

Swimming Pool Activities



Kiwanis Park Wave Pool

Come splash and play in our indoor, heated wave pool. Rent a tube and float the waves, then enjoy an icy soda and hot pizza at Kiwani Island Concession Stand. We have a few safety rules for your visit: Children under age 8 must have an adult with them at all times. No water wings or other floatation devices permitted. The minimum height to use the water slide is 48".

General Admission (13yrs+) \$6

Youth Admission (2-12yrs) \$3

Wave Pool Hours

8/2-8/31 Sa and Su 1pm-5pm

9/6-9/20 Sa only: 1pm-5pm

Special Holiday Wave Pool Hours

M, 9/1 1-5pm

Mid-day Waves-3-5pm (during wave days only)

General Admission (13yrs+) \$4

Youth Admission (2-12yrs) \$2

No other discounts/coupons will be honored during discount wave hours.

Lap Swimming Hours:

Effective 8/4-12/6

M-Th 7am-10am*

F 7-8:30am*

M-Th 11:30am-1:30pm*

M-Th 4:30pm-8pm*

Sa 8-11am*

*Except during private rentals.

Lap Swim Admission Fees

General Admission (13yrs+) \$2.25

Youth Admission (2-12yrs) \$1.25

Family/Open Swim

M-Th 11:30am-1:30pm

M/W 4:30-8pm

Begins 8/4

Private/Semi-Private/Small Group Lessons:

Private, semi-private, and small group lessons are available through the Kiwanis Recreation Center. Call 480-350-5201 for additional information.

Rates per Class Meeting

	½ hr	¾ hr	1 hr
Private (1 individual):	\$17	\$22	\$27
Semi-Private (2 individuals):	\$22	\$27	\$32

Outdoor Swimming Pools & Recreation Swim Hours

Escalante Pool 480-350-5204 2150 E. Orange Street

Recreation Swim: 8/9-9/7, Sa 12-4pm & Su 1-5pm

Holiday Hours

M, 9/1 1-5pm

Fees (Do NOT apply to Kiwanis Wave Pool)

Children 6-17yrs \$.75

Adults 18yr+ \$1.25

Swimming Lesson General Information

The City of Tempe Park & Recreation Department provides a progressive program for students who wish to learn or improve their swimming skills. This program is certified by the Starfish Institute. If you have concerns regarding your child's progress or ability level, please discuss them with the instructor or pool manager.

Fees for each class must be paid at the time of registration.

A student may register for a maximum of one (1) learn-to-swim class at a time using any of the registration procedures below. A student may also register for special classes in addition to a swimming class.

Students may register for additional learn-to-swim classes after the seventh lesson. At the end of the seventh lesson each student will be provided with a skill progress sheet for the class in which he/she is currently participating and information on the next appropriate class.

Current students will only be permitted to register for the next level of class by providing their skill progress sheet with their registration form.

All pre-registration activities are subject to cancellation prior to start date if minimum registration is not met.

Swim Lesson Program Class Descriptions

PARENT ASSISTED LESSONS 30 MINUTE CLASSES

Star Babies (8-12 mos): Designed to be an infant's first introduction to water adjustment with emphasis on parent participation/education as well as safety skills and fun. One child per adult.

Star-Infant (12-24 mos): Designed with an emphasis on parent participation, safety skills, comfort, and fun. One child per adult.

Star-Tot (24-36 mos): For the older tots to continue water adjustment, swim readiness skills, and safety skills. One child per adult.

Star-Shrimps (2 to 4 years): For pre-school children who are not ready for an independent swim program or the child who has mastered the Parent-Tot class and is ready for more swim readiness skills. One child per adult.

PRE-SCHOOL AGE LESSONS (SUGGESTED AGE 3-5 YEARS) 30 MINUTE CLASSES

SEA HORSE SWIM SCHOOL

Sea Horse White: For children ready to participate in an aquatic class on their own. Emphasis on basic water adjustment, breath holding, and floating.

Sea Horse Red: Prerequisite skills: blow bubbles, fully submerge unassisted; front and back float with support

Sea Horse Yellow: Prerequisite skills: Jump into 4ft of water; float for 5 seconds back and front.

