

## Swim Lessons Schedule

\$30.00

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

### SESSION 1 June 4-15

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 18-29

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

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

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

### SESSION 3 July 2-13 (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 16-27

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 4

Pre-test: May 7 & 8

Class dates: May 19 – May 25

Class itinerary available at [www.whitesborotexas.com/pard](http://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 26  
Free Admission For All!  
1:00 to 6:00 PM

## **Water Aerobics: \$3.00** Beginning May 29

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 17 1:00-5:00 PM

Dads admitted free when accompanied  
by their child

## **Middle School Mixer: \$2.00**

Thursday, May 24 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**

# 2018 Whitesboro Swimming Pool



**Registration for Swim Lessons  
and Pool Rentals Begin May 1, 2018  
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