

COTTONWOOD AQUATICS

SUMMER 2012 INFORMATION GUIDE



**CRC INDOOR LEISURE POOL
150 S. 6TH STREET**

**CAC OUTDOOR POOL
100 BRIAN MICKELSEN PARKWAY
COTTONWOOD, AZ 86326
928-639-3200**



COTTONWOOD AQUATICS

SUMMER 2012

Welcome to the updated Cottonwood Parks and Recreation Aquatics Guide for the 2012 summer season. This guide includes information on both the Cottonwood Recreation Center's indoor leisure pool and the outdoor pool. This Aquatics Guide is published to assist you in the use and enjoyment of our pool facilities. It includes the swimming schedule, "Learn to Swim" program information, adult class information, fee schedule and other important dates at the pools. We hope you enjoy your swimming experience with us. If you are the parent of a child using our pool, we assure you that we attempt to provide the safest possible recreational setting for you and your family.

POOL SCHEDULE

The CRC Indoor Leisure Pool is open year round. The Outdoor pool is open from Memorial Day weekend through Labor Day. The first day of the season is Saturday, May 26. Please check the calendar on the following pages for specific swim times for each day of the week. Adult Lap Swim and all ages Recreational Swims are scheduled daily. Night swimming is available in the Indoor Leisure Pool. The August schedule includes changes to evening lap swim and more.

SPECIAL NEEDS/THERAPEUTIC SWIM HOUR AT THE OUTDOOR POOL

A therapeutic swim hour is scheduled Mondays through Thursdays from 4 to 5 pm through the end of July at the Outdoor Pool to allow parents and guardians to work with special needs patrons in recreational and therapeutic programming. There will be a limited amount of time reserved for special group usage. For more information please contact Hezekiah Allen, Aquatics Supervisor, at 639-3200 x3215.

SNACK SHACK!

The Snack Shack will be open during Outdoor Pool Recreational Swim hours during the season. Drinks, snacks and friendly concessionaires! Look for new exciting menu items this year!



Cottonwood Recreation Center Rates

	<u>Per Visit</u>	<u>10 Visits</u>	<u>1 Mo Pass</u>	<u>3 Mo Pass</u>
Youth (5-17)	\$ 4.00	\$ 24.00	\$ 25.00	\$ 60.00
<i>City Residents</i>	\$ 3.00	\$ 18.00	\$ 20.00	\$ 50.00
Adults	\$ 6.00	\$ 36.00	\$ 45.00	\$ 110.00
<i>City Residents</i>	\$ 5.00	\$ 30.00	\$ 35.00	\$ 85.00
Senior	\$ 4.00	\$ 24.00	\$ 25.00	\$ 60.00
<i>City Residents</i>	\$ 3.00	\$ 18.00	\$ 20.00	\$ 50.00
Family			\$75.00	\$ 185.00
<i>City Residents</i>			\$ 65.00	\$ 160.00

Outdoor Pool Rates

Season passes are no longer available for the Outdoor pool. Use of the outdoor pool is included in all CRC memberships. Day passes and 10-Visit Passes will be sold for the Outdoor Pool at the following rates:

	<u>Per Visit</u>	<u>10 Visits</u>
Youth (5-17)	\$ 1.50	\$ 12.50
<i>Under 5 are free with paid adult</i>		
Senior (55+)	\$ 1.50	\$ 12.50
Adults	\$ 2.50	\$ 20.00



LIGHTNING STORM PROCEDURES

Swimmers are not allowed in either pool during lightning. Monsoon season typically begins in late June or early July with heavy rains accompanied by thunder and lightning. The aquatics center staff is trained to close the pools at the first sign of lightning to ensure the safety of all pool users. Please respect pool staff's decision to put your safety above recreational needs. Follow their directions and get out of the pool immediately. The pools will be shut down until the manager feels the danger has passed and it is safe to reopen. Thank you for your cooperation in this very important matter.

