


GLENDALE PARKS & RECREATION

2009 Summer ***SPLASHBOOK!***



Recreation Swim Hours
Swim Lessons
Swim & Dive Teams
Water Polo Teams
Synchronized Swim Program
Jr. Lifeguard Programs
Family Events
Lifeguard & CPR Classes
Adult Water Fitness Classes



5850 West Glendale Avenue • Glendale, AZ 85301
(623) 930-2820 • Splashline (623) 930-2041
www.glendaleaz.com/parksandrecreation

WELCOME!

We hope you and your family will come and enjoy the fun and fitness provided through a variety of aquatic opportunities and programs. We have three pools and two aquatics centers open for operation. We provide open recreation swim hours, teams, lessons, family events and adult fitness classes.

Rose Lane Aquatics Center and Foothills Recreation & Aquatics Center, our two newest facilities, boast fun-filled slides, lap pools, play structures, beach entry pools and a lazy river at Foothills. Foothills also houses many indoor amenities including a running track, fitness center, rock climbing wall, gym, locker rooms, teaching kitchen, meeting rooms and much more.

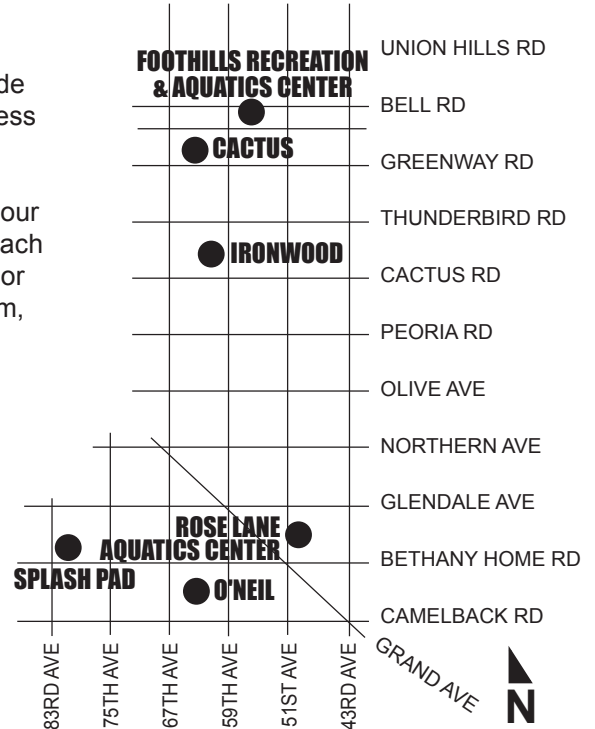
FACILITIES	ADDRESS	PHONE*
Cactus	15500 N. 63rd Ave.	(623) 412-5532
Foothills Recreation & Aquatics Center	5600 W Union Hills Dr.	(623) 930-4600
Ironwood	12603 N. 61st Ave.	(623) 412-5868
O'Neil	6448 W. Missouri	(623) 915-2803
Rose Lane Aquatics Center	5003 W. Marlette	(623) 930-7905
Splash Pad	83rd Ave & Berridge Ln.	

**Note: With the exception of Foothills, pool phones are not staffed and will not be answered until the date the individual pools open.*

Splash Pad Hours (subject to change)		
Memorial Day - Labor Day	Everyday	9 a.m.-Sunset

The 6 'PLEAs' for healthy swimming

1. Please don't swim when you have diarrhea and two weeks following. This is especially important for kids in diapers. You can spread germs in the water and make other people sick.
2. Please don't swallow the pool water. In fact, avoid getting water in your mouth.
3. Please practice good hygiene. Glendale requires that participants take a shower before swimming. Please wash your hands after using the restroom or changing diapers. Germs on your body end up in the water.
4. Please take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean it's too late.
5. Please change diapers and swim suits in a bathroom and not poolside. Germs can spread to surfaces and objects in and around the pool and spread illness.
6. Please wash your child thoroughly (especially the rear end) with soap and water before swimming. Everyone has invisible amounts of fecal matter on their bottoms that ends up in the pool.



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

The city of Glendale Parks and Recreation Department prohibits discrimination on the basis of race, color, sex, national origin, and/or disabling conditions, such as, but not limited to, human immunodeficiency virus or acquired immunodeficiency syndrome in its programs and activities. Complaints may be filed with either the Glendale Parks and Recreation Department or the Director of Equal Opportunity Program, National Park Service, P.O. Box 37127, Washington, D.C. 20013-7127.

Recreation Swim



For information, call the **AQUATICS**
SPLASHLINE: 623-930-2041.

Children ages 6 and under must be accompanied by a responsible person (14 or older) and must be within an arms length of the child at all times. 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 or glass allowed in aquatics facilities. Bottled water is allowed.**

Ironwood & O'Neil Recreation Swim Pool Admissions:

Age Group	Residents*	Non-Residents
Ages 2 & under	FREE	FREE
Ages 3-17	50¢	50¢
Adult (18 & older)	\$1	\$1.50

Rose Lane Aquatics Center Admissions:

Age Group	Residents*	Non-Residents
Ages 2 & under	FREE	FREE
Ages 3-17	\$1	\$1
Adult (18 & older)	\$3	\$6
Senior (55+)	\$2.50	\$5

Foothills Aquatics Center Admissions:

Age Group	Residents*	Non-Residents
Ages 2 & under	FREE	FREE
Ages 3-17	\$2.50	\$3
Adult (18 & older)	\$5	\$6
Senior (55+)	\$2.50	\$3

Ironwood & O'Neil Swim Passes:

NOTE: Available to Glendale residents only. Passes are valid for one summer and may be purchased at Ironwood or O'Neil pools or the Glendale Parks & Recreation office. No refunds for unused portions of passes.*

Age Group	15-time use	30-time use
Ages 3-17	\$7	\$13
Adult (18 & older)	\$14	\$27

Rose Lane Aquatics Center Swim Passes:

NOTE: Available to Glendale residents only. Passes are valid for one summer and may be purchased only at the Rose Lane Aquatics Center or the Glendale Parks & Recreation office. No refunds for unused portions of passes.*

Age Group	15-time use	30-time use
Ages 3-17	\$13	\$25
Adult (18 & older)	\$39	\$75
Senior (55+)	\$32.50	\$62.50

Foothills Aquatics Center Swim Passes:

NOTE: Passes are valid for one summer and may be purchased only at the Foothills Aquatics Center. No refunds for unused portions of passes.

