

SUMMER AQUATICS PROGRAM 2011

Academic Village Pool 17198 Sheridan St. 954-538-3721 10:00am – 1:00pm Saturday and Sunday Lap swimmers only	Rose Price Park Pool 901 NW 208 th Ave. 954-435-6599 April Monday – Sunday 10:00 am- 5:00pm May – September 10:00am – 8:00pm Closed December and January	Pembroke Lakes Pool 10500 Taft St. 954-435-6580 April 9:00 am – 5:00 pm Closed Thursday and Friday May – September 9:00 am – 8:00 pm weekdays 9:00 am – 6:00 pm weekends	Towngate Pool 901 NW 155 th Ave 954-450-6732 April Monday – Sunday 10:00 am- 5:00pm May – September 10:00am – 8:00pm 12:00 pm – 8:00 pm weekdays 10:00 am – 6:00 pm weekends Closed November -March	Walden Lake Pool 20460 SW 1 st St. 954-450-6865 June – August Monday- Sunday 10:00 am- 5:00pm Closed September - May
--	--	---	---	--

DAILY ENTRANCE FEES

Pembroke Pines Residents: \$1.50/Adults & \$1.00/Children, Non-Residents: \$3.00/Adults & \$2.00/Children

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: 8:00am-8:45am

COST: \$3.00/day or \$50.00/20 class pass

Class Location: Monday, Wednesday and Friday at the Pembroke Lakes Pool

American Red Cross Swimming Lessons

Sessions will be held Monday through Thursday for 2 weeks mornings and evenings or 8 consecutive Saturday mornings.

The American Red Cross Learn to Swim Program teaches aquatic skills in a technical progression. The program comprises 6 skill levels, from Parent and Child Aquatic classes to Adult swim lessons. Classes are limited to 8 students, Pre-registration is required.

Summer sessions start May 2 and continue through Aug 20.

Registration Location: Towngate Pool 901 NW 155 Ave. (954) 450 – 6732.

Registration hours Monday – Thursday 12:00-4:30pm. & Friday 12:00-7:00pm.

Cost: (8 lessons) Pembroke Pines Residents - \$40.00, Non-Residents - \$52.00

Parent and Child Aquatics: Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to 3 years become comfortable in the water so they are willing to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water. A parent or another adult (18 years of age or older) is required in the water with participant.

Infants and toddlers are required to wear swim pants under their swimsuits, no diapers allowed.

Preschool Level 1 Introduction to Water Skills: Gives young children ages 4 and 5 a positive and developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers. Skills also include entering and exiting the water using ladder, steps or side. Blowing bubbles through mouth and nose. Bobbing, opening eyes under water and retrieving submerged items. Front and back glides and back float.

Learn-to-swim/ Level 2 Fundamental Aquatic Skills: Gives participants success with fundamental skills. Front and back glides and back float. Recover from a front and back glide to a vertical position. Treading water using arms and leg actions. Combines arm and leg actions on front and back. Finning arm action on back. Staying safe around aquatic environments.

Learn-to-swim/ Level 3 Stroke Development: Builds on the skills in Level 2 through additional guided practice in deeper waters. Rotary breathing and survival float. Changing from vertical to horizontal position on front and back. Push off in streamlined position and begin to flutter kick and dolphin kick on front. Front crawl, elementary backstroke and the scissors kick.

Learn-to-swim/ Level 4 Stroke Improvement: Develop confidence in the skills & improves other aquatic skills. Survival swimming, front crawl and backstroke open turns. Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. Push off in a streamline position then begin flutter and dolphin kicks on back.

Learn-to-swim/ Level 5 Stroke Refinement: Provides further coordination and refinement of strokes. Front flip turn and backstroke flip turn while swimming. Front and back crawl, elementary backstroke, breaststroke and butterfly.

Learn-to-swim/ Level 6 Swimming and skills Proficiency: Refines the stroke so participants swim them with ease, efficiency, power and smoothness over greater distances.

Adult: The adult program is for the person who cannot swim or who wants to refine their swimming abilities. Adults are placed in groups according to swimming ability.

***All students entering Level 3-6 must have a certificate from previous level or they must be able to demonstrate all of the completion requirements of the previous Level. Students must register in advance (FIRST COME, FIRST SERVED).**

You may only register your child for one session at a time, unless a member of the aquatics staff suggests a “refresher” class.

If classes are cancelled due to inclement weather, every attempt will be made to reschedule. A doctor's note is required for student illness. Children are otherwise expected to attend class.

Only a parent or legal guardian may register their child. Proof of residency is required to receive resident registration price.