Sea Horse Blue: Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Sea Horse Green: Prerequisite skills: Tread water 15 seconds, swim 20ft with side breathing; backstroke with kick 20 ft

Sea Horse Stroke School: Prerequisite: Jump In, swim 25 yds freestyle and return with rhythmic breathing and 25 yds. Backstroke

SCHOOL AGE LESSONS (SUGGESTED AGE 6 YEARS AND UP 30 MINUTE CLASSES

STARFISH SWIM SCHOOL

White/Red: Prerequisite skills: for the child with little or no formal instruction in aquatic skills. Class emphasis is on water adjustment skills, bubbles and breath control, submerging, and front and back float with flutter kicking.

Red: Prerequisite skills: blow bubbles, fully submerge unassisted; front and back float with support

Yellow: Prerequisite skills: Jump into 4ft of water; float for 5 seconds back and front.

Blue: Prerequisite skills: Jump in and swim 10ft. and return; back glide 10 ft.

Green: Prerequisite skills: Tread water 15 seconds, swim 20ft with side breathing; backstroke with kick 20 ft

STARFISH STROKE SCHOOL

White/Red: Prerequisite skills: Jump In, swim 25 yds freestyle and return with rhythmic breathing and 25 yds. Backstroke

Yellow: Prerequisite skills: freestyle and back stroke 50 yds; butterfly kick 10 yds.

Blue: Prerequisite skills: Freestyle and back stroke 75 yds; butterfly 10 yds; breaststroke kick 10 yds.

Green: Prerequisite skills: Swim 100 yds. freestyle and back stroke; 25yds. butterfly; and 25 yds. breaststroke

ADULT SWIM LESSONS 15 YEARS OF AGE AND OLDER

Adult Beginner: (Prerequisite: 15 years of age and older). Class is designed for adults who wish to learn to swim and will be geared to meet the needs of individuals. Emphasis is on adapting to the water and introduction to the front crawl, back float, and safety skills.

Adult Intermediate: (Prerequisite: 15yrs+). Class is designed for adults who have mastered the beginner skills and can swim 25 yards using a front crawl.

Adult Stroke Improvement: (Prerequisite: 15yrs+). Class is designed to improve upon and refine current skills rather than teach strokes.

Water Fitness (Aerobics): A fitness class incorporating warm-ups, 25-40 minutes of aerobic exercise, a cool-down period, and exercises to tone and strengthen muscles. No swimming ability required.

Deep Water Fitness (Aerobics): This is a water fitness class using deep water as its medium. Participants should be comfortable in deep water. The class will use some flotation devices to exercise.

Swimming Pool Schedules



Special Interest Aquatic Classes

American Red Cross Lifeguard Training-This is an American Red Cross certification course for individuals who are interested in life guarding. The course will include First Aid, CPR, as well as the lifeguard training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirements. *No class 10/9, 10/10, 10/11. Fee: \$110.

Class Dates: 10/2-10/25* KRC
 13441 Th/F 6pm-9:30pm
 Sa 9am-5pm

Water Safety Instructor-This is an American Red Cross certification course for individuals wishing to become swimming instructors. Pre-requisites:16 years of age or older, ability to perform skills appropriate for the class. Fee: \$110.

Class Date: 11/1-11/15 KRC
 13535 Th/F 6pm-9:30pm
 Sa 9am-5pm

For registration information see page 4.

Arthritis Foundation Water Exercise Class-An exercise class designed to help relieve pain and stiffness caused by arthritis. This class is taught by an arthritis certified instructor. Register at Kiwanis Pool anytime, classes are on-going. *No class on 11/11.

No Code 16yrs+ T/Th 8/5-11/25* 11:15am-12pm KRC

Program Card Fees-Arthritis Water Exercise Class

4 workouts \$18
 6 workouts \$27
 8 workouts \$36

Purchase cards at Kiwanis Front Desk; classes are on-going.

Kiwanis Pool Water Fitness Schedule • Register at Kiwanis Pool anytime. Classes are on-going.

Class Title	Day	Time	8/4-12/3
Deep Water	M/W	6:40pm	
Water Fitness	M-W	8:50am	Purchase cards at Kiwanis Front Desk
	M/W	5:30pm	
	T/Th	8:50am	
	T/Th	6:40pm	
	Sa	9am	

PROGRAM CARD FEES-WATER FITNESS

4 workouts	\$16	*No Class on Sept 1, Nov 11, 27, 29.
6 workouts	\$24	
8 workouts	\$32	

Kiwanis Pool Evening Swim Lesson Schedule (480) 350-5201 Monday/Wednesday Classes Classes meet twice a week for four weeks. Fees for Swim Classes: \$40.