Age Group	15-time use	30-time use
Residents Ages 3-17*	\$30	\$60
Non-residents 3-17	\$41	\$82
Resident Adult (18 & older)*	\$60	\$120
Non-resident Adult	\$82	\$164
Residents Senior (55+)*	\$30	\$60
Non-resident Senior	\$41	\$82

**Residents must show Glendale water bill or other approved proof of residency.*

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.

Recreation Swim Hours

Cactus Pool Hours:

No Recreation Swim Hours

Foothills Aquatics Center

May 25	1-6 p.m., Monday
May 26-29	1-5 p.m., Tuesday - Friday
May 30-31	Noon-4 p.m., Saturday & Sunday
June 1-5	1-5 p.m., Monday - Friday
June 6 & 7	Noon-4 p.m., Saturday & Sunday

Weekdays

June 8-July 24	1-6 p.m., Monday - Friday
July 27-31	1-5 p.m., Monday - Friday

Weekends (Sat/Sun)

June and July	Noon-4 p.m., Saturday & Sunday
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August Swim Dates

August 1-2	Noon-4 p.m., Saturday & Sunday
August 3-7	1-5 p.m., Monday - Friday
August 8	Noon-4 p.m., Saturday

Ironwood and O'Neil Pool Hours:

May 30 - August 2	1-5 p.m., Monday-Sunday
Closed July 4	

Rose Lane Aquatics Center Hours:

May 23, 24, 25	1-5 p.m., Saturday, Sunday & Monday
May 30 - May 31	1-5 p.m., Saturday & Sunday
June 1 - August 2	1-7 p.m., Monday - Friday 1-5 p.m., Saturday & Sunday
July 4	1-5 p.m., Saturday
Aug. 8-9, 15-16, 22-23, 29-30	1-5 p.m., Saturday & Sunday
Sept. 5-7	1-5 p.m., Saturday, Sunday & Monday

Registration Information

Registration is for all lessons, teams and programs.

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.

INSTRUCTIONS TO REGISTER FOR AQUATIC PROGRAMS

- May 4:** RESIDENTS ONLY FOR CACTUS & O'NEIL*
- May 5:** RESIDENTS ONLY FOR ROSE LANE & IRONWOOD*
- May 6:** RESIDENTS ONLY FOR FOOTHILLS*
- May 7:** RESIDENTS ONLY FOR ALL POOLS*
- May 8:** RESIDENTS ONLY FOR ALL POOLS*
- May 9-10:** RESIDENTS ONLY FOR ALL POOLS**
- May 11-28:** RESIDENTS & NON RESIDENTS FOR ALL POOLS***
- May 29:** NO REGISTRATION AVAILABLE AT ANY SITE
- MAY 30 – JULY 23:** RESIDENTS & NON RESIDENTS FOR ALL POOLS^

PHONE

Call 623-930-2820 with class codes ready (this is the ONLY phone number in the city that will accept phone registration) Monday-Friday, 9 a.m.-4:30 p.m. only. Payment may be made by Visa, MasterCard or American Express. Receipt will be mailed or e-mailed upon completion of registration process. There is no phone registration on any weekend.

WALK-IN

Walk-in registration is available at either the Parks & Recreation Office, 5850 W Glendale Ave (Monday-Friday only, 9 a.m.-4:30 p.m.), or at the Foothills Recreation & Aquatic Center at 5600 W Union Hills (Monday-Friday, 9 a.m.-7p.m., and Saturday, 9-11 a.m. and 4-7 p.m.). Payment at either location may be made with cash, check, Visa, MasterCard or American Express.

ONLINE

www.glendaleaz.com/parksandrecreation beginning at 9 a.m. daily. Pay by Visa, Mastercard or American Express. Note: You must have your Household ID and Password before logging in to register. To obtain, call 623-930-2820 from 8 a.m.-5 p.m., Monday-Friday. Call now to avoid long waits during registration dates!

* Registration on these days is available via phone, walk-in, and internet. See above for more information on these registration methods.

** Registration on these days is available via walk-in, and internet only. Walk-in registration is limited to Foothills Recreation & Aquatic Center on Saturday May 9 from 9-11 a.m. and 4-7 p.m. only. No registration on Sunday. See above for more information on these registration methods.

*** Registration on these days is available via phone, walk in, and internet. Walk-in registration at the Parks & Recreation Office is limited to non-holiday weekdays, 9 a.m.-4:30 p.m. Walk in registration at Foothills Recreation & Aquatic Center is limited to Monday-Friday, 9 a.m.-7p.m., and Saturday, 9-11 a.m. and 4-7 p.m., and no registration on Sundays. See above for more information on these registration methods.

^ Walk in registration is available only at the pools during normal pool hours. You must register at the pool where you wish to attend. See above for more information on these registration methods.

Swimming Lessons



Summer swim lessons are offered for all ages and levels at all Glendale pools and aquatics centers. Lessons typically meet 9 times over a two-week period (usually Mon.-Fri./Mon.-Thur.) for 30 minutes.

The City of Glendale has partnered with **Southwest Ambulance** and is proud to offer a limited number of *swim lesson scholarships* available at Rose Lane Aquatics Center, Ironwood, Cactus and O'Neil Pools. Lessons available are Level B, Level 1, Level 2, and Level 3. Scholarship registration begins May 30 at each of these pools. Other Parks & Recreation scholarship opportunities may be available. If interested, please call 623-930-2820.

Swim Lesson Prices

Youth and Adult Lessons:

Glendale Residents: \$10 Non-Residents: \$15

Adult Fitness:

Glendale Residents: \$12 Non-Residents: \$17

See pages 10-11 for team prices and information

Registration fees are non-refundable unless authorized by the Aquatics management.

Private/Semi-Private Swimming Lessons



How to register: Call the Private Lesson Coordinator at 623-695-3772 for information and to register for Private Lessons. Calls will be accepted starting June 1.

Ages: Preschool - Adult

Time & Scheduling: Private lessons are 30 minutes in length and are scheduled with an instructor who specializes in your unique skill requirement. For semi-private lessons, all participants must have similar skill levels. There is a 2 lesson per person minimum purchase requirement. Payments must be made at Ironwood pool prior to beginning of the first lesson.