COTTONWOOD AQUATICS

SUMMER SWIM SCHEDULE

Cottonwood Recreation Center

Outdoor Pool (through August 5)

SUNDAY

POOL HOURS 9am - 5pm
Adult Lap Swim NA
Recreational Swim 9am-5pm

SUNDAY

POOL HOURS 11am - 5pm
Adult Lap Swim 11am-12pm
Recreational Swim 12-5pm

MONDAY THROUGH THURSDAY

POOL HOURS 7am - 9pm
Adult Lap Swim 7-11am; 1-3pm; 5-6pm
Parks & Recreation Classes . . 10am-1pm
Recreational Swim 3-9pm
Therapeutic Swim NA

MONDAY THROUGH THURSDAY (*closed every other Monday*)

POOL HOURS 8:30am - 6pm
Adult Lap Swim 10:45-12:15pm; 5-6pm
Parks & Recreation Classes . . 8:30am-10:45am
Recreational Swim 12:30-4pm
Therapeutic Swim 4-5pm

FRIDAY

POOL HOURS 7am - 9pm
Adult Lap Swim 7-11am; 1-3pm; 5-6pm
Parks & Recreation Classes . . 10am-1pm
Recreational Swim 3-9pm
Therapeutic Swim NA
Group Rental NA

FRIDAY

POOL HOURS 8:30am - 10pm
Adult Lap Swim 10:45-12:15pm; 5-6pm
Parks & Recreation Classes . . 8:30am-10:45am
Recreational Swim 12:30-5pm
Therapeutic Swim NA
Group Rental 8-10pm

SATURDAY

POOL HOURS 8am - 6pm
Adult Lap Swim 8-11am
Parks & Recreation Classes . . 10am-12pm
Recreational Swim 12-6pm
Group Rental NA

SATURDAY

POOL HOURS 8:30am - 9pm
Adult Lap Swim 11am-12pm; 5-6pm
Parks & Recreation Classes . . 8:30am-10:45am
Recreational Swim 12-5pm
Group Rental 7-9pm

Patrons are not allowed in the pool area during Parks and Recreation Class time unless participating in the class offered. **The 10am start time begins Monday, June 4 and will revert back to 11am as of Monday, July 30.**

During Adult Lap Swim indoors, the rest of the pool is open to all patrons. Lap swim is offered in 30 minute increments and must be reserved DAY OF ONLY at the front desk in person or by phone at 639-3200.

Revised August Schedule at the Outdoor Pool:

Pool hours are reduced beginning August 6 due to Mingus Union High School district's start date. The revised schedule will include lap swim continuing at regular times with open swim moved to 6 to 9 pm Monday through Thursday evenings (no recreational swim scheduled for Fridays). The weekend schedule will continue unchanged through Labor Day.

AQUATICS CLASSES - SCHEDULE FOR JUNE 5 THROUGH JULY 27

The following is a list of Water Exercise Classes held at the CRC Indoor Pool and the Outdoor Pool.

PLEASE NOTE, NO CLASSES ARE HELD IN THE OUTDOOR POOL ON SCHEDULED CLOSED MONDAYS. WATER SHOES RECOMMENDED FOR ALL CLASSES.

CRC INDOOR POOL LAP LANES

These classes run yearlong.

WATER AEROBICS I **Mondays, 12pm**

This is an hour of mid-day fun in the pool with high-energy water aerobics, resistance exercises and relaxing stretches. This class is low-impact and easy on the joints. The water buoys you up and challenges you without pain. Work out stress, build strength, endurance and flexibility and return to your afternoon refreshed, alert and proud of yourself. All done to upbeat music with the focus on energetic but FUN movement. **Lori Maine**

JOINTS IN MOTION **Tuesdays & Thursdays, 12 pm**

Joint in Motion is designed for individuals before and after joint replacement surgery, and those experiencing joint, muscular, cardiovascular or neuromuscular limitations. Improve overall stamina through a short, light, low-impact aerobic component. **Linda Weisberg**