Class Title	Time	Session 1 9/3-9/29
Parent Assisted Classes		
Star-Infant	5:35pm	13482
Parent-Tot	6:10pm	13488
Shrimps	5pm	13485
Preschool Sea Horse Swim School Ages 3-5yrs		
Sea Horse White	5pm	13465
	6:10pm	13466
Sea Horse Red	6:10pm	13456
	6:45pm	13457
Sea Horse Yellow	5pm	13472
	5:35pm	13473
Sea Horse Blue	5:35pm	13446
	6:45pm	13447
Sea Horse Green	6:45pm	13451
Starfish Swim School Ages 6 yrs and up		
Starfish White/Red	5pm	13523
Starfish Yellow	5:35pm	13529
	6:45pm	13530
Starfish Blue	5pm	13511
	6:10pm	13512
Starfish Green	5:35pm	13518
Starfish Stroke School Ages 6yrs and up		
Starfish Stroke White/Red	6:45pm	13499
Starfish Stroke Yellow	5:35pm	13509
	6:45pm	13510
Starfish Stroke Blue	5pm	13492
	6:10pm	13491
Starfish Stroke Green	6:10pm	13495
Adult Lessons		
Adult Beg.	7:30pm	13438
Adult Inter.	7:30pm	13436
Adult Stroke Improvement	7:30pm	13437

Kiwanis Pool Tuesday/Thursday Classes Classes meet twice a week for four weeks. Fees for Swim Classes: \$40.

Class	Time	Session 1 9/4-9/30
Parent Assisted Classes		
Star Babies	5:35pm	13480
Star-Tot	5pm	13489
Shrimps	6:10pm	13486
Preschool Sea Horse Swim School Ages 3-5yrs		
Sea Horse White	5pm	13469
	6:45pm	13468
Sea Horse Red	5pm	13458
	7:20pm	13459
Sea Horse Yellow	5pm	13474
	5:35pm	13475
	7:20pm	13476
Sea Horse Blue	5:35pm	13448
	6:45pm	13449
Sea Horse Green	5:35pm	13452
	7:20pm	13453
Preschool Stroke School Ages 3-5yrs		
Sea Horse Stroke School	6:10pm	13463
Starfish Swim School Ages 6 yrs and up		
Starfish White/Red	5pm	13527
	6:10pm	13526
Starfish Yellow	5:35pm	13532
	6:45pm	13531
Starfish Blue	5:35pm	13514
	6:45pm	13515
Starfish Green	6:10pm	13521
	7:20pm	13520
Starfish Stroke School Ages 6yrs and up		
Starfish Stroke White/Red	5pm	13500
	6:10pm	13501
	7:20pm	13502
Starfish Stroke Yellow	6:10pm	13506
	7:20pm	13505
Starfish Stroke Blue	6:45pm	13493
Starfish Stroke Green	6:45pm	13496

Kiwanis Pool Saturday Classes Classes meet once a week for six weeks. Fees for Swim Classes: \$30.

Class	Time	Session 1 9/6-10/11
Parent Assisted Classes		
Star Babies	10:45am	13481
Star Infants	9am	13483
Star-Tot	10:10am	13490
Shrimps	9:35am	13487
Preschool Sea Horse Swim School Ages 3-5yrs		
Sea Horse White	9am	13470
	10:10am	13471
Sea Horse Red	9am	13460
	10:10am	13461
Sea Horse Yellow	9:35am	13478
	10:45am	13479
Sea Horse Blue	10:45am	13450
Sea Horse Green	9:35am	13454
Preschool Stroke School Ages 3-5yrs		
Sea Horse Stroke School	10:10am	13464
Starfish Swim School Ages 6 yrs and up		
Starfish White/Red	9:35am	13525
Starfish Yellow	9am	13533
	10:45am	13534
Starfish Blue	10:10am	13513
Starfish Green	10:10pm	13522
Starfish Stroke School Ages 6yrs and up		
Starfish Stroke White/Red	9am	13504
	9:35am	13503
Starfish Stroke Yellow	9am	13507
	9:35am	13508
Starfish Stroke Blue	10:45am	13494
Starfish Stroke Green	10:45am	13497