Fees:	Resident	Non-Resident
1 person, 30 minutes	\$12	\$15
2 people, 30 minutes	\$24	\$30
3 people, 30 minutes	\$36	\$45

Location: Ironwood Pool

Dates: June 8 - August 2. All lessons must be completed by August 2. There are no refunds for unused lessons.

Refunds/Cancellations: There are no refunds on private swim lessons. 48 hour notice prior to the lesson's scheduled start time is required to reschedule and not forfeit the lesson fee. Notice must be received at 623-695-3772. Please leave a voicemail, if we are unable to answer your call.

Swimming Lessons (cont.)

Red Cross Learn to Swim Lesson Descriptions

Level A-Parent/Child* - Ages 6 months to 5 years MUST be accompanied by an adult. Water acclimation class for young children with little or no water experience.

Level B* - For preschool children ages 3-5 with little or no formal swimming experience, submerge reluctantly or not at all, and require support in the water when away from the wall. Participants must be able to hang onto the wall by themselves, and are not to be accompanied by an adult.

**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 at a nominal fee).*

Level 1 - Introduction to Water Skills: Ages 4-7 (Children ages 4-5 must have at least two sessions of swimming experience). Must be able to enter water, move along wall 5 yards, bob 5 times to chin level, safely exit water, and float on front and back for 3 seconds all with assistance.

Level 2 - Fundamental Aquatic Skills: Ages 6 and older. Must be able to enter water, move along wall 5 yards, bob 5 times and exit water all unassisted. Must be able to roll onto back and float for 3 seconds with support.

Level 3 - Stroke Development: Must be able to step from side into chest deep water, roll onto back and float 5 seconds, push off wall and swim a combined stroke on front for 15 feet, push off wall and swim a combined stroke on back for 15 feet.

Level 4 - Stroke Improvement: Must be able to jump into chest deep water from side, swim front crawl for 15 yards using rhythmic breathing, maintain position by treading or floating for 30 seconds, then swim back crawl for 15 yards.

Level 5 - Stroke Refinement: Must be able to do a feet first entry into chest deep water, swim front crawl 25 yards, float or scull on back 1 minute in deep water, swim elementary backstroke for 15 yards, swim breast stroke 15 yards, tread water 1 minute, swim back crawl 25 yards.

Other Swim Lessons (Non Red Cross programs)

Adult Lessons: Ages 13 and older. For people with little or no swimming skills. Instructor will work with each individual at their own level.

Introduction to Diving: For beginners interested in learning the proper procedures of diving.

Introduction to Strokes: For swim team members or participants interested in learning the four competitive strokes — backstroke, breaststroke, butterfly and crawl stroke.

Adult Fitness: Ages 15 and older. An aerobic style of exercise done in the water.

SWIM LESSON CLASS NOTICE:

- The pool manager reserves the right to add, change 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, competitive meets, etc...classes will **NOT** be made up or refunded.
- Class schedules are subject to change.
- Classes will not be overbooked for safety reasons.
- Parents need to remain in the designated area during lessons, unless registered for an Parent/Child class (level A). This class requires parent participation.
- Swim diapers are mandatory for children 3 years and younger. Diapers are available from the Pool Cashier for a nominal charge.

LIFEGUARD TRAINING

Lifeguard Training & CPR for the Professional Rescuer – ages 15 and older

Cost: Residents, \$125 • Non-residents, \$150
Registration for this class is currently open; Call 623-930-2820.
Requirements: Must have Red Cross 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, retrieve a 10 lb. brick from 7 feet of water and return the brick 20 yards back to the side of the pool within 1 minute 45 seconds. Held at Community Pool. Must be age 15 by last day of class.

Code	Date	Time
536561-20	July 25 (Pretest)	9 - 11 a.m.
	July 27 - 31	9 a.m. - 12 p.m.
	Aug. 1	9 a.m. - 12 p.m.
	Aug. 3 - 7	9 a.m. - 12 p.m.

JUNIOR LIFEGUARD PROGRAMS

If you are interested in becoming a lifeguard in the future and are ages 11-15, these classes will expose you to a variety of guarding skills. Experiences may include assisting with swim lessons, swim/dive meets, and special events; customer service skills, safety rules and regulations; and aquatic facility maintenance. Pool volunteer opportunities exist for Junior Lifeguards after the class ends. **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.**

Lifeguard Readiness (LG-R) – ages 11-12 (max 10 per class)

Requirements: Ability to swim at least a 200 freestyle and 100 breaststroke.

Guard Start I (GSI) – ages 12-13 (max 10 per class)

Requirements: Ability to swim a 200 freestyle and 200 breaststroke, and 100 any other stroke.

Guard Start II (GSII) – ages 14-15 (max 6 per class)

Requirements: Ability to swim at least a 200 freestyle, a 200 breaststroke and 100 any other stroke

