

GLENDALE PARKS, RECREATION & LIBRARY SERVICES

summer 2012

Splash book

Discover
the fun!

inside...

- Party Poolside... 2
- Recreation Swim... 3
- Swim Lessons... 4-8
- Water Aerobics... 9
- Lap Swim... 9
- Lifeguard Programs... 10, 11
- Pool Use Guidelines... 12



www.GlendaleAZ.com/ParksAndRecreation
623-930-4600 • SPLASHLINE 623-930-2041

Party Poolside!

@ Foothills Recreation & Aquatics Center

For your next party, schedule a private, poolside patio rental at the Foothills Recreation & Aquatics Center for ONLY \$200 (non-Glendale residents \$275). Enjoy floating around the lazy river, the thrill of 2 giant slides, spraying water in the play pool, perfecting your dives or just leisurely swimming.



To reserve your date or for more information, call 623-930-4614 or 623-930-4605.

Patio Party Package Includes:

- *Entrance into Foothills Recreation & Aquatics Center during Recreation Swim time for up to 30 guests. (Indoor facility usage not included.)*
- *Extra admission can be purchased at the regular resident and non-resident rates. (Indoor facility usage not included.)*
- *Exclusive access to our party patio on the pool deck.*
- *Permission to bring in your own food and drinks for your party (Must be kept inside patio. No glass containers. No alcohol. No grilling or cooking on site.)*
- *Tables and chairs*

Bookings accepted starting May 7.

- *Payment must be made at time of reservation. Use reservation code #543200.*
- *Availability: June 2-August 4*
- *Mon. thru Thurs.: 2:30-4:30 p.m.*
- *Friday: 2-4 p.m. or 4:30-6:30 p.m.*
- *Saturday: 12:15-2:15 p.m. or 2:45-4:45 p.m.*
- *Sunday: 1-3 p.m.*

NEW!!!

BOOK ONLINE AT...

www.GlendaleAZ.com/ParksAndRecreation

We hope you and your family will enjoy the FUN, fitness and skill development offered through our wide variety of aquatic programs and opportunities. Featured are two aquatic centers offering recreation swim, swim and dive lessons, adult water aerobics classes, private swim lessons, lifeguard training classes, Junior Lifeguard Training and party rentals. Rose Lane Aquatics Center and Foothills Recreation & Aquatics Center boast fun-filled slides, lap pools, play structures and more! What a FUN way to cool off this summer!

 For special accommodations, call 623-930-2838. Hearing impaired, call TDD at (623) 930-2197.

recreation swim

SPLASHLINE 623-930-2041 ▪ www.GlendaleAZ.com/ParksAndRecreation

• locations & aquatics hours

Aquatics Main: 623-930-2838

Foothills Aquatics Center

5600 W. Union Hills Dr. ▪ 623-930-4600
(on Union Hills, east of 59th Ave.)

June 2 - August 4

Mon. thru Thur.: 1 - 5 p.m. ▪ Friday: 1 - 7 p.m.
Sat.: Noon - 5 p.m. ▪ Sun.: Noon - 4 p.m.

Rose Lane Aquatics Center

5003 W. Marlette Ave. ▪ 623-930-7905
(east of 51st Ave., north of Bethany Home Rd.)

June 2 - August 4

Mon. thru Sun.: 1 - 5 p.m.

Splash Pad - FREE! (subject to change)

83rd Ave & Berridge Ln. ▪ 623-930-2838
(on 83rd Ave., just north of Bethany Home Rd) .

May 26 - September 3 ▪ 10 a.m. - 7 p.m. Everyday

• recreation swim rates

Admission

<u>Age Group</u>	<u>Resident*</u>	<u>Non-Resident</u>
Ages 2 & under	FREE	FREE
Ages 3-17	\$2.50	\$3.50
Ages 18-54	\$5	\$6
Ages 55+	\$3	\$5

15 Use - Swim Passes

*Passes are valid for one summer and can be used at both Rose Lane and Foothills Aquatics Centers No refunds/ replacements for lost, stolen, damaged, destroyed or unused portions. *Residents must show Glendale water bill or other approved proof of residency.*

<u>Age Group</u>	<u>Resident*</u>	<u>Non-Resident</u>
Ages 3-17	\$33	\$49
Ages 18-54	\$70	\$86
Ages 55+	\$40	\$71

NOTE: Children ages 6 and under must be accompanied by a responsible person (14 or older) who must be within an arms length of the child at all times (in the water with the child). A wrist-band will be provided for patrons in this category. Children 7-8 must be accompanied by a responsible person (14 or older) who stays at the facility at all times. Children 9 or older may utilize a facility without additional supervision. **NO FACILITY ENTRY WITHOUT PAID ADMISSION. NO FOOD/DRINKS/GUM/COOLERS OR GLASS ALLOWED IN AQUATICS FACILITIES. FACTORY SEALED BOTTLED WATER IS ALLOWED. Please do not bring a sick child, or child who has been sick in the last two weeks, to any Glendale aquatics facility. This compromises the safety and health of all patrons. Refunds WILL NOT be given due to unforeseeable circumstances; such as lightning, low visibility due to rain or wind, mechanical issues.**

swim lessons

To register, call 623-930-2820 or 623-930-4600 or visit www.glendaleaz.com/parksandrecreation.



