



## 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 flotation devices permitted. The minimum height to use the water slide is 48".

General (13yrs+) \$6  
Youth (2-12yrs) \$3

### Wave Pool Hours

Aug.10-Aug.30 Saturday and Sundays 1-5pm

### Wave Pool Hours:

Sept. 5-Sept. 27 Saturdays: 1pm-5pm

### Special Holiday Wave Pool Hours

Monday, Sept. 7 1-5pm

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

General (13yrs+) \$4  
Youth (3-12yrs) \$2

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

### Lap Swimming Hours:

Effective Aug. 10-Dec. 5  
Monday-Friday 7-10am\*  
Monday-Thursday 11:30am-1:30pm\*  
Monday-Thursday 5-8pm\*  
Saturday 8-11am\*

*\*Except during private rentals.*

### Lap Swim Admission Fees

Adults (13 yrs and up) \$2.25  
Children (2-12 yrs) \$1.25

### 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

	1/2 hr	3/4 hr	1 hr
Private (1 individual):	\$17	\$22	\$27
Semi-Private (2 individuals):	\$19	\$25	\$31

## Outdoor Swimming Pools & Recreation Swim Hours

### Escalante Pool 480-350-5204

2150 E. Orange Street

### Recreation Swim: Saturday & Sunday

Aug. 2-Sept. 7

Sa 1-5pm

Su 1-6pm

### Holiday Hours

M Sept. 7 1-5pm

### Fees: (Do NOT apply to Kiwanis Wave Pool)

Children 6 to 17 years \$ .75  
Adults 18 years and up \$1.25

## Swimming Lesson General Information

The City of Tempe Community Services 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: 15 years of age and older). Class is designed for adults who have mastered the beginner skills and can swim 25 yards using a front crawl.

**Adult Stroke Improvement:** (Prerequisite: 15 years of age and older). 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.

Kiwanis Pool Water Aerobics Schedule			
Register at Kiwanis Pool anytime, classes are on-going.			
Class Title	Day	Time	Session I 8/10-12/5
Deep Water	M/W	6:40pm	
Water Fitness	M/Th*	8:50am	*No class Sept 7, Nov 11, or Nov 26
	M/W	5:30pm	
	T/Th	6:40pm	
	Sa	9am	
PROGRAM CARD FEES-WATER FITNESS			
4 workouts	\$16		Purchase cards at Kiwanis Front Desk
6 workouts	\$24		
8 workouts	\$32		

## 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. Fee: \$110.

**Class Dates:** Oct. 8-Oct 24\* KRC  
 18274 Th/Fri 6-9:30pm  
 Sat. 9am-5pm  
 \*no class on Thursday Oct.22

**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 Dates:** Nov. 5-Nov.21  
 18357 Th/Fr 6-9:30pm  
 Sa 8am-5pm



Kiwanis Pool Evening Swim Lesson Schedule-480-350-5201		
Monday/Wednesday Classes		
Classes meet twice a week for four weeks. Fees for Swim Classes: \$44.		
Class	Session I Time	9/9-10/5
Parent Assisted Classes		
Star-Infant	5:35pm	18311
Star-Tot	6:10pm	18316
Shrimps	5pm	18313
Preschool Sea Horse Swim School Ages 3-5yrs		
Sea Horse White	5pm	18295
	5:35pm	18297
	6:10pm	18296
Sea Horse Red	5pm	18285
	6:10pm	18286
	6:45pm	18287
Sea Horse Yellow	5pm	18302
	5:35pm	18303
Sea Horse Blue	5:35pm	18276
	6:45pm	18277
Sea Horse Green	6:45pm	18281
Starfish Swim School Ages 6 yrs and up		
Starfish White/Red	5pm	18347
Starfish Yellow	5:35pm	18351
	6:45pm	18352
Starfish Blue	5pm	18338
	6:10pm	18339
Starfish Green	5:35pm	18343
Starfish Stroke School Ages 6yrs and up		
Starfish Stroke White/Red	6:45pm	18326
Starfish Stroke Yellow	6:45pm	18337
Starfish Stroke Blue	6:10pm	18319
Starfish Stroke Green	6:10pm	18323
Adult Beg.	7:30pm	18272
Adult Inter.	7:30pm	18270
Adult Stroke Improvement	7:30pm	18271

Kiwanis Pool Classes Schedule-480-350-5201		
Tuesday/Thursday Classes		
Classes meet twice a week for four weeks. Fees for Swim Classes: \$44.		
Class	Session I Time	9/8-10/1
Parent Assisted Classes		
Star Babies	5:35pm	18309
Star-Tot	5pm	18317
Shrimps	6:10pm	18314
Preschool Sea Horse Swim School Ages 3-5yrs		
Sea Horse White	5pm	18299
	6:45pm	18298
Sea Horse Red	5pm	18288
	6:10pm	18377
	7:20pm	18289
Sea Horse Yellow	5pm	18304
	5:35pm	18305
	7:20pm	18306
Sea Horse Blue	5:35pm	18278
	6:45pm	18279
Sea Horse Green	5:35pm	18282
	7:20pm	18283
Preschool Stroke School Ages 3-5yrs		
Sea Horse Stroke School	6:10pm	18293
Starfish Swim School Ages 6 yrs and up		
Starfish White/Red	5pm	18350
	6:10pm	18349
Starfish Yellow	5:35pm	18354
	6:45pm	18353
Starfish Blue	5:35pm	18341
	6:45pm	18342
Starfish Green	7:20pm	18345
Starfish Stroke School Ages 6yrs and up		
Starfish Stroke White/Red	5pm	18327
	6:10pm	18328
	7:20pm	18329
Starfish Stroke Yellow	6:10pm	18333
	7:20pm	18379
Starfish Stroke Blue	6:45pm	18321
Starfish Stroke Green	6:45pm	18324

Kiwanis Pool Classes Schedule-480-350-5201		
Saturday Classes		
Classes meet once a week for 6 weeks. Fees for Swim Classes: \$33.		
Class	Session I Time	9/12-10/17
Parent Assisted Classes		
Star Babies	10:45am	18310
Star Infants	9am	18312
Star-Tot	10:10am	18318
Shrimps	9:35am	18315
Preschool Sea Horse Swim School Ages 3-5yrs		
Sea Horse White	9am	18300
	10:10am	18301
Sea Horse Red	9am	18290
	10:10am	18291
Sea Horse Yellow	9:35am	18307
	10:45am	18308
Sea Horse Blue	10:45am	18280
Sea Horse Green	9:35am	18284
Starfish Swim School Ages 6 yrs and up		
Starfish White/Red	9:35am	18348
	10:10am	18378
Starfish Yellow	9am	18355
	10:45am	18356
Starfish Blue	10:10am	18340
Starfish Green	10:10pm	18346
Starfish Stroke School Ages 6yrs and up		
Starfish Stroke White/Red	9am	18331
	9:35am	18330
Starfish Stroke Yellow	9am	18334
	9:35am	18335
Starfish Stroke Blue	10:45am	18322
Starfish Stroke Green	10:45am	18325