Cactus Pool Swim Lessons

Cactus High School • 15500 N. 63rd Ave. • (623) 412-5532

Lesson Schedule:	Session 1: 6/1-6/11		Session 2: 6/15-6/25		Session 3: 6/29-7/9		Session 4: 7/13-7/23	
	1 st week, Mon-Fri		1 st week, Mon-Fri		1 st week, Mon-Fri		1 st week, Mon-Fri	
	2 nd week, Mon-Thur		2 nd week, Mon-Thur		2 nd week, Mon-Thur		2 nd week, Mon-Thur	
	Level	Code	Level	Code	Level	Code	Level	Code
9:00 a.m. to 9:30 a.m.	Level A Level B Level 1 Level 4 Intro/Dive	523111-11 523112-11 523121-11 523124-11 523141-11	Level A Level B Level 1 Level 2 Intro/Strokes	523111-21 523112-21 523121-21 523122-21 523131-21	Level A Level B Level 1 Level 2 Level 3	523111-31 523112-31 523121-31 523122-31 523123-31	Level A Level B Level 1 Level 2 Level 3	523111-41 523112-41 523121-41 523122-41 523123-41
9:35 a.m. to 10:05 a.m.	Level A Level B Level 1 Level 2 Level 3	523111-12 523112-12 523121-12 523122-12 523123-12	Level A Level B Level 1 Level 4 Intro/Dive	523111-22 523112-22 523121-22 523124-22 523141-22	Level A Level B Level 1 Level 2 Level 4	523111-32 523112-32 523121-32 523122-32 523124-32	Level A Level B Level 1 Level 2 Level 3	523111-42 523112-42 523121-42 523122-42 523123-42
10:10 a.m. to 10:40 a.m.	Level A Level B Level 2 Level 4 Intro/Dive	523111-13 523112-13 523122-13 523124-13 523141-13	Level A Level B Level 1 Level 3 Ad Fitness	523111-23 523112-23 523121-23 523123-23 523152-23	Level A Level B Level 1 Level 2 Level 3	523111-33 523112-33 523121-33 523122-33 523123-33	Level A Level B Level 1 Adult Lesson Ad Fitness	523111-43 523112-43 523121-43 523151-43 523152-43
10:45 a.m. to 11:15 a.m.	Level B Level 1 Level 2 Level 3 Ad Fitness	523112-14 523121-14 523122-14 523123-14 523152-14	Level A Level B Level 1 Level 2 Ad Fitness	523111-24 523112-24 523121-24 523122-24 523152-24	Level B Level 1 Level 2 Level 3 Level 5	523112-34 523121-34 523122-34 523123-34 523125-34	Level A Level B Level 2 Level 3 Level 4	523111-44 523112-44 523122-44 523123-44 523124-44
11:20 a.m. to 11:50 a.m.	Level B Level 1 Level 3 Level 4 Intro/Stroke	523112-15 523121-15 523123-15 523124-15 523131-15	Level B Level 1 Level 2 Level 3 Level 4	523112-25 523121-25 523122-25 523123-25 523124-25	Level B Level 1 Level 2 Level 2 GSI Intro/Dive	523112-35 523121-35 523122-35 523122-35 523464-35 523141-35	Level B Level 1 Level 2 Level 3 Level 4	523112-45 523121-45 523122-45 523123-45 523124-45
4:30 p.m. to 5 p.m.	Level A Level B Level 1 Level 3 Intro/Dive	523111-16 523112-16 523121-16 523123-16 523141-16	Level B Level 1 Level 2 Level 3 Level 4	523112-26 523121-26 523122-26 523123-26 523124-26	Level A Level B Level 1 Level 4 LG-R	523111-36 523112-36 523121-36 523124-36 523463-36	Level A Level B Level 1 Level 4 Level 5	523111-46 523112-46 523121-46 523124-46 523125-46
5:05 p.m. to 5:35 p.m.	Level A Level B Level 1 Level 2 Level 3	523111-17 523112-17 523121-17 523122-17 523123-17	Level B Level 2 Level 3 Intro/Dive Ad Fitness	523112-27 523122-27 523123-27 523141-27 523152-27	Level A Level B Level 1 Level 2 Level 3	523111-37 523112-37 523121-37 523122-37 523123-37	Level A Level B Level 2 Intro/Dive Ad Fitness	523111-47 523112-47 523122-47 523141-47 523152-47
5:40 p.m. to 6:10 p.m.	Level A Level B Level 1 Level 2 Ad Fitness	523111-18 523112-18 523121-18 523122-18 523152-18	Level B Level 1 Level 2 GSII Ad Fitness	523112-28 523121-28 523122-28 523465-28 523152-28	Level A Level B Level 2 Level 5 Intro/Dive	523111-38 523112-38 523122-38 523125-38 523141-38	Level B Level 1 Level 2 Level 3 Adult Lesson	523112-48 523121-48 523122-48 523123-48 523151-48
6:15 p.m. to 6:45 p.m.	Level B Level 1 Level 2 Level 3 Ad Fitness	523112-19 523121-19 523122-19 523123-19 523152-19	Level B Level 1 Level 4 Adult Lesson Intro/Dive	523112-29 523121-29 523124-29 523151-29 523141-29	Level B Level 1 Level 2 Level 3 Level 4	523112-39 523121-39 523122-39 523123-39 523124-39	Level B Level 1 Level 2 Level 3 Level 4	523112-49 523121-49 523122-49 523123-49 523124-49

For complete course descriptions, see page 5.

Pool Manager reserves the right to adjust lesson schedules.

*No classes on July 4.

Foothills Recreation & Aquatics Center Swim Lessons

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

Lesson Schedule:	Session 1: 6/1-6/11 1 st week, Mon-Fri 2 nd week, Mon-Thur	Session 2: 6/15-6/25 1 st week, Mon-Fri 2 nd week, Mon-Thur	Session 3: 6/29-7/9 1 st week, Mon-Fri 2 nd week, Mon-Thur	Session 4: 7/13-7/23 1 st week, Mon-Fri 2 nd week, Mon-Thur
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	Level	Code	Level	Code	Level	Code	Level	Code
8:00 to 8:30 a.m.	Level A	543111-11	Level B	543112-21	Level A	543111-31	Level A	543111-41
	Level B	543112-11	Level 1	543121-21	Level B	543112-31	Level B	543112-41
	Level 1	543121-11	Level 2	543122-21	Level 1	543121-31	Level 1	543121-41
	Level 2	543122-11	Level 3	543123-21	Level 2	543122-31	Level 2	543122-41
8:35 to 9:05 a.m.	Level B	543112-12	Level A	543111-22	Level B	543112-32	Level B	543112-42
	Level 1	543121-12	Level B	543112-22	Level 1	543121-32	Level 1	543121-42
	Level 2	543122-12	Level 1	543121-22	Level 2	543122-32	Level 2	543122-42
	Level 3	543123-12	Level 2	543122-22	Level 3	543123-32	Level 3	543123-42
9:10 to 9:40 a.m.	Level A	543111-13	Level B	543112-23	Level A	543111-33	Level A	543111-43
	Level B	543112-13	Level 1	543121-23	Level B	543112-33	Level B	543112-43
	Level 1	543121-13	Level 2	543122-23	Level 1	543121-33	Level 1	543121-43
	Level 2	543122-13	Level 3	543123-23	Level 2	543122-33	Level 2	543122-43
9:45 to 10:15 a.m.	Level B	543112-14	Level 4	543124-24	Level 4	543124-34	Level B	543112-44
	Level 4	543124-14	Level 5	543125-24	Level 5	543125-34	Level 1	543121-44
	Level 5	543125-14	LG-R	543463-24	Intro/Dive	543141-34	Level 2	543122-44
	Intro/Dive	543141-14	Intro/Dive	543141-24	GSII	543465-34	Level 4	543124-44
10:20 to 10:50 a.m.	Level 1	543121-15	Level A	543111-25	Level B	543112-35	Level A	543111-45
	Level 4	543124-15	Level B	543112-25	Level 1	543121-35	Level 4	543124-45
	Level 5	543125-15	Level 4	543124-25	Level 4	543124-35	Level 5	543125-45
	Intro/Dive	543141-15	GSII	543465-25	Level 5	543125-35	Intro/Dive	543141-45
11:00 to 11:30 a.m.	Level A	543111-16	Level B	543112-26	Level A	543111-36	Level B	543112-46
	Level B	543112-16	Level 1	543121-26	Level B	543112-36	Level 1	543121-46
	Level 2	543122-16	Level 2	543122-26	Level 1	543121-36	Level 2	543122-46
	Level 3	543123-16	Level 3	543123-26	Level 3	543123-36	Level 3	543123-46

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

*No classes on July 4.

