

## Adult Instruction

### Swim Conditioning

Monday 5:45-6:45 p.m.  
*Complimentary*  
 New to lap swimming? Improve your stroke, build endurance, get a workout and meet other lap swimmers. No sign up required. Meet Robin Clevenger at the lap pool.

### F.A.S.T. Noon Swim

M,W,F 12:00-1:00 p.m.  
*Complimentary*  
 Swim coach and personal trainer Trevor Hoke provides structured, progressive and challenging swim workouts. No sign-up required. Meet at the lap pool.

### Fitness Adult Swim Team (F.A.S.T)

Monday 5:15-6:30 a.m.  
 Tuesday, Thursday 5:15-6:45 a.m.  
 Saturday 8:00-9:30 a.m.  
*Complimentary*  
 Join the Adult Swim Team coach Rick Rodriguez for a workout that combines advanced cardio with stroke and technique drills. No sign-up required. Meet at the lap pool.

## Announcements

### DAC Youth Water Polo

Tuesday and Friday 3:45-5:00 p.m.  
*Members: \$20/month, Nonmembers: \$30/month*  
 Coach Ron Thompson will instruct kids on the fun and fundamentals of water polo - passing, dribbling, shooting, and sportsmanship. Participants must be able to swim 25 yards of the pool. Give us a try! The first week is free.

### Spa Closure

The week of March 22, the spa will be closed for leak detection and repair. Detection and repair devices may cause loud noises and some congestion in the pool. The lap pool and fitness pool will remain OPEN. Thank you in advance for your patience.

Lap Pool Temperature: 81.5°F



## DAC Swim School

### Swim Lessons

Learn how to swim the fun and safe way! Swim School focuses on a steady progression of skills from basic water safety through advanced strokes. Private and semiprivate lessons are available. Please inquire at the back desk or with Trevor Hoke at 484-4011 x237.

### Swim School Price Information

	Members	Non-members
<u>Private Swim Lessons</u>	<u>\$16.25</u>	<u>\$21.75</u>
Discounted 5 lesson pack	\$75.00	\$98.00
Discounted 10 lesson pack	\$140.00	\$184.00
<u>Semi-Private Lessons (2 kids)</u>	<u>\$11.50</u>	<u>\$16.75</u>
Discounted 5 lesson pack	\$52.00	\$75.00
Discounted 10 lesson pack	\$98.00	\$142.00
<u>Group-Private (3+ kids)</u>	<u>\$9.00</u>	<u>\$14.00</u>
Discounted 5 lesson pack	\$40.00	\$63.00
Discounted 10 lesson pack	\$76.00	\$119.00

### Parent-Tot Swim Class

Saturday 10:00-11:00 a.m.  
*Complimentary*  
 This is a drop-in water exploration swim lesson for parents and their children age 6 months to 3 years. The first 30 minutes of the lesson are led by DAC swim instructor Heather Brauer and the final 30 minutes are for individual exploration. No more than two children per adult please.

### DAC Youth Swim Team

M, W, Th - 3:45-4:45 p.m. 5-9 yrs - 3:45-5:00 p.m. 9-14 yrs  
*\$35/month for members, \$48/month for nonmembers*  
 Swim team is designed for kids who can swim 25 yards of backstroke and freestyle and wish to advance their competitive swimming skills. Come try us - the first week is free!

### Cancellation Policy

No shows or lessons cancelled less than 24 hrs in advance will be charged the lesson fee. Make up classes for group lessons are not available. To cancel a lesson, please contact the Aquatics Department at 484-4011 x237.  
*Swim lessons and swim team will be cancelled when 4J schools are cancelled due to weather.*

Fitness Pool Temperature: 86°F

# Lap Pool Schedule

# March 2010

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:30		F.A.S.T. DAC 5:15-6:30 (in 3 lanes)	F.A.S.T. DAC 5:15-6:45 (in 3 lanes)		F.A.S.T. DAC 5:15-6:45 (in 3 lanes)			5:30
6:00								6:00
6:30								6:30
7:00							Adult Only Lap Swim	7:00
7:30								7:30
8:00	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	F.A.S.T. DAC 8:00-9:30	8:00
8:30								8:30
9:00	7:00-12:30	5:00-12:00	6:45-3:00	5:00-12:00	6:45-3:00	5:00-12:00		9:00
9:30								9:30
10:00							Adult Only Lap Swim	10:00
10:30								10:30
11:00								11:00
11:30							9:30-12:30	11:30
12:00		Noon Coach Swim Noon-1:00 (in 3 lanes)		Noon Coach Swim Noon-1:00 (in 3 lanes)		Noon Coach Swim Noon-1:00 (in 3 lanes)		12:00
12:30	Family Lap Swim						Family Lap Swim	12:30
1:00								1:00
1:30		Adult Only Lap Swim		Adult Only Lap Swim		Adult Only Lap Swim		1:30
2:00	12:30-7:30						12:30-7:30	2:00
2:30	2 lanes open for Adult Only						2 lanes open for Adult Only	2:30
3:00	Lap Swim	DAC Swim Team & Water Polo					Lap Swim	3:00
3:30	Parents must supervise their children (ages 5- 13) in the lap pool.	Swim Team meets Monday, Wednesday, Thursday / Water Polo meets Tuesday and Friday					Parents must supervise their children (ages 5- 13) in the lap pool.	3:30
4:00		One lane available for Adult Lap Swim						4:00
4:30		Adult Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim	Adult Only Lap Swim		4:30
5:00		Swim Conditioning 5:45-6:45	5:00-6:30	5:00-6:30	5:00-6:30	5:00-6:30		5:00
5:30								5:30
6:00		Family Lap Swim 6:30-8:00	Family Lap Swim 6:30-8:00	Family Lap Swim 6:30-8:00	Family Lap Swim 6:30-8:00	Family Lap Swim 6:30-8:00		6:00
6:30								6:30
7:00	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	NO LIFEGUARD	7:00
7:30	Adult Lap Swim						Adult Lap Swim	7:30
8:00		Moonlight Swim Adults Only 8-9	Adult Only Lap Swim 8-9	Moonlight Swim Adults Only 8-9	Adult Only Lap Swim 8-9	Moonlight Swim Adults Only 8-9		8:00
8:30								8:30

## Family Lap Swim

Monday - Thursday

6:30-8:00 p.m.

Friday

5:00-8:00 p.m.

Saturday & Sunday

12:30-7:30 p.m.

Two lanes of the lap pool are available for Family Lap Swim. Children 5-13 must swim in the lap lanes with parental supervision. This space is intended for lap swimming only. No lifeguard is on duty in the lap pool.

## Children's Spa Usage

**Children must be potty trained to use the spa.** Children under 14 are permitted in the spa with a parent during Family Swim, Lifeguard Swim, or for 5 minutes following lessons. Please limit spa time to 5 minutes. Children must sit quietly and no toys are allowed.

## Adult Only Lap Swim

Swimmers 14 years and older may use the lap pool during adult only lap swim. One lane remains open for adult only lap swim at all times. During busy times, lap swimmers must circle swim to accommodate 3 or more swimmers per lane.

## Cancellation Policy

No shows or lessons cancelled less than 24 hours in advance will be charged the lesson fee. Make up classes for group lessons are not available. To cancel a lesson, please contact the Aquatics Department office at 484-4011 x237.

Lap Pool Temperature: 81.5°F

Fitness Pool Temperature: 86°F

