

City of Crescent City

Fred Endert Municipal Swimming Pool

Jan. 2nd through Apr. 2nd, 2016

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30 a.m.		Lap Swim 5:30 - 7	Masters Swim Lap 6:30 - 8	Lap Swim 5:30 - 7	Masters Swim Lap 6:30 - 8	Lap Swim 5:30 - 7		5:30 a.m.
7:00		Aerobics, Exercise	Swim	Aerobics, Exercise	Swim	Aerobics, Exercise		7:00
8:00		Shallow & DW Aerobics	Exercise, DW Aerobics	Aqua Yoga, DW Aerobics	Exercise, DW Aerobics	Shallow & DW Aerobics	Masters & Laps 8:00 - 9:20	8:00
9:00	C	School Swimming Lessons 9:00 - 12	Aerobics, Exercise	School Swimming Lessons 9:00 - 12	Aqua Yoga, Exercise	School Swimming Lessons 9:00 - 12		9:00
10:00	L		Walking, Jogging, Width Laps 8:00 - 12		Walking, Jogging, Width Laps 8:00 - 12		Water Walking, Jogging 10:00 - 12	
11:00	O S E D	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Open Recreation Swim 12-2:00	11:00
12:00 noon	S	Walking, Jogging & Laps, 1:00 - 3:00	Exercise & Laps Exercise, Width Laps	Walking, Jogging & Laps 1:00 - 3:00	Exercise & Laps Exercise, Width Laps	Walking, Jogging & Laps 1:00 - 2:45	Family Recreation Swim 2:00-4	12:00 noon
1:00 p.m.	U N D A	Public Swim Lessons 3:30 - 5:30	Public Swim Lessons 3:30 - 5:30	Public Swim Lessons 3:30 - 5:30	Public Swim Lessons 3:30 - 5:30	Individual Swim Lessons 3:00 - 5:00	Rental Available	1:00 p.m.
3:00	Y S	CCSC Lap Lanes, 5:30 - 7	CCSC Lap Lanes, 5:30 - 7	CCSC Lap Lanes, 5:30 - 7	CCSC Lap Lanes, 5:30 - 7	Lap Swim	Rental Available	3:00
4:00		Aerobics, & Laps 7 - 8:15	Walk /Jog & Laps 7 - 8:15	Walk /Jog & Laps 7 - 8:15	Aerobics, & Laps 7 - 8:15	Open Recreation Swim 6 - 7:45	Open Recreation Swim 6 - 7:45	4:00
4:30						Rental Available	Rental Available	4:30
5:00								5:00
6:00								6:00
7:00								7:00
8:00								8:00
9:00	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	9:00

WATER SLIDE

The water slide is open during recreation swims marked on the schedule with a 

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 flotation devices are allowed, except for water wing arm bands. 

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.

WATER WALKING/JOGGING/EXERCISE

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 and tone muscles in this gentle, breath-led class.

Appropriate for all levels.

SWIMMING LESSONS

Swimming lessons are offered year-round. Dates and times are on the other side of this brochure. Individual lessons are available to those who want to pay a little more for one-on-one instruction.

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 (CCSC)

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

MASTER'S SWIM CLUB

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

SPA/SAUNA

The spa and sauna are open during adult programs, and are available for use by those 16 and older.

The spa and sauna are also available during rental times for an additional charge.

POOL CLOSURES

The pool will be closed on Monday, Jan. 18th and Monday, Feb. 15th.

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.

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

***Schedule is subject to change based on staff availability.**

	Admission	10 Visit	50 Visit	Annual
Youth / Senior (7 - 17 / 60+)	\$4.50	\$36.00	\$142.50	\$401.50
Adult (18 - 59)	\$5.00	\$41.00	\$163.00	\$483.00

SWIMMING LESSONS

Lessons for all skill levels are available.

Group Lessons are offered Monday & Wednesday and/or Tuesday & Thursday afternoons at 3:30, 4:00, 4:30 & 5:00pm. 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: January 5 – 21 (TTH only)

Session 2: January 25 – February 11

Session 3: February 22 – March 10

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 adults programs and rentals and 15 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. No cotton is allowed, so please do not wear T-shirts, cut-offs or denim jean shorts, even if hemmed. 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 in the 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.

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 adult 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.

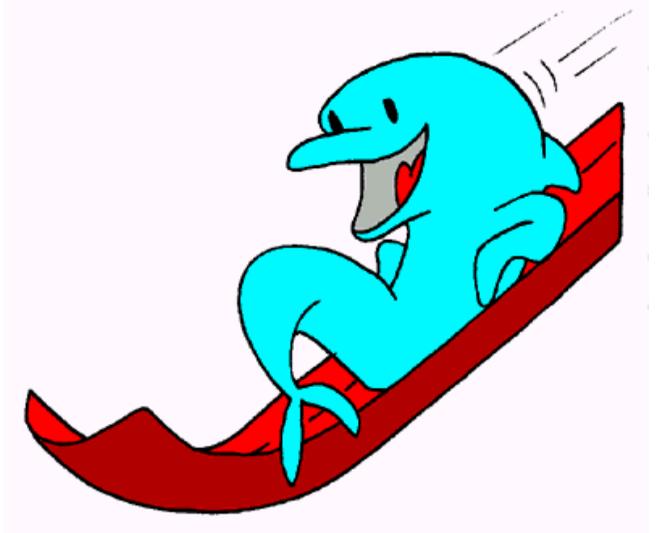
14.) WATCHING SWIM LESSONS

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. **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

Winter Schedule

Jan. 2 – Apr. 2, 2016

www.crescentcity.org

464-9503