- PLEASE NOTE:
- The Foothills Center has limited viewing deck space during lessons. Lesson seating is provided on the bleachers and in the concession area.
 - Food and coolers may NOT be brought into Foothills. A concession stand is available for food and beverage purchase.

Foothills Recreation & Aquatics Center offers water aerobics throughout the summer. Pick up a flyer at the center's front desk for more information.

Foothills Aquatic Rentals

For your next party, schedule a private, pool-side rental.

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.

For details, call Manny at 623-930-4609.

All pool parties requested prior to May 25 or after August 8 would be considered private rentals.

Contact Dave Strong 623-930-4607 for information on private rentals.

Foothills Family Swim Night

7 - 9 p.m., June 27

Foothills Recreation & Aquatics Center

FUN • GAMES • CONTESTS • FOOD

A special time set aside especially for families to enjoy the center. Swimming is available from 7-9 p.m. for \$3/person for residents or \$5/person for non-residents. Parents/guardians must be present.

Ironwood Pool Swim Lessons

Ironwood High School • 12603 N. 61st Ave. • (623) 412-5868

Lesson Schedule:	Session 1: 6/1-6/11		Session 2: 6/15-6/25		Session 3: 6/29-7/9		Session 4: 7/13-7/23	
	1 st week, Mon-Fri		1 st week, Mon-Fri		1 st week, Mon-Fri		1 st week, Mon-Fri	
	2 nd week, Mon-Thur		2 nd week, Mon-Thur		2 nd week, Mon-Thur		2 nd week, Mon-Thur	
	Level	Code	Level	Code	Level	Code	Level	Code

9:00 a.m. to 9:30 a.m.	Level B Level 1 Level 3 Level 4	553112-11 553121-11 553123-11 553124-11	Level A Level B Level 1 Level 2	553111-21 553112-21 553121-21 553122-21	Level B Level 1 Level 2 Level 3	553112-31 553121-31 553122-31 553123-31	Level B Level 1 Level 2 Level 3	553112-41 553121-41 553122-41 553123-41
9:35 a.m. to 10:05 a.m.	Level A Level B Level 1 Level 2	553111-12 553112-12 553121-12 553122-12	Level B Level 1 Level 3 LG-R	553112-22 553121-22 553123-22 553463-22	Level A Level 1 Level 2 Level 4	553111-32 553121-32 553122-32 553124-32	Level B Level 1 Level 2 Intro/Dive	553112-42 553121-42 553122-42 553141-42
10:10 a.m. to 10:40 a.m.	Level B Level 1 Level 2 Intro/Stroke	553112-13 553121-13 553122-13 553131-13	Level 2 Level 3 Intro/Dive Ad Fitness	553122-23 553123-23 553141-23 553152-23	Level B Level 1 Level 2 Intro/Dive	553112-33 553121-33 553122-33 553141-33	Level A Level B Level 1 Level 2	553111-43 553112-43 553121-43 553122-43
10:45 a.m. to 11:15 a.m.	Level B Level 1 Level 2 Level 3	553112-14 553121-14 553122-14 553123-14	Level A Level B Level 1 Level 4	553111-24 553112-24 553121-24 553124-24	Level B Level 1 Level 2 Ad Fitness	553112-34 553121-34 553122-34 553152-34	Level 2 Level 3 Level 4 Ad Fitness	553122-44 553123-44 553124-44 553152-44
11:20 a.m. to 11:50 a.m.	Level B Level 1 Level 3 Level 4	553112-15 553121-15 553123-15 553124-15	Level B Level 1 Level 2 Level 3	553112-25 553121-25 553122-25 553123-25	Level B Level 1 Level 3 Level 4	553112-35 553121-35 553123-35 553124-35	Level A Level B Level 3 Level 4	553111-45 553112-45 553123-45 553124-45
5:30 p.m. to 6:00 p.m.	Level A Level 1 Level 2 Intro/Dive	553111-16 553121-16 553122-16 553141-16	Level 2 Level 3 Level 4 Intro/Dive	553122-26 553123-26 553124-26 553141-26	Level A Level 2 Level 3 GSII	553111-36 553122-36 553123-36 553465-36	Level B Level 2 Level 4 Level 5	553112-46 553122-46 553124-46 553125-46
6:05 p.m. to 6:35 p.m.	Level B Level 1 Level 2 Ad Fitness	553112-17 553121-17 553122-17 553152-17	Level A Level B Level 1 Level 2	553111-27 553112-27 553121-27 553122-27	Level B Level 3 GSI Level 5	553112-37 553123-37 553464-37 553125-37	Level A Level B Level 1 Level 3	553111-47 553112-47 553121-47 553123-47



Saturday/Sunday Swimming Lessons at Ironwood Pool!

Lessons will take place during recreational swim in an area of the pool that has been closed off to recreational swimmers.

Time	Session 5: June 6, 7, 13, 14, 20, 21, 27, 28		Session 6: July 5, 11, 12, 18, 19, 25, 26, Aug. 1	
3:05 p.m. to 3:40 p.m.	LEVEL A LEVEL B LEVEL 1	503111-51 503112-51 503121-51	LEVEL B LEVEL 1 LEVEL 2	503112-61 503121-61 503122-61
3:45 p.m. to 4:20 p.m.	LEVEL B LEVEL 1 LEVEL 2	503112-52 503121-52 503122-52	LEVEL 1 LEVEL 2 LEVEL 3	503121-62 503122-62 503123-62
4:25 p.m. to 5:00 p.m.	LEVEL 1 LEVEL 2 LEVEL 3	503121-53 503122-53 503123-53	LEVEL A LEVEL B LEVEL 1	503111-63 503112-63 503121-63

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

*No classes on July 4.

