 - 17 / 60+)	\$4.50	\$37.50	\$145.00	\$405.00
Adult (18 - 59)	\$5.00	\$42.50	\$170.00	\$485.00

Our Holiday Sale on passes will run from Friday, Nov. 25 - Saturday, Dec. 31st.

* This program will begin on Wednesday, Sep. 14th. The slide will run if fully staffed.