

Swim Lessons Schedule

\$30.00

(Children must be 4 years old to take group swim lessons.)

SESSION 1 June 5-16

Children's Tree transportation this session.

9 - 9:45 AM: Level 2, Level 3, Level 4

10 - 10:45 AM: Level 1, Level 2, Level 5

11 - 11:45 AM: Pre-school Level 1 & 2, Pre-school Level 3, Level 3

SESSION 2 June 19-30

9 - 9:45 AM: Guardstart, Level 4, Level 3

10 - 10:45 AM: Level 1, Level 2, Level 6

11 - 11:45 AM: Pre-school Level 2, Pre-school Level 3, Level 3

SESSION 3 July 3-14 (No class on July 4)

9 - 9:45 AM: Level 1, Level 2, Level 6

10 - 10:45 AM: Level 2, Level 3, Level 5

11 - 11:45 AM: Pre-school 2, Pre-school Level 3, Level 4

SESSION 4 July 17-28

9 - 9:45 AM: Level 1, Level 2, Level 6

10 - 10:45 AM: Pre-school Level 2, Level 3, Level 5

11 - 11:45 AM: Pre-school Level 3, Level 4, Parent/Child

Private swim lessons available—check with the pool office for details.



Brief Description of Classes

Parent and Child Aquatics – Familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. Provide safety info for parents and teach techniques parents can use to orient their children to the water. *Parent/caregiver must accompany child in class.*

Preschool Aquatics Level 1 & 2 – Enter and exit water independently, move independently in the water, submerge and blow bubbles, glide on front, roll from front to back, float on back, recover to a vertical position.

Preschool Aquatics Level 3 – Enter and exit chest-deep water from deck, maintain treading or floating position for 15 seconds, swim on front and/or back for 5 body lengths, float on back and front, roll from back to front, recover from float to vertical position, combined stroke using arms and legs on front.

Learn-to-Swim (LTS) Level 1 – Introduction to Water Skills – Enter/exit water independently, blow bubbles and bob, glide on front and back, roll front to back, back float and recover to a vertical position.

Learn-to-Swim (LTS) Level 2 – Fundamental Aquatic Skills – Enter and exit chest-deep water from deck, maintain treading or floating position for 15 seconds, swim on front and/or back, submerge and hold breath, float on front and back, combined stroke on front, change direction while swimming.

Learn-to-Swim (LTS) Level 3 – Stroke Development – Jump into deep water, head first entry, treading or floating for 1 minute, rotary breathing, front crawl, breaststroke, and elementary backstroke, scissor kick, change positions (vertical/horizontal).

Learn-to-Swim (LTS) Level 4 – Stroke Improvement – Improve proficiency in front crawl, breaststroke, and elementary backstroke, sidestroke, change directions while swimming, back crawl, submerge and swim underwater.

Learn-to-Swim (LTS) Level 5 – Stroke Refinement – Shallow-angle dive, surface dives, front flip turn, tread water and leg-only tread water, butterfly stroke, sculling on back, increase distance using all learned strokes.

Learn-to-Swim (LTS) Level 6 – Swimming and Skill Proficiency – Swim 500 yards continuously using any 3 strokes, swimming at least 50 yards of each stroke, turns, survival floating, extended treading.

Guardstart: Lifeguarding Tomorrow

A jumpstart into lifeguarding for kids 11-14 who have completed at least Level IV. Learn accident prevention, develop swimming skills, gain understanding of basic emergency response techniques, and learn leadership skills.

Lifeguard Certification

Gain the knowledge and skills needed to prevent and respond to emergencies in and around an aquatic environment. CPR for the Professional Rescuer and First Aid are included in the course. Students must attend all classes. All City of Whitesboro lifeguards are Red Cross certified. Completion of course does not guarantee employment with the City of Whitesboro. Students must be 15 years old and pass a water pre-test to take the class.

Deadline to register: May 5

Pre-test: May 8 & 9

Class dates: May 22 – June 1

Class itinerary available at www.whitesborotexas.com/pard

Pre-test fee: \$25.00 (non-refundable)

Class fee: \$175.00



Pool Rental

Rentals available on Wednesdays, Fridays, Saturdays: 6:30-8:30 PM, and Sundays: 5-7 PM.

Fee: **\$150** for residents and **\$175** for non-residents for less than 65 swimmers. Additional fees apply for more swimmers.

Call 903.564.5964 for more information.

Swimming Pool Quick Facts

No regular diapers are allowed in the pool—"Little Swimmers" or contained swimsuits only.

Private swim lessons are available. Please see pool office for details.

Ten minutes each hour of public swim is set aside for a safety break for ages 15 and under.

Children under 8 **MUST** be accompanied by an adult **at all times**.

Swimming Pool Activity Schedule

SPLASH DAY!

Saturday, May 27
Free Admission For All!
1:00 to 6:00 PM

Water Aerobics: \$3.00 Beginning May 30

Shallow Water Class:

Mon/Wed/Fri 7:45- 8:45 AM

Mon/Tues/Thurs, 6:30-7:30 PM

Deep Water Class:

Mon/Tues/Thurs 7:30-8:30 PM

Lap Swim: \$2.00

Mon – Thursday 12:00-1:00 PM

Senior Men's Swim: \$2.00

Mon/Wed/Fri 7:45-8:45 AM

Mom & Me Swim Time

Thursday, 12:00-1:00 PM
Preschoolers and moms

Ladies' Day: \$2.00

Wednesday, 12:00-2:00 PM

Fathers' Day

June 18 1:00-5:00 PM
Dads admitted free when accompanied
by their child

Middle School Mixer: \$2.00

Thursday, May 25 6:00-8:00 PM
Pool Party for students going into grades 6, 7,
or 8 only. Music, Swimming, Games, and Fun!



Hours of Operation

Monday, Tuesday, Thursday, Friday,
Saturday..... 1:00 – 6:00 PM
Wednesday..... 2:00 – 6:00 PM
Sunday..... 1:00 – 5:00 PM

Admission Fees

Age 2 & younger: **Free**
Age 3 years & older: **\$2.00**

Passes

Individual Pass: Residents - **\$50**; Non-
residents - **\$75**
Family Pass: Residents - **\$100** for family
of four; Non-residents - **\$150**
(\$10.00 extra per additional family
member over four)

Swim Lessons

Two-week session: **\$30**

2017 Whitesboro Swimming Pool



**Registration for Swim Lessons
and Pool Rentals Begin May 1, 2017
beginning at 8:00 am.**

Pool Phone: 903-564-3039
Whitesboro Parks and Recreation Department
400 Wilson Street
Whitesboro, Texas 76273
PARD Phone: 903-564-5964