Parents may enter the pool to watch the lesson. If child and/or parent wish to swim before or after the lesson, normal recreation swim fees will apply.

City of Glendale Water Aerobics

Classes at Ironwood Pool for ages 15 and over*

Monday – Friday: June 1 – July 30
Shallow Water Aerobics, 6:45 - 7:45 p.m.
(No class on June 26, July 10, 24, 31)

Saturdays: June 6, July 4, 18, 25, and Aug 1
Deep Water Fitness, 10 – 11 a.m.
Shallow Water Aerobics, 11 a.m. – Noon

*Kids ages 3-8 can use the baby pool for 50¢ per visit while parent is in class. Space is limited!

Drop-In Admission:

\$3 Resident • \$4 Non-Resident

10-Use Punch Cards:

\$25 Resident • \$35 Non-Resident

Rose Lane Aquatics Center Swim Lessons

5003 W. Marlette Ave. • (623) 930-7905

Lesson Schedule: **Session 1: 6/1-6/11** **Session 2: 6/15-6/25** **Session 3: 6/29-7/9** **Session 4: 7/13-7/23**
 1st week, Mon-Fri 1st week, Mon-Fri 1st week, Mon-Fri 1st week, Mon-Fri
 2nd week, Mon-Thur 2nd week, Mon-Thur 2nd week, Mon-Thur 2nd week, Mon-Thur

	Level	Code	Level	Code	Level	Code	Level	Code
9:10 a.m. to 9:40 a.m.	Level B	573112-11	Level 1	573121-21	Level 1	573121-31	Level B	573112-41
	Level 1	573121-11	Level 2	573122-21	Level 2	573122-31	Level 1	573121-41
	Intro/Stroke	573131-11	Intro/Stroke	573131-21	Level 3	573123-31	Level 3	573123-41
9:45 a.m. to 10:15 a.m.	Level A	573111-12	Level A	573111-22	Level A	573111-32	Level A	573111-42
	Level B	573112-12	Level B	573112-22	Level B	573112-32	Level B	573112-42
	Level 3	573123-12	LG-R	573463-22	Level 1	573121-32	Level 1	573121-42
10:20 a.m. to 10:50 a.m.	Level B	573112-13	Level B	573112-23	Level B	573112-33	Level B	573112-43
	Level 1	573121-13	Level 2	573122-23	Level 2	573122-33	Level 2	573122-43
	Level 2	573122-13	Level 3	573123-23	Level 3	573123-33	Level 3	573123-43
10:55 a.m. to 11:25 a.m.	Level A	573111-14	Level B	573112-24	Level B	573112-34	Level 1	573121-44
	Level B	573112-14	Level 1	573121-24	Level 1	573121-34	Level 2	573122-44
	Level 1	573121-14	Level 2	573122-24	Level 4	573124-34	Intro/Dive	573141-44
11:30 a.m. to Noon	Level 2	573122-15	Level A	573111-25	Level 1	573121-35	Level B	573112-45
	Level 3	573123-15	Level 1	573121-25	Level 2	573122-35	Level 2	573122-45
	Level 4	573124-15	Level 4	573124-25	Level 3	573123-35	Level 4	573124-45

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

*No classes on July 4.

O'Neil Pool Swim Lessons

6448 W. Missouri Ave. • (623) 915-2803

Lesson Schedule: **Session 1: 6/1-6/11** **Session 2: 6/15-6/25** **Session 3: 6/29-7/9** **Session 4: 7/13-7/23**
 1st week, Mon-Fri 1st week, Mon-Fri 1st week, Mon-Fri 1st week, Mon-Fri
 2nd week, Mon-Thur 2nd week, Mon-Thur 2nd week, Mon-Thur 2nd week, Mon-Thur

	Level	Code	Level	Code	Level	Code	Level	Code
10 a.m. to 10:30 a.m.	Level B	563112-11	Level B	563112-21	Level A	563111-31	Level 1	563121-41
	Level 1	563121-11	Level 1	563121-21	Level B	563112-31	Level 2	563122-41
	Level 2	563122-11	Level 2	563122-21	Level 2	563122-31	Level 3	563123-41
	Level 3	563123-11	Level 4	563124-21	Level 3	563123-31	Level 4	563124-41
10:35 a.m. to 11:05 a.m.	Level 1	563121-12	Level B	563112-22	Level B	563112-32	Level B	563112-42
	Level 2	563122-12	Level 2	563122-22	Level 1	563121-32	Level 1	563121-42
	Level 3	563123-12	Level 3	563123-22	Level 2	563122-32	Level 3	563123-42
	Intro/Dive	563141-12	Intro/Dive	563141-22	Level 3	563123-32	Level 4	563124-42
11:10 a.m. to 11:40 a.m.	Level A	563111-13	Level A	563111-23	Level A	563111-33	Level A	563111-43
	Level B	563112-13	Level B	563112-23	Level B	563112-33	Level B	563112-43
	Level 1	563121-13	Level 1	563121-23	Level 2	563122-33	Level 1	563121-43
	Level 4	563124-13	Intro/Stroke	563131-23	Intro/Dive	563141-33	Level 2	563122-43
5:30 p.m. to 6:00 p.m.	Level A	563111-14	Level 1	563121-24	Level B	563112-34	Level B	563112-44
	Level B	563112-14	Level 2	563122-24	Level 1	563121-34	Level 2	563122-44
	Level 1	563121-14	Level 3	563123-24	Level 2	563122-34	Level 4	563124-44
	Level 2	563122-14	Level 4	563124-24	Intro/Dive	563141-34	Intro/Dive	563141-44
6:05 p.m. to 6:35 p.m.	Level A	563111-15	Level B	563112-25	Level A	563111-35	Level A	563111-45
	Level B	563112-15	Level 1	563121-25	Level B	563112-35	Level B	563112-45
	Level 1	563121-15	Level 4	563124-25	Level 1	563121-35	Level 1	563121-45
	Level 2	563122-15	Intro/Dive	563141-25	Level 3	563123-35	Level 3	563123-45
6:40 p.m. to 7:10 p.m.	Level 2	563122-16	Level A	563111-26	Level B	563112-36	Level B	563112-46
	Level 3	563123-16	Level B	563112-26	Level 1	563121-36	Level 2	563122-46
	Level 4	563124-16	Level 2	563122-26	Level 2	563122-36	Level 3	563123-46
	Intro/Stroke	563131-16	Level 3	563123-26	Level 4	563124-36	Level 5	563125-46

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

*No classes on July 4.