Summer swim lessons are offered for all ages and levels. Lessons meet for eight 30-minute sessions, Monday through Thursday. **There will be NO lessons the week of July 4.** (The City of Glendale will not be offering any programs at Cactus and Ironwood pools).

• registration information

When signing up, please specify the lesson or activity code. **Glendale residents must provide approved proof of residency (such as a water bill) to receive resident rates. Please bring your receipt to the first day of lessons.**

• register when?

May 7-9: RESIDENTS ONLY! Registration begins 8 a.m., May 7. *Bring your water bill as proof of residency!*

Starting May 10: RESIDENTS & NON-RESIDENTS. Non-resident registration begins 8 a.m., May 10.

• register how?

ONLINE REGISTRATION: Visit www.glendaleaz.com/parksandrecreation anytime once registration begins. Non-residents will be able to register online after 8 a.m., May 10. Payments must be made by VISA, Master Card or American Express for online registrations. Online registration will remain open all summer.

PHONE REGISTRATION: Call **623-930-2820** (M-F 8 a.m.-5 p.m.) or **623-930-4600** (M-F 5:30 a.m.-9:30 p.m.; SA 7 a.m.-7:30 p.m.; SU 11 a.m.-4:30 p.m.) with class codes ready (these are the ONLY phone numbers in the city that will accept phone registration). Payment must be made by VISA, Master Card or American Express for a phone registration. Receipt will be mailed or e-mailed upon completion of registration process.

WALK-IN REGISTRATION: Available at the Parks & Recreation Office, **5850 W. Glendale Ave.** (M-F 8 a.m.-5 p.m.), or at the Foothills Recreation & Aquatic Center at **5600 W. Union Hills Dr.** (M-F 5:30 a.m.-9:30 p.m.; SA 7 a.m.-7:30 p.m.; SU 11 a.m.-4:30 p.m.), or Rose Lane Aquatics Center (starting June 2), **5003 W. Marlette Ave.** (M-SU 1-5 p.m.). Payment may be made with cash, check, VISA, Master Card or American Express.

• swim lesson prices

\$26 (Non-Resident \$49)

Be sure to read our cancellation policy below before registering!

CANCELLATION/TRANSFER POLICY:

- All class cancellation and transfer requests must be submitted at least 7 calendar days in advance of the class start date.
- All class registrations are subject to a \$5 cancellation fee per class/program per participant.
- Refunds will not be given for classes that are missed.
- Cancellation requests due to medical reasons that are not submitted 7 days in advance must provide documentation in order to receive a pro-rated refund.

REFUND POLICY:

- If a refund is less than \$25, a credit will be applied to the registrant's household account and can be used for future classes or programs with Glendale Parks and Recreation.
- Refunds \$25 and over will be processed either by credit card or check depending on original payment method.

The City of Glendale has partnered with **Southwest Ambulance** and is proud to offer a limited number of free swim lesson grants *exclusively for Glendale residents* at any Glendale pool. These grants can be applied to Preschool A or B, Stage

1 and Stage 2. Grant registration is NOT available via phone or online. Grant registration



begins Monday, May 14. Participants wishing to register for a grant must visit the Parks and Recreation office at City Hall or the Foothills Recreation & Aquatics Center during normal office hours. Starting June 2nd, you may also register at Rose Lane Aquatics Center during rec swim and lesson hours. The Southwest Ambulance grant limits each child to two free lesson sessions. Grant funds are limited; once funding is depleted grants will no longer be offered. Other Parks & Recreation scholarship opportunities may be available. If interested, please call 623-930-2820 and ask about the youth scholarship fund.

● Swim lesson descriptions

PARENT/CHILD* – Ages 6 months to 4 years. MUST be accompanied by an adult. Water acclimation class for young children with little or no water experience. Only 1 child per adult. (Minimum six participants.)

PRE-SCHOOL A* (formerly Pre-School 1) – Prerequisites: Ages 3-5 years. For children with little or no formal swimming experience who submerge reluctantly or not at all and require support when away from the wall. Participants must be able to hang on the wall by themselves. Adult does not participate in this level. (Minimum four participants.)

*Objectives for the above classes are: water safety knowledge and practices, aquatic adjustment and swimming readiness skills, fun, enjoyment in the water and participant socialization. (Note: Children age 3 and under must wear swim diapers while in the pool. Pools sell swim diapers for \$1.50 each.)