WATER INTERVALS **Wednesdays, 12 pm**

Interval training to burn calories, build up endurance and increase fitness. Join us with a fun musical beat with the benefits of low impact on joints and less stress on the heart. Water shoes are recommended. **Lori Maine**

WATER WALKING (IN LAZY RIVER) **Thursdays, 12 pm**

Water Walking is a non-stop, incredibly challenging water workout that maximizes water's resistance using muscle specific, precise movements performed through a full range of motion. The workout is broken into interval sections alternating with aerobics and ultra-tough strength training using noodles and hand buoys. Your heart will be pumping as you push and pull your arms and legs through the water with power and force, which will improve your strength, flexibility, posture and cardiovascular fitness. **Lori Maine**

WATER ZUMBA **Fridays, 12 pm**

Known as the Zumba "pool party" Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging water-based workout that's cardio-conditioning, body-toning, and exhilarating beyond belief. **Lori Maine**

OUTDOOR POOL

These classes are held indoors during the rest of the year.

WATER AEROBICS II **Mon. & Wed., 11 am**

This is an intermediate class, open only to those who have already done Water Aerobics. Packed with fun and variety, it offers different equipment, more complex moves and more challenging routines than Water Aerobics I. Includes interval and circuit training, stepped-up cardio and elements from Water Pilates, Aquatic Tai Chi, Kickboxing and Aquatic Dance. Water gloves are recommended. **Sally Davidson & Paytone Delmars**

AQUATICS FOR SENIORS **Tues. & Thurs., 11am**

Use water's properties for a safe and effective low-impact aqua aerobic workout. Each session includes a warm-up to loosen large muscles and joints followed by a cardio portion to raise the heart rate. Add a muscle conditioning phase (stretching) at the end to complete a total body workout. **Linda Weisberg**

AQUATIC INTERVAL TRAINING **Fridays, 11 am**

Aquatic interval training combines alternating bursts of high-intensity water aerobics with low-intensity recovery periods. Interval training can increase fat burning capacity, challenge and improve endurance, speed, strength and balance for all fitness levels. **Linda Weisberg**

This class is held in June & July only.

DEEP WATER AEROBICS **Saturdays, 11 am**

Take your water aerobics workout into the depths of the diving well and experience a totally different form of aquatic exercise. Deep water exercise routines combine the perfect blend of resistance and buoyancy for an energetic and fun workout. Participants must have a small and large noodle and will have to purchase a pair of ankle cuffs. Cuffs cost approximately \$18 and can be ordered at the 1st session. **Linda Weisberg**

**Visit the Outdoor Pool cashiers to register and pay
for all adult classes held in the Outdoor Pool**

Learn To Swim Program

The Cottonwood "Learn To Swim" program provides youth ages 3 to 15 with four levels of swim instruction. Levels are mandated by the American Red Cross and are taught by trained and certified Water Safety Instructors. All four levels are offered during four separate sessions throughout the summer. Lessons are 30 minutes a day for ten days in the mornings. ***The 10-day sessions are held every day during the 2-week period except for Sunday.***

SESSION SCHEDULE

Session #1	Tuesday, June 5 - Friday, June 15
Session #2	Tuesday, June 19 - Friday, June 29
Session #3	Tuesday, July 3 - Saturday, July 14 (no class 7/4)
Session #4	Tuesday, July 17 - Friday, July 27

Level I is offered at the following times at the indoor pool:

10:00 - 10:30 am; 10:45 - 11:15am or 11:30 - 12pm

Levels II - IV are offered at the following times in the outdoor pool:

8:30 - 9:00 am, 9:15 - 9:45 am or 10:00 - 10:30 am

REGISTERING FOR A "LEARN TO SWIM" CLASS

Registrations will be accepted at the Cottonwood Recreation Center beginning Wednesday, April 18. Please complete a separate registration form for each child and for each specific session. A form is located on the back of this brochure and extra forms are available at the office. Fees are due at time of registration. *Phone-in registrations are **not** accepted but mail-ins and online registrations are.* Register online through the city website.