Swim Team

**TEAM
PHOTOS!**
See below

Registration

See page 4 for registration information. Ages are as of June 1, 2009. *Be prepared to provide proof of birthdates/ages when registering.* Swim Team Fees: Residents, \$46 • Non-Residents, \$56. Registration Codes:

Pool	Ages 6 under	Ages 7-8	Ages 9-10	Ages 11-12	Ages 13-14	Ages 15 over
Cactus	523871-01	523872-01	523873-01	523874-01	523875-01	523876-01
Foothills	543871-01	543872-01	543873-01	543874-01	543875-01	543876-01
Ironwood	553871-01	553872-01	553873-01	553874-01	553875-01	553876-01
O'Neil	563871-01	563872-01	563873-01	563874-01	563875-01	563876-01
Rose Lane	573871-01	573872-01	573873-01	573874-01	573875-01	573876-01

Practice Schedule

All teams practice
Tuesday, June 2 - Thursday, July 16
on Mondays, Tuesdays and Thursdays.
All-City preliminaries and finals will be held
Saturday, July 18, at Cactus Pool.

CACTUS POOL (CAC)

Ages 10 and younger: 8:05-8:55 a.m.
Ages 11 and older: 7:05-7:55 a.m.

FOOTHILLS AQUATICS CENTER (FH)

Ages 10 and younger: 9:05-9:55 a.m.
Ages 11 and older: 8:05-8:55 a.m.

IRONWOOD POOL (IW)

Ages 10 and younger: 8:05-8:55 a.m.
Ages 11 and older: 7:05-7:55 a.m.

O'NEIL POOL (ON)

Ages 10 and younger: 9:05-9:55 a.m.
Ages 11 and older: 8:05-8:55 a.m.

ROSE LANE AQUATICS CENTER (RL)

Ages 10 and younger: 12:05-12:55 p.m.
Ages 11 and older: 8:05-8:55 a.m.

LUKE AIR FORCE BASE (LUKE)

for information, call 623-856-9334!

2009 Swim Meet Schedule

Swimmers must be able to swim 25 yards continuously by the first meet to continue on the team.

Dates & Locations

Rose Lane, O'Neil, and Luke Air Force Base will swim together as one team.

- 10 & Under: Warm ups from 7:30-7:50 a.m., compete from 8-9:45 a.m.
- 11 & Older: Warm ups from 9:45-10:05 a.m., compete from 10:15 a.m. - Noon
- June 13 FH vs. CAC @ CAC
IW vs. RL/ON/LUKE @IW
- June 20 CAC vs. IW @ CAC
FH vs. RL/ON/LUKE @IW
- June 27 All swimmers will compete in relays at Cactus Pool
IW vs. FH @ CAC
CAC vs. RL/ON/LUKE @ IW

*Ironwood Pool, 12603 N. 61st Ave.
Cactus Pool, 15500 N. 63rd Ave.*

ALL-CITY MEET PRELIMS/FINALS

**NEW
FORMAT!**

Saturday, July 18, at
Cactus Pool,
15500 N. 63rd Ave.

All City will be held at Cactus Pool. The 6 and under and 7 & 8 age groups will not swim preliminaries. Swimmers must compete in 2 of their 4 scheduled swim meets to participate in the All City Meet. **Rain backup date is Sunday, July 19, same times.**

Ages 9 and older Prelims:

Warm ups at 7 a.m., meet starts at 7:45 a.m.

Ages 8 and under Timed Finals:

Warm ups at 11:45 a.m., meet starts at 12:15 p.m.

Ages 9 and older Finals:

Warm ups at 6:30 p.m., meet starts at 7:15 p.m.

9 and older Prelims:

Swimmers will swim in three individual races; the top six overall times for each age group will compete in the Finals that evening. No relays will swim at prelims.

8 and under Timed Finals:

Each participant will swim in two individual races. The top six swimmers in each event for each age group will be awarded. All 8 and under relays will swim during this session.

9 and older Finals:

The top six swimmers who qualified for each event during morning prelims will return to compete in the Finals on Saturday evening. All 9 and older relays will swim during this session.



SWIM TEAM, DIVE TEAM & WATER POLO PHOTOS

Team and individual pictures will be taken and available for purchase as per the schedule below. On picture day, actual practice time may be reduced. Please note the team picture will combine the younger and older swimmers except at Rose Lane. Depending on your picture time, you may need to arrive a few minutes early or stay a few minutes longer to be included in the large team picture.

Tuesday, June 16: Cactus Pool

Thursday, June 18: Ironwood Pool

Monday, June 22: O'Neil Pool & Luke AFB at O'Neil Pool

Tuesday, June 23: Rose Lane Aquatic Center

Thursday, June 25: Foothills Recreation & Aquatic Center

2009 SWIMMER'S CLASSIC

Saturday, July 25, 2009

Mesa's Kino

High School Pool

The Arizona Parks and Recreation Association Sports & Aquatics Branch invites you to take part! This recreational swim meet is open to all swimmers up to age 18. For more information, call 623-930-2838.

Dive Team

Registration

See page 4 for registration information. *Be prepared to provide proof of birthdates/ages when registering.* Dive Team Fees: Residents, \$41 • Non-Residents, \$49. Registration Codes:

	<u>Ages 6 under</u>	<u>Ages 7-8</u>	<u>Ages 9-10</u>	<u>Ages 11-12</u>	<u>Ages 13-14</u>	<u>Ages 15 over</u>
Cactus	523981-01	523982-01	523983-01	523984-01	523985-01	523986-01
Foothills Blue*	543981-01	543982-01	543983-01	543984-01	543985-01	543986-01
Foothills Green*	543981-02	543982-02	543983-02	543984-02	543985-02	543986-02
Ironwood	553981-01	553982-01	553983-01	553984-01	553985-01	553986-01
O'Neil	563981-01	563982-01	563983-01	563984-01	563985-01	563986-01
Rose Lane	573981-01	573982-01	573983-01	573984-01	573985-01	573986-01

* *The only difference between the blue and green team is the time of practice. Participants can register for only one team and must always dive with the team for which they are registered to ensure all participants receive equal and fair participation time. This will be strictly enforced.*

2009 Diving Meet Schedule

Dive meets will start at 5:15 p.m. Approximate start times for each age group will be provided at practice. Warm ups are 15 minutes prior to starting times. All meets will be held at Ironwood Pool, 12603 N 61st Ave.