PRE-SCHOOL B (formerly Pre-School 2) – Prerequisites: Ages 3-5 years. For children with some lesson experience and/or are very comfortable in the water. They submerge readily and demonstrate swimming readiness skills (i.e. Kicking, bobbing, back float,) with some support. (Minimum four participants.)

STAGE 1 (formerly Level 1) – **Intro to Water Skills**
Prerequisites: Ages 4-6. Children ages 4 and 5 must have at least 1 session of swimming experience to enroll in Level 1. Must be able to enter and exit the water safely, move along the wall 5 yards, bob 5 times and float on back for 2 seconds...all with assistance. (Minimum five participants.)

STAGE 2 (formerly Level 2) – **Fundamental Aquatic Skills**
Prerequisites: Ages 4 and older. Children ages 4 and 5 must have at least 2 sessions of swimming experience to enroll in this class. Must be able to do the following unassisted: enter water, move along wall 5 yards, bob 5 times and exit water. Must be able to glide on front, roll onto back and float for 3 seconds, then recover to a vertical position with little or no support. (Minimum six participants.)

STAGE 3 (formerly Level 3) – **Stroke Development**
Prerequisites: Ages 5 and older. Must be able to step from side into chest deep water, roll onto back and float 5 seconds then recover to a vertical position, push off wall and swim a combined stroke (arms and legs) for 5 body lengths, roll onto back and float for 15 seconds, roll over and continue swimming on front. (Minimum six participants.)

STAGE 4 (formerly Level 4) – **Stroke Improvement**
Prerequisites: Ages 6 and older. Must be able to jump into chest deep water, swim front crawl for 15 yards using rhythmic breathing, maintain position by treading or floating for 30 seconds, then elementary backstroke for 15 yards. (Minimum six participants.)

STAGE 5 (formerly Level 5) – **Stroke Refinement**
Prerequisites: Ages 8 and older. Must be able to do a feet first entry into chest deep water, surface and swim front crawl 25 yards, change direction and position and swim elementary backstroke 25 yards, swim breaststroke 15 yards, change direction and position and swim back crawl 25 yards. (Minimum six participants.)

INTRODUCTION TO DIVING: Prerequisites: Ages 5 and older. Must be able to swim 25 yards, unassisted, to take class. For beginners interested in learning the proper fundamentals of diving (approach, hurdle, positions, and entry). (Minimum six participants.)

INTRODUCTION STROKES (7 and younger): For aspiring (or previous) swim team members or participants interested in learning and improving the four competitive strokes — backstroke, breaststroke, butterfly and freestyle (crawl stroke). Must be able to swim 25 yards, unassisted, to take class. (Minimum six participants.)

ADVANCED STROKES (8 and older): For aspiring (or previous) swim team members or participants interested in learning and improving the four competitive strokes — backstroke, breaststroke, butterfly and freestyle (crawl stroke). (Minimum six participants.)



SWIM LESSON CLASS NOTICE:

Classes will be cancelled the Friday prior to the start of class if minimum enrollment is not met.

- The pool manager reserves the right to add, change, combine and omit classes as needed.
- The pool manager reserves the right to place children in the appropriate lesson level.
- Parents who register their children in the wrong lesson level will not be permitted to change classes if space is not available.
- **In the event lessons are cancelled due to weather or other uncontrollable circumstance, classes cannot be made up or refunded.**
- Class schedules are subject to change.
- Classes will not be overbooked for safety reasons.
- Parents must remain in the designated parent observation area during lessons, unless registered for a Parent/Child class. This class requires parent participation in the water.
- Swim diapers are mandatory for children 3 years and younger. Diapers are available from the Pool Cashier for \$1.50 each at all sites.
- Foothills has limited viewing areas for lessons. Seating for lesson viewing is available in the snack bar concession area and the bleachers on the south side pool area.

Swim Lessons (continued)

