TEMPE Opportunities

Registration Dates
Tempe Residents: August 13
Non-Tempe Residents: August 20

Fall 2012

www.tempe.gov/brochure

City of Tempe

PLAY LEARN LIVE GROW

Pick-up a Tempe Opportunities Brochure at participating fry's FOOD STORES/

Kiwanis Park Wave Pool

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

Wave Pool Hours
August 6 - September 2; Saturdays & Sundays, 1-5 p.m.

Holiday Wave Pool Hours
September 3, 1-5 p.m.

Wave Pool Fees
General (13 Yrs+) $7
Youth (212 Yrs) $5

Mid-Day Wave Hour Rates
3-5 p.m. (During Wave Days, Only)
General (13 Yrs+) $ 5
Youth (2-12 Yrs) $ 4
*No other discounts maybe used with this discount

Lap Swimming Hours
Effective August 6 - December 1
Monday - Thursday 7-10 a.m.*
Friday 7-9 a.m.*
Monday - Thursday 11:30 a.m.-1:30 p.m.*
Monday - Thursday 5-8 p.m.*
Saturday 8-11 a.m.*
*Except during private rentals

Lap Swim Admission Fees
General (13 Yrs+) $4
Youth (2-12 Yrs) $3

Private/Semi-Private/Small Group Lessons
Private, semi-private and small group lessons are available through the Kiwanis Recreation Center. For additional information, call 480-350-5201.

Rates per Class Meeting	½-Hr	¾-Hr	1-Hr
Private (1 Individual):	$20	$25	$30
Semi-Private (2 Individuals):	$25	$30	$35

Escalante Pool

2150 E. Orange Street
480-350-5204

Fees
Children Under 6 Yrs Free
Children 6-17 Yrs $ .75
Adults 18 Yrs+ $1.25

Recreation Swim
August 4 - September 3; Saturdays and Sundays, 1-5 p.m.

Holiday Hours
September 3, 1-5 p.m.

Swimming Pool Activities

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 an 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 older tots to continue water adjustment, swim-readiness skills and safety skills. One child per adult.

Star-Shrimps (2-4 Yrs)
For preschool 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.

Preschool-Age Lessons; 30-Minute Classes (Suggested Ages 3-5 yrs)

Sea Horse Swim School

Sea Horse White
For children ready to participate in an aquatics class on their own. Emphasis is on basic water adjustment, breath-control 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 four (4) feet of water; float for five (5) seconds, back and front.

Sea Horse Blue
Prerequisite Skills: Jump-in and swim 10 feet, return; back glide 10 feet.

Sea Horse Green
Prerequisite Skills: Tread water 15 seconds, swim 20 feet with side-breathing; backstroke with kick, 20 feet.

School Age Lessons; 30-Minute Classes (Suggested Ages: 6 yrs+)

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.

Yellow
Prerequisite Skills: Jump into 4 feet of water; float for 5 seconds, back and front.

Blue
Prerequisite Skills: Jump-in and swim 10 feet and return; back glide 10 feet.

Green
Prerequisite Skills: Tread water 15 seconds, swim 20 feet with side-breathing; backstroke with kick, 20 feet.

Starfish Stroke School

White/Red
Prerequisite Skills: Jump-in, swim 25 yards freestyle and return with rhythmic-breathing; 25 yards backstroke.

Yellow
Prerequisite Skills: Freestyle and backstroke 50 yards; butterfly kick 10 yards.

Blue
Prerequisite Skills: Freestyle and backstroke 75 yards; butterfly 10 yards; breaststroke kick 10 yards.

Green
Prerequisite Skills: Swim 100 yards freestyle and backstroke; 25 yards butterfly; 25 yards breaststroke.

Adult Lessons

Adult Beginner
Prerequisite 15 yrs+. Class is designed for adults who wish to learn how 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 yrs+. Class is designed for adults who have mastered the beginner skills and can swim 25 yards using the front crawl.

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

Adult Fitness

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 Fitness Schedule

Class Title	Day	Time
August 6-December 1		
Deep Water	M/W	6:40 p.m.
Water Fitness	M/W	8:50 a.m.
	M/W	5:30 p.m.
	T/Th	8:50 a.m.
	T/Th	6:40 p.m.
	Sa	9 a.m.
* No class 9/3, 11/12, 11/22		

Program Card Fees – Water Fitness
4 Workouts: $16 / 6 Workouts: $24 / 8 Workouts: $32
Purchase cards at Kiwanis Front Desk; classes are on-going.

Kiwanis Pool Evening Swim Lesson Schedule

Monday/Wednesday Classes
Classes meet twice a week for four (4) weeks.
Fees for swim classes: $46
480-350-5201