June 26	Dive Meet #1 - All pools compete
July 10	Dive Meet #2 - All pools compete
July 24	Dive Meet #3 - All pools compete
July 31	All City Championship Dive Meet

**TEAM
PHOTOS!**
See page 10

Practice Schedule

All teams practice Thursday, June 4, - Thursday, July 16, on Mondays, Tuesdays and Thursdays. All-City Diving meet will be held Friday, July 31 at Ironwood Pool.

CACTUS POOL

Ages 10 and younger: 7-7:30 a.m.
Ages 11 and older: 8:30-9 a.m.

FOOTHILLS AQUATICS CENTER BLUE

Ages 10 and younger: 8-8:30 a.m.
Ages 11 and older: 9:30-10 a.m.

FOOTHILLS AQUATICS CENTER GREEN

Ages 10 and younger: 8:30-9 a.m.
Ages 11 and older: 9-9:30 a.m.

IRONWOOD POOL

Ages 10 and younger: 7-7:30 a.m.
Ages 11 and older: 8:30-9 a.m.

O'NEIL POOL

Ages 10 and younger: 8-8:30 a.m.
Ages 11 and older: 9:30-10 a.m.

ROSE LANE AQUATICS CENTER

Ages 10 and younger: 8-8:30 a.m.
Ages 11 and older: 12:30-1 p.m.



Water Polo Team

Learn basic skills of water polo and enjoy camaraderie with teammates. Teams will compete against other Glendale pools.

Registration

See page 4 for registration information. Ages as of June 1, 2008. *Be prepared to provide proof of birthdates/ages when registering.* Team Fees: Residents, \$38 • Non-Residents, \$45. Prerequisite: Coaches will conduct a swimming readiness evaluation on the first day of practice. All participants must be able to demonstrate American Red Cross Learn to Swim Level 4 skills (see page 5 for description). Registration Codes:

	<u>Ages 8-10</u>	<u>Ages 11-17</u>
Cactus	523795-11	523796-11
Rose Lane	573795-11	573796-11
Ironwood	553795-11	553796-11
O'Neil	563795-11	563796-11

Practice Schedule

All teams practice Monday, Tuesday and Thursday, June 4 - July 9.

	<u>Ages 8-10</u>	<u>Ages 11-17</u>
Cactus Pool	7:30 - 8 a.m.	8 - 8:30 a.m.
O'Neil Pool	8:30 - 9 a.m.	9 - 9:30 a.m.
Rose Lane Aquatics	8:30 - 9 a.m.	12 - 12:30 p.m.
Ironwood Pool	7:30 - 8 a.m.	8 - 8:30 a.m.

**TEAM
PHOTOS!**
See page 10

Game Schedule

Games will be held from 7-9 p.m. at Rose Lane Aquatics Center, 5003 W. Marlette Ave. Game dates are June 19, July 3 and July 17. A specific game schedule will be determined after registration has completed.

Synchronized Swimming Program

Learn basic synchronized swimming skills and enjoy camaraderie with teammates. This program is non-competitive with the season's practices leading up to a final performance.

Registration

See page 4 for registration information. Ages 8-17 as of June 1, 2009. *Be prepared to provide proof of birthdates/ages when registering.*

Team Fees: Residents, \$35 • Non-Residents, \$41 Prerequisite: Coaches will conduct a swimming readiness evaluation on the first day of practice. All participants must be able to demonstrate American Red Cross Learn to Swim Level 3 skills (see page 5 for description).

Registration Codes:

	<u>Ages 8-12</u>	<u>Ages 13-17</u>
Cactus	523691-11	523692-11

Cactus is the only location for the synchronized swimming program.

Practice Schedule

Synchronized swimming will practice from 6:45-8 p.m. Tuesdays and Thursdays, June 9 - July 21 at Cactus Pool.

**TEAM
PHOTOS!**
6:45 p.m.,
July 9,
at Cactus Pool

2009 Performance

A special performance will be held at 7 p.m., Thursday, July 23 at Cactus Pool, 15500 N. 63rd Ave.

HAPPY SPLASHDAY PARTY!

*Have your next birthday party at
Glendale's Rose Lane Aquatics Center!*

Glendale Residents: \$145 • Non Residents \$175

Package Includes:

- Admission into Rose Lane Aquatics Center for up to 50 people (15 people must be under 18 years)
- 2 hours of semi-private swim time... Closed to the general public
- Pool may be shared with other birthday parties scheduled at the same time
- Outdoor reserved table area
- Four 3 x 6 folding tables (bring your own table cloths)
- Welcome banner with child's name on it
- Trash bags and trash removal service
- Free Summer Fun t-shirt for the birthday boy/girl
- Standard facility background music will be provided (outside music not allowed)
- Fee for additional participants over 50: \$6 each (subject to capacity limitations)



Dates: June 13, June 27, July 11, July 25, or August 2
(additional dates may open if these fill)

Time: 10:30 a.m. - 12:30 p.m.

Doors will open at 10:15 a.m. for set-up only, party guests may enter at 10:30 a.m. All party goers must exit when the party ends at 12:30 p.m. Party goers may opt to pay the normal recreation swim fees to re-enter facility at 1 p.m. Outside food and drink must be completely removed from facility by 12:45 p.m. SHARP!

We do NOT provide the following items...please be sure to bring your own: Food, drinks, napkins, plates, cups, forks, spoons, balloons, hats, cake, candles, matches, ice cream, knife to cut cake, ice cream scoop.

GLASS CONTAINERS WILL NOT BE ALLOWED INTO THE FACILITY!!

These parties require a reservation!! Reservations should be made a minimum of 3 weeks in advance. Book early, these parties fill fast! Parties are assigned on a first-come, first-served basis. Call 623-930-2838 to reserve your party day!!



Glendale Parks & Recreation
5850 West Glendale Avenue
Glendale AZ 85301

Free Swimming Fridays



Glendale youth ages 17 and under
can swim for free on Fridays.

1 - 5 p.m., Fridays,

June 5 - July 31 at O'Neil Pool

**1 - 7 p.m., Fridays, June 5, 19, July 3
and 17 at Rose Lane Aquatics Center**

Sponsored by

**ARIZONA
PHYSICIANS IPA**