foothills recreation & aquatics center swim lessons schedule

▪ NO LESSONS THE WEEK OF JULY 4

5600 W. Union Hills Dr. • 623-930-4600 • www.glendaleaz.com/foothillscenter

Time	Session 1: 6/4-14 MON-THURS		Session 2: 6/18-28 MON-THURS		Session 3: 7/9-19 MON-THURS		Session 4: 7/23-8/2 MON-THURS	
8:35 - 9:05 a.m.	Preschool A	543112-11	Preschool A	543112-21	Preschool A	543112-31	Preschool A	543112-41
	Preschool B	543113-11	Preschool B	543113-21	Preschool B	543113-31	Preschool B	543113-41
	Stage 1	543121-11	Stage 1	543121-21	Stage 1	543121-31	Stage 1	543121-41
	Stage 2	543122-11	Stage 2	543122-21	Stage 2	543122-31	Stage 2	543122-41
9:10 - 9:40 a.m.	Parent/Child	543111-12	Parent/Child	543111-22	Parent/Child	543111-32	Parent/Child	543111-42
	Preschool A	543112-12	Preschool A	543112-22	Preschool A	543112-32	Preschool A	543112-42
	Preschool B	543113-12	Preschool B	543113-22	Preschool B	543113-32	Preschool B	543113-42
	Stage 1	543121-12	Stage 1	543121-22	Stage 1	543121-32	Stage 1	543121-42
	Stage 2	543122-12	Stage 2	543122-22	Stage 2	543122-32	Stage 2	543122-42
9:45 - 10:15 a.m.	Stage 2	543122-13	Stage 2	543122-23	Stage 2	543122-33	Stage 2	543122-43
	Stage 3	543123-13	Stage 3	543123-23	Stage 3	543123-33	Stage 3	543123-43
	Stage 4	543124-13	Stage 4	543124-23	Stage 4	543124-33	Stage 4	543124-43
	Stage 5	543125-13	Stage 5	543125-23	Stage 5	543125-33	Stage 5	543125-43
	Intro Stroke	543131-13	Adv Stroke	543132-23	Intro Stroke	543131-33	Adv Stroke	543132-43
10:20 - 10:50 a.m.	Preschool A	543112-14	Preschool A	543112-24	Preschool A	543112-34	Preschool A	543112-44
	Stage 1	543121-14	Stage 1	543121-24	Stage 1	543121-34	Stage 1	543121-44
	Stage 3	543123-14	Stage 3	543123-24	Stage 3	543123-34	Stage 3	543123-44
	Stage 5	543125-14	Stage 5	543125-24	Stage 5	543125-34	Stage 5	543125-44
	Adv Stroke	543132-14	Intro Stroke	543131-24	Adv Stroke	543132-34	Intro Stroke	543131-44
10:55 - 11:25 a.m.	Parent/Child	543111-15	Parent/Child	543111-25	Parent/Child	543111-35	Parent/Child	543111-45
	Preschool B	543113-15	Preschool B	543113-25	Preschool B	543113-35	Preschool B	543113-45
	Stage 3	543123-15	Stage 3	543123-25	Stage 3	543123-35	Stage 3	543123-45
	Stage 4	543124-15	Stage 4	543124-25	Stage 4	543124-35	Stage 4	543124-45
	Intro Dive	543141-15	Intro Dive	543141-25	Intro Dive	543141-35	Intro Dive	543141-45
			LG-R	543163-25	GSI	543164-35	GSI	543165-45
11:30 a.m. - 12 p.m.	Parent/Child	543111-16	Parent/Child	543111-26	Parent/Child	543111-36	Parent/Child	543111-46
	Preschool A	543112-16	Preschool A	543112-26	Preschool A	543112-36	Preschool A	543112-46
	Preschool B	543113-16	Preschool B	543113-26	Preschool B	543113-36	Preschool B	543113-46
	Stage 1	543121-16	Stage 1	543121-26	Stage 1	543121-36	Stage 1	543121-46
	Stage 2	543122-16	Stage 2	543122-26	Stage 2	543122-36	Stage 2	543122-46
12:05 - 12:35 p.m.	Parent/Child	543111-17	Parent/Child	543111-27	Parent/Child	543111-37	Parent/Child	543111-47
	Preschool A	543112-17	Preschool A	543112-27	Preschool A	543112-37	Preschool A	543112-47
	Preschool B	543113-17	Preschool B	543113-27	Preschool B	543113-37	Preschool B	543113-47
	Stage 1	543121-17	Stage 1	543121-27	Stage 1	543121-37	Stage 1	543121-47
	Stage 2	543122-17	Stage 2	543122-27	Stage 2	543122-37	Stage 2	543122-47

For complete course descriptions, see page 5. *Pool Manager reserves the right to adjust lesson schedules.*

PLEASE NOTE: The Foothills Center has limited viewing deck space during lessons. Viewing areas are provided on the bleachers on the south side of the pool area and in the snack bar area. Food and coolers may NOT be brought into Foothills. A snack bar concession is available for food and beverage purchases. All food and drink must remain in the concession area.

**5th Annual
FOOTHILLS FAMILY
SWIM NIGHT**
5:30 - 8 p.m. • July 14

GAMES • MUSIC • LOTS OF WATER FUN
Foothills Recreation & Aquatics Center

A special time for families to enjoy the Foothills Aquatics Center. Swimming is available from 5:30 - 8 p.m. \$4/person (\$6/person non-resident). Admission includes hot dog and drink. Parent/guardian must be present.