Class Title	Time	Session I 9/5-10/1
Parent-Assisted Classes		
Star-Infant	5:35 p.m.	31653
Star-Shrimps	5 p.m.	31655
Preschool Sea Horse Swim School; Ages 3-5 yrs		
Sea Horse White	5:35 p.m. 6:10 p.m.	31640 31639
Sea Horse Red	5 p.m. 6:10 p.m. 6:45 p.m.	31631 31632 31633
Sea Horse Yellow	5 p.m. 5:35 p.m.	31645 31646
Sea Horse Blue	5:35 p.m.	31622
Sea Horse Green	6:45 p.m.	31627
Starfish Swim School; Ages 6 yrs+		
Starfish White/Red	5 p.m.	31686
Starfish Yellow	6:45 p.m.	31691
Starfish Blue	5 p.m. 6:10 p.m.	31677 31678
Starfish Green	5:35 p.m.	31286
Starfish Stroke School; Ages 6 yrs+		
Starfish Stroke White/Red	6:45 p.m.	31667
Starfish Stroke Yellow	6:45 p.m.	31676
Starfish Stroke Blue	6:10 p.m.	31661
Starfish Stroke Green	6:10 p.m.	31664
Adult Lessons; Ages 16 yrs+		
Adult Beginner	7:20 p.m.	31619
Adult Intermediate	7:20 p.m.	31617
Adult Stroke Improvement	7:20 p.m.	31618

Kiwanis Pool Evening Swim Lesson Schedule

Tuesday/Thursday Classes
Classes meet twice a week for four (4) weeks.
Fees for swim classes: $46
480-350-5201

Class Title	Time	Session I 9/4-9/27
Parent-Assisted Classes		
Star Babies	5:35 p.m.	31651
Star-Tot	5 p.m.	31659
Star-Shrimps	6:10 p.m.	31656
Preschool Sea Horse Swim School; Ages 3-5 yrs		
Sea Horse White	5 p.m. 6:45 p.m.	31642 31641
Sea Horse Red	5 p.m. 6:10 p.m.	31634 31635
Sea Horse Yellow	5 p.m. 5:35 p.m.	31647 31648
Sea Horse Blue	5:35 p.m. 6:45 p.m.	31624 31625
Sea Horse Green	5:35 p.m. 6:10 p.m.	31628 31629
Starfish Swim School; Ages 6 yrs+		
Starfish White/Red	6:10 p.m.	31689
Starfish Yellow	5:35 p.m. 6:45 p.m.	31693 31692
Starfish Blue	5:35 p.m. 6:45 p.m.	31680 31681
Starfish Green	5:00 p.m.	31684
Starfish Stroke School; Ages 6 yrs+		
Starfish Stroke White/Red	6:10 p.m.	31672
Starfish Stroke Yellow	5 p.m. 6:10 p.m.	31673
Starfish Stroke Blue	6:45 p.m.	31662
Starfish Stroke Green	6:45 p.m.	31665
Adult Lessons; Ages 16 yrs+		
Adult Beginner	7:20 p.m.	31620

Want to keep a good class going? Register early!

Kiwanis Pool Swim Lesson Schedule

Saturday Classes
Classes meet once a week for six (6) weeks.
Fees for swim classes: $35
480-350-5201

Class Title	Time	Session I 9/8-10/13
Parent-Assisted Classes		
Star Babies	10:45 a.m.	31652
Star-Infants	9 a.m.	31654
Star-Tot	10:10 a.m.	31660
Star-Shrimps	9:35 a.m.	31657
Preschool Sea Horse Swim School; Ages 3-5 yrs		
Sea Horse White	9 a.m. 10:10 a.m.	31643 31644
Sea Horse Red	9 a.m. 9:35 a.m. 10:10 a.m.	31636 31637 31706
Sea Horse Yellow	9:35 a.m. 10:45 a.m.	31649 31650
Sea Horse Blue	10:45 a.m.	31626
Sea Horse Green	9:35 a.m.	31630
Starfish Swim School; Ages 6 yrs+		
Starfish White/Red	9:35 a.m. 10:10 a.m.	31687 31688
Starfish Yellow	9 a.m. 10:45 a.m.	31695 31694
Starfish Blue	10:10 a.m. 10:45 a.m.	31679 31707
Starfish Green	10:10 a.m.	31685
Starfish Stroke School; Ages 6 yrs+		
Starfish Stroke White/Red	9 a.m. 9:35 a.m.	31670 31671
Starfish Stroke Yellow	9 a.m. 9:35 a.m.	31674 31675
Starfish Stroke Blue	10:10 a.m.	31663
Starfish Stroke Green	10:45 a.m.	31666

Winter Brochure Available Dec. 6

Special Interest Aquatics Classes

American Red Cross
Together, we can save a life

American Red Cross Lifeguard Training

This is an American Red Cross certification course for individuals who are interested in lifeguarding. The course will include First Aid training, CPR training, as well as the lifeguard training. Must be 15 years of age and able to perform the swimming skills necessary to complete the course requirements. Fee: $120. 480-350-5201

31621	10/6-10/20	Th/F	6-9:30 p.m.
		Sa	8 a.m.-5 p.m.

Water Safety Instructor

This is an American Red Cross certification course for individuals wishing to become swimming instructors. Prerequisites:16 years of age or older, ability to perform skills appropriate for the class. Fee: $120. 480-350-5201

31696	11/2-11/17	Th/F	6-9:30 p.m.
		Sa	8 a.m.-5 p.m.

New! Exercise; Aqua Zumba® (Known as the Zumba® Pool Party)

Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during a class. Integrating the Zumba philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. *No class 11/22. Fee: $40. Pay as you go for $5 per class. 480-350-5200

31939	16 yrs+	Th	10/4-11/28*	5:30-6:30 p.m.	KRC
31938	16 yrs+	T	10/9-11/27	5:30-6:30 p.m.	KRC