SWIMMING

CITY OF PEMBROKE PINES POOLS:

DAILY ENTRANCE FEES: Residents: $1.50/Adults - $1.00/Children, Non-residents: $3.00/Adults - $2.00/Children. Pool Memberships Available

- ACADEMIC VILLAGE POOL: 17198 Sheridan Street, 954-538-3721.
  Hours: Saturdays & Sundays, 10:00a.m. – 1:00p.m. Lap Swimmers only.

- ROSE PRICE PARK POOL: 901 NW 208th Avenue, 954-435-6599.
- Hours: October 10:00am – 5:00pm. Closed November – February.
- March & April 10:00am – 5:00pm.
- May – September 10:00am – 8:00pm Weekdays, 10:00am – 6:00pm Weekends.

- PEMBROKE LAKES POOL: 10500 Taft Street, 954-435-6580.
- Hours: October - April 9:00am – 5:00pm Monday, Tuesday and Wednesday. Closed Thursday and Friday. Saturday and Sunday 9:00am – 5:00pm.
- May – September 9:00am – 8:00pm Weekdays, 9:00am – 6:00pm Weekends.

- TOWNGATE POOL: 901 NW 155th Avenue, 954-450-6732.
- Hours: October 10:00am – 5:00pm. Closed November – March, April 10:00am – 5:00pm.
- May - September 10:00am – 8:00pm Weekdays, 10:00am – 6:00pm Weekends.

- WALDEN LAKE POOL: 20460 SW 1st Street, 954-450-6865.
- Closed September – May, Open June – August 10:00am – 5:00pm.

WATER AEROBICS

This program focuses on water as a resistant force to develop muscle tone and cardiovascular endurance. Water aerobics is a great way to improve one's physical fitness level without subjecting the body to stress. TIME: 9:00am-9:45am. COST: $3/day or $50/20 classes Monday, Wednesday, Saturday LOCATION: Pembroke Lakes Pool 10500 Taft Street, (954) 435 – 6580.

SWIM LESSONS

Teaches aquatics skills in a technical progression. Comprised of 6 skill levels, from Parent and Child Aquatic Classes to Adult Swim Lessons. All Instructors are certified with the American Red Cross. Classes are limited to 8 students. Pre-registration required.
Sessions will be held Monday - Thursday for 2 weeks or 8 consecutive Saturday mornings.

Swim Lesson Locations: Price Park, Pembroke Lakes Pool, Towngate Pool.
Registration Info: TownGate Pool 901 NW 155 Ave. (954) 450-6732.
Registration Begins March 3, 2014
Cost per 8 lessons: Pembroke Pines Resident: $45.00 & Non-Residents - $57.00.

CANOE RENTALS

Chapel Trail Nature Preserve, 19800 Sheridan Street
Canoe rentals available Saturdays (9:00 a.m.-Noon) $7/hr.
Park facilities include a 1650' elevated boardwalk. Chapel Trail Nature Preserve
Park is open dawn to dusk, 7 days a week.
Call (954) 450-6895, for more information.