(continued) Swim Lessons



rose lane aquatics center swim lessons schedule

▪ NO LESSONS THE WEEK OF JULY 4

5003 W. Marlette Ave. • 623-930-7905

Time	Session 1: 6/4-14 MON-THURS		Session 2: 6/18-28 MON-THURS		Session 3: 7/9-19 MON-THURS		Session 4: 7/23-8/2 MON-THURS	
9:10 - 9:40 a.m.	Preschool A	573112-11	Parent/Child	573111-21	Preschool A	573112-31	Parent/Child	573111-41
	Preschool B	573113-11	Preschool A	573112-21	Preschool B	573113-31	Preschool A	573112-41
	Stage 1	573121-11	Preschool B	573113-21	Stage 1	573121-31	Preschool B	573113-41
	Stage 2	573122-11	Stage 1	573121-21	Stage 2	573122-31	Stage 1	573121-41
9:45 - 10:15 a.m.	Stage 1	573121-12	Stage 1	573121-22	Stage 1	573121-32	Stage 1	573121-42
	Stage 2	573122-12	Stage 2	573122-22	Stage 2	573122-32	Stage 2	573122-42
	Stage 3	573123-12	Stage 3	573123-22	Stage 3	573123-32	Stage 3	573123-42
	Stage 4	573124-12	Stage 4	573124-22	Stage 4	573124-32	Stage 4	573124-42
10:20 - 10:50 a.m.	Parent/Child	573111-13	Parent/Child	573111-23	Parent/Child	573111-33	Preschool A	573112-43
	Stage 3	573123-13	Preschool B	573113-23	Preschool A	573112-33	Preschool B	573113-43
	Intro Stroke	573131-13	Intro Stroke	573131-23	Preschool B	573113-33	Intro Stroke	573131-43
	Adv Stroke	573132-13	Adv Stroke	573132-23	Intro Stroke	573131-33	Adv Stroke	573132-43
10:55 - 11:25 a.m.	Preschool A	573112-14	Preschool A	573112-24	Preschool A	573112-34	Preschool A	573112-44
	Preschool B	573113-14	Preschool B	573113-24	Preschool B	573113-34	Preschool B	573113-44
	Stage 1	573121-14	Stage 2	573122-24	Stage 3	573123-34	Stage 2	573122-44
	Stage 4	573124-14	Stage 3	573123-24	Stage 5	573125-34	Stage 3	573123-44
11:30 a.m. - 12 p.m.	Parent/Child	573111-15	Parent/Child	573111-25	Preschool A	573112-35	Parent/Child	573111-45
	Preschool A	573112-15	Preschool A	573112-25	Preschool B	573113-35	Preschool A	573112-45
	Preschool B	573113-15	Preschool B	573113-25	Stage 1	573121-35	Preschool B	573113-45
	Intro Dive	573141-15	Intro Dive	573141-25	Intro Dive	573141-35	Intro Dive	573141-45
5:15 - 5:45 p.m.	Parent/Child	573111-16	Parent/Child	573111-26	Parent/Child	573111-36	Parent/Child	573111-46
	Preschool A	573112-16	Stage 1	573121-26	Preschool A	573112-36	Stage 1	573121-46
	Stage 1	573121-16	Stage 2	573122-26	Stage 1	573121-36	Stage 2	573122-46

For complete course descriptions, see page 5. Pool Manager reserves the right to adjust lesson schedules.

swim lessons (continued)

private swim lessons schedule

▪ NO LESSONS THE WEEK OF JULY 4

To register, call 623-930-2820 or 623-930-4600 or visit www.glendaleaz.com/parksandrecreation.

► Private swim lessons are sold in packages of two 30-minute classes and are available at both aquatics centers.

Time & Scheduling:

Private lessons are 30 minutes in length and are scheduled with an experienced, certified swimming instructor. Lessons must be purchased in a package of two 30-minute lessons. Call 623-930-2838 for more details or if you are interested in signing up for private diving lessons. If unsold, private lesson openings will be automatically closed 7 days prior to the lesson beginning date for staffing purposes.

Ages: 5 years old – Adult

Prices: Two 30-minute lessons \$35 (Non-resident \$42)

How to register:

1. Private lesson registration takes place according to the registration schedule on page 4. Register online, via phone or in person.
2. Be sure that you can attend the lesson time, dates and location that you choose. Note the code of the time and location that you desire.
3. All fees must be paid at the time of registration. When you register, you will be asked a series of questions about the participant's swimming experience. This information will be passed along to the instructor prior to the lesson.
4. Show up to your lesson location 5 minutes before the scheduled time.
5. If you have questions, please call the Aquatics Division at 623-930-2838.

Refunds/Cancellations:

See the refund/cancellation policy on page 4.

Due to the large interest in private lessons and the limited availability, lessons **cannot be rescheduled once booked**. We are unable to reschedule missed classes. Please ensure that you are able to attend all lessons before registering.