Parents determine which level to place their child in by reading the descriptions below and on the following page. Student level may be adjusted if deemed necessary by the instructors.

LEVEL ONE - "MINNOWS"

This water exploration class helps students feel comfortable in the water and learn to enjoy the water safely. To pass course students need to fully submerge face in water for 3 seconds; experience buoyancy in chest deep water maintaining upright position for 10 bounces; assisted float on front; assisted float on back; bubble blowing; kick with assisted float on front and back; introduction of alternating arm action; learn basic water safety rules; wear a life jacket on deck and enter shallow water. Students must

be at least 3 years old and mature enough to attend classes without parental supervision (student works with instructor and other class members only).

LEVEL TWO - "GUPPIES"

This primary skills class teaches students to float without support and to recover to vertical position. Students must have a Level One certificate OR be able to demonstrate all completion requirements in Level One. To pass this class, students must demonstrate holding breath and fully submerge head for three seconds; retrieve objects in chest deep water; explore deep water with support; unsupported prone float or glide and recovery for five seconds; unsupported supine float or glide and recovery for five seconds; leveling off from a vertical position; rhythmic breathing 10 times; step from the side of pool into chest deep water and recovery; get out at the side of pool; flutter kick on front and back; finning on back; back crawl arm action; combined stroke front and back; using kick and arm stroke; turning over front to back and back to front; use of life jacket and other safety skills.

LEVEL THREE - "GOLDFISH"

Students will build on skills learned in Level Two. To pass this course students must demonstrate retrieving objects from bottom in chest deep water with open eyes; bob, submerging head completely 15 times in chest deep water; jump into deep water from the side of pool, dive from the side of pool from kneeling and compact positions; prone and supine glide with push off; swim front crawl, breathing as necessary to front or side, 10 yards; swim back crawl 10 yards; elementary back stroke kick 10 yards; reverse directions while swimming on front or back; learn safe diving rules; tread water; jump into deep water with life jacket; H.E.L.P. and huddle position for one minute; and learn how to open airway for rescue breathing. Students should feel comfortable in chest deep or deeper water.

LEVEL FOUR - "SEALS"

This level develops confidence in strokes learned thus far and strives to improve other aquatic skills. Students increase their endurance by swimming familiar strokes (elementary backstroke, front crawl and back crawl) for greater distances. To pass this class, students will be able to dive from the side of the pool from stride and standing positions. Students must also be able to do elementary backstroke 10 yards; sculling on back five yards; front crawl 25 yards with rotary breathing; back crawl 25 yards; breaststroke kick 10 yards and sidestroke scissor kick 10 yards; introduction to turning at wall; tread water for two minutes; learn rescue breathing; and become familiar with CPR.

Registration for "LEARN TO SWIM" classes begins Wednesday, April 18, 2012.

Cost is \$35.00 per child per session. Session fees for additional children within the same family are \$30.00 each.

Cash, Checks, MasterCard, VISA, Discover and debit cards accepted.

Please fill out the registration form **completely** and return with appropriate fees to the Cottonwood Recreation Center, 150 S. 6th Street. Registrations will be accepted until each session is full OR through the Thursday before each session, whichever comes first.

For more information please phone or e-mail the Cottonwood Parks & Recreation Department at 928-639-3200 or rbabbitt@cottonwoodaz.gov.

"Learn to Swim" Registration Form

CRC Member? _____

Child's Name _____

Parent's Name _____ DOB _____

Address _____

City _____ Zip _____

Email _____

Phone No. (home) _____ (other) _____

Age of Child _____ DOB _____

Level Number or Name _____

Session Number _____ Time _____

Special Needs Accommodations? _____

Emergency Contact Info _____

Parent/Guardian Signature _____ Date _____