FOOTHILLS RECREATION & AQUATICS CENTER

MONDAY & WEDNESDAY CLASSES

	<u>5:10-5:40 P.M.</u>	<u>5:50-6:20 P.M.</u>	<u>6:30-7:00 P.M.</u>
June 4 & 6	543099-11	543099-12	543099-13
June 11 & 13	543099-21	543099-22	543099-23
June 18 & 20	543099-31	543099-32	543099-33
June 25 & 27	543099-41	543099-42	543099-43
July 9 & 11	543099-51	543099-52	543099-53
July 16 & 18	543099-61	543099-62	543099-63
July 23 & 25	543099-71	543099-72	543099-73
July 30 & Aug. 1	543099-81	543099-82	543099-83

TUESDAY & THURSDAY CLASSES

	<u>5:10-5:40 P.M.</u>	<u>5:50-6:20 P.M.</u>	<u>6:30-7:00 P.M.</u>
June 5 & 7	543099-14	543099-15	543099-16
June 12 & 14	543099-24	543099-25	543099-26
June 19 & 21	543099-34	543099-35	543099-36
June 26 & 28	543099-44	543099-45	543099-46
July 10 & 12	543099-54	543099-55	543099-56
July 17 & 19	543099-64	543099-65	543099-66
July 24 & 26	543099-74	543099-75	543099-76
July 31 & Aug. 2	543099-84	543099-85	543099-86

ROSE LANE AQUATICS CENTER

MON. & WED. CLASSES

TUE. & THUR. CLASSES

	<u>5:15-5:45 P.M.</u>		<u>5:15-5:45 P.M.</u>
June 4 & 6	573099-11	June 5 & 7	573099-12
June 11 & 13	573099-21	June 12 & 14	573099-22
June 18 & 20	573099-31	June 19 & 21	573099-32
June 25 & 27	573099-41	June 26 & 28	573099-42
July 9 & 11	573099-51	July 10 & 12	573099-52
July 16 & 18	573099-61	July 17 & 19	573099-62
July 23 & 25	573099-71	July 24 & 26	573099-72
July 30 & Aug. 1	573099-81	July 31 & Aug. 2	573099-82

Water aerobics • lap swim

Water aerobics

@ Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.




Monday, June 4 - Friday, August 3

Final day for Summer Water Aerobics Classes is August 3, 2012.

PASS RATES	<u>Resident</u>	<u>Non-Resident</u>	<u>Resident</u>	<u>Non-Resident</u>
▪ Single Class Pass:	\$5	\$6	▪ 15-Use Punch Pass:	\$68 \$83

Punch passes are valid through Aug. 3, 2012. No refunds or credits. Unused punches do not carry over. Passes are non-transferable. Water aerobics punch passes are valid for any water aerobics class listed. Every person must have a pass and sign in at the Foothills front desk prior to each class. Drop in anytime! Punch passes go on sale starting May 7. Ages 15+. Passes are non-transferable!

Deep Water Aerobics Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:40-10:40 a.m. Dive Well (Maximum 16) Instructor: Anna <i>FREE to Foothills Rec. Pass Holders</i>		9:40 - 10:40 a.m. Dive Well (Maximum 16) Instructor: Anna <i>FREE to Foothills Rec. Pass Holders</i>		9:40 - 10:40 a.m. Dive Well (Maximum 16) Instructor: Anna <i>FREE to Foothills Rec. Pass Holders</i>
11:45 a.m.-12:45 p.m. Dive Well & Lane 6 (Maximum 20) Instructor: Anna	11:45 a.m.-12:45 p.m. Dive Well & Lane 6 (Maximum 20) Instructor: Anna	11:45 a.m.-12:45 p.m. Dive Well & Lane 6 (Maximum 20) Instructor: Anna	11:45 a.m.-12:45 p.m. Dive Well & Lane 6 (Maximum 20) Instructor: Anna	11:45 a.m.-12:45 p.m. Dive Well & Lane 6 (Maximum 20) Instructor: Anna
5:30-6:30 p.m. Dive Well (Maximum 14) Instructor: Anna	5:30-6:30 p.m. Dive Well (Maximum 14) Instructor: Anna	5:30-6:30 p.m. Dive Well (Maximum 14) Instructor: Anna	5:30-6:30 p.m. Dive Well (Maximum 14) Instructor: Anna	

There is limited pool space for some classes. ▪ All classes operate on a first-come, first-serve basis. ▪ Please arrive early to ensure your place in a class. ▪ Classes that have less than 6 participants for 3 or more consecutive class meetings will be cancelled due to low participation. ▪ Schedule is subject to change due to rentals, special events, staffing, etc. All changes will be communicated through the email list and posted at the pool. ▪ Join our email list to be informed of new classes, changes, cancellations and much more. Request to be added by emailing aquaticsinfo@glendaleaz.com. ▪ Deep water participants must be comfortable in deep water with or without the use of an aqua belt or other flotation aid.



lap swim

@ Foothills Recreation & Aquatics Center, 5600 W. Union Hills Dr.

For hours and rate information at the Foothills Aquatics Center, call 623-930-4600 or online visit www.glendaleaz.com/foothillscenter/foothillsaquatics.cfm.

@ Rose Lane Aquatics Center, 5003 W. Marlette Ave.

Adult lap swimming (ages 13+) is available at the Rose Lane Aquatics Center Mon. - Thurs., 9:10 a.m. - Noon ▪ June 4 - 28 and July 9 - August 2 ▪ Price \$3

The City of Glendale will not be offering competitive team programs this summer. Alternative options include **Swim Neptune, or Arizona Swimming Gauchos.**



SWIM NEPTUNE

2012 Summer Swim Team

Practices begin Monday, June 4, 2012
 Monday, Wednesday, Thursday mornings
 Championship Meet July 16, 2012

\$85 for first child, \$75 for second child, \$25 for each additional child

Mail or hand deliver to Swim Neptune
 5350 W Bell Rd Suite C-122 #199 Glendale, AZ 85308

For more information, please contact
 neptunefracsummerteam@gmail.com

swimmers must be able to swim 25yds across the pool unassisted to be eligible for swim team.

SPACE IS LIMITED. PLEASE HURRY

Junior lifeguard programs @ FOOTHILLS

If you are interested in becoming a lifeguard in the future and are age 11-15, these classes will expose you to a variety of guarding skills. Experiences may include assisting with swim lessons, lifeguard surveillance, special events, customer service skills, safety rules/regulations; and aquatic facility maintenance. Pool volunteer opportunities exist after the class ends but are not mandatory. *NOTE: Participants may only register for one level or class per summer. Once a class is completed the participant may register for the next level the following summer. Please choose level based on child's age.* \$26 (Non-resident \$49).

See Foothills lesson grid on page 6 for dates and times.

Lifeguard Readiness (LG-R) Ages 11-12 (Minimum 6 per class)
 Requirements: Ability to swim at least a 200 freestyle and 100 breaststroke.

Guard Start I (GS I) Ages 12-13 (Minimum 6 per class)
 Requirements: Ability to swim a 200 freestyle, a 200 breaststroke and 100 any other stroke.

Guard Start II (GS II) Ages 14-15 (Minimum 6 per class)
 Requirements: Ability to swim at least a 200 freestyle, a 200 breaststroke and 100 any other stroke.

To register, call 623-930-2820 or 623-930-4600 or visit www.glendaleaz.com/parksandrecreation.

EXCELLENT SWIM TEAM OFFER

Arizona Swimming Gauchos

**\$240 for 7-10 years old
 \$300 for 11-14 years old
 \$340 for 15-18 years old**

April 30th—July 31st, 2012

Mon-Wed-Fri from 5:30PM to 6:30PM for ages 7-10
Monday-Friday from 5:30PM to 6:45PM for ages 11-14
Monday-Friday from 4PM* to 5:30PM* for ages 15-18*

*Times will change May 29th to 5:30AM to 7AM for 15-18

Located at Glendale Community College Pool at 6000 W. Olive Ave, Glendale, AZ, 85302.

Fees include: 3 months of training with a highly qualified swim coach, USA registration fees and meet entry fees for up to 4 swim meets (if time standards are met).

If you have ever wanted to try a year-round, high performance swim team, NOW IS THE TIME AND THE ARIZONA SWIMMING GAUCHOS IS THE TEAM!!!!

Offer not open to current Gauchos swimmers or swimmers registered with the Gauchos Club Team between 6-1-11 and present day. Offer is ONLY open to swimmers between 7-18 years old who can correctly swim 25 yards of at least 4 competitive strokes (Freestyle, Backstroke, Butterfly and Breaststroke). Please speak with the Gauchos coaches for more details.



"Athlete Centered, Performance Driven"



Email: GASG1@IONET.NET Call: 602-674-0125 or Visit: www.azswimminggauchos.org

lifeguard training

@ FOOTHILLS

Lifeguard Training & CPR/AED *Ages 15 and older*

Resident \$150 • Non-resident \$200
Registration code #536561-50. Minimum 8 participants.

Pretest: Aug. 4, 9-11 a.m.
Required Class Times: Aug. 6-10, 9 a.m.-4 p.m.
(Please bring a packed lunch for lunch break)

Requirements: **Must have Level 4 swimming proficiency or equivalent.** Pretest consists of swimming 300 yards continuously (100 freestyle, 100 breaststroke, 100 freestyle or breaststroke); swim 20 yards from wall, surface dive and retrieve a 10 lb. brick from 7 feet of water and swim with the brick, 20 yards on back, to the side of the pool and exit within 1 minute 45 seconds. Must be age 15 by last day of class. **MUST ATTEND ALL CLASS DATES/TIMES - NO EXCEPTIONS**

To register, call 623-930-2820 or 623-930-4600 or visit www.glendaleaz.com/parksandrecreation.

APRA Swimmer's Classic

STATE CHAMPIONSHIP
MEET FOR ARIZONA'S
SUMMER RECREATION
TEAMS.

SATURDAY, JULY 21
Kino Pool, Mesa, Ariz.

For more information,
call 602-335-1962
or visit www.azpra.org



ARIZONA DESERT GEMS

Summer Swim



Do you like to swim?
Do you like to dance?

Try Synchronized Swimming!

Do you like gymnastics?
Do you like learning new things?

Who:

Girls ages 6-12 who can swim 2 lengths of the pool unaided

When:

June-July-August
Tuesdays & Thursdays, 6-7pm
Any 1 month or all 3!!!

Where:

Glendale Community College
6000 West Olive Avenue

Cost:

\$45 per month
\$45 insurance (1 time payment)



Contact

Head Coach Sue Cox
swimmomcx@aol.com
(480) 609-1776
www.azdesertgems.org

Arizona Desert Gems is a 501c(3) non profit amateur sports team that practices year round

Pool Use Guidelines

Pool Use Guidelines

Managers reserve the right to make additional rules if needed for the safety of guests.

- Obey instructions of lifeguards.
- Youth ages 6 and under must have direct parent/guardian supervision at all times when using the aquatics center. The parent/guardian must be in the water if the child is in the water, and must be within reach when on the pool deck. A wristband will be provided for guests in this category at the aquatic entrance. A responsible person, 14 or older, must accompany children 7-8 years of age, who remains on the pool deck at all times. Children 9 or older may utilize the pool area without additional supervision.
- Swimsuits shall be suitable for public use in a family environment. The following are NOT appropriate swimsuits: sports bras, sports shorts, basketball shorts, cutoff jeans and underwear. Clean T-shirts may be worn over swimsuits for modesty, religious or medical reasons but first must be approved by the Pool Manager and may not interfere with the safety of the guests in the water.
- Only approved US Coast Guard personal flotation devices may be used in the pool.
- Running, pushing, wrestling, dunking or riding on the shoulders of other guests is not allowed.
- All guests must shower prior to entering the swimming pool.
- NO outside food / beverages are allowed, except FACTORY SEALED water bottles. A concession stand is available, but food / beverages must remain in the concession area.
- Guests who are ill with diarrhea or vomiting may not enter the facility until they are symptom free. All guests must be free from diarrhea for 14 days prior to returning to a City of Glendale swimming pool.
- Guests with open wounds, sores, eye infections, colds, nasal or ear discharges, and skin or body infections shall be excluded from the pool.
- "Swim diapers" are required for any children age 3 and under. Swim diapers are available for \$1.50 from the cashier.
- Diaper changing is strictly prohibited on the pool deck. Please use rest room facilities.
- Take regular bathroom breaks.
- Children, ages 5 and older, are NOT allowed in bathrooms of the opposite gender. Family bathrooms are available as an alternative option.
- Avoid drinking or swallowing the pool water.
- Diving is only allowed in water deeper than 9 feet.
- Starting blocks are NOT to be used during recreational swimming. They are only for use during designated swim team times while the swimmers are being supervised by a certified swim coach.
- The weight limit for the diving boards is 250 lbs. The weight limit for the slides is 300 lbs. The minimum height for the Foothills slide is 48"; for Rose Lane 42". For more pool rules for specialty areas (slides, lazy river and diving boards) please see the rules signs posted on the pool deck at each location.
- The City of Glendale is not responsible for any lost or stolen personal items.
- Day lockers are available, but guests are responsible for securing their valuables. Individuals must supply their own lock or may purchase a lock from the cashier.
- Absolutely NO tobacco, alcohol, narcotics (drugs) or weapons of any kind are allowed anywhere within the facility. Anyone under the influence of drugs or alcohol will be removed from the facility.
- No outside chairs allowed into the facility.
- The pool deck is a "Gum Free Zone."
- No glass containers of any kind allowed on the pool deck or in the pool area. This includes the locker rooms.
- No floaties, rafts, or other personally purchased items are allowed in the aquatics area.
- Personal Flotation Devices (PFD's) are provided for use at the Lazy River. Participants under 42" tall may use the Lazy River by sitting on the lap of an individual 16 years of age or older.
- Water socks are highly recommended for individuals using the Water Playground area.
- No pets allowed in the facility or on the pool deck. (Official guide dogs are the exception.)
- The lifeguard staff directly controls emergency evacuation plans. Any individuals on the pool deck will follow directions given by the lifeguard staff in the event of an emergency.
- The lifeguard staff run safety drills throughout the summer recreation swim season. During drills, patrons will follow the directions provided by aquatic staff.
- Lap Swimming: Individuals must be at least 13 years of age to participate. All individuals must be capable of swimming 25 yards continuously to qualify for lap swimming. Lap swimming is not open to those under 13. (The diving well is not available during lap swim.)

