Activities for Adults (50+ Years)

Pokeno
Pokeno is a game that is a combination of poker and keno, though it is pretty much like playing Bingo with standard playing cards. Join us for a morning of fun games and prizes. Fee: $1. 480-858-2420

33939	50 yrs+	W	4/3	9 a.m.	CSC
33940	50 yrs+	W	5/1	9 a.m.	CSC

Special Interest

Crazy Cell Phones
Are those cell phones driving you crazy? Figuring out how to add a contact number or send a text can be frustrating? Hopefully this program can help. We will cover a few of the basics in 15 minutes individual sessions so you will need to make an appointment after you register. Space is limited. Fee: None. 480-350-5802

33383	55 yrs+	M	3/18-3/25	2:30-3:30 p.m.	LSTR
33384	55 yrs+	T	5/7-5/14	2:30-3:30 p.m.	ESCA

Kooky e-BookA
Are those electronics devices driving you bonkers? In this class you will learn how to download e-books to different e-Readers through the Tempe Public Library. Fee: None. 480-350-5800

33387	55 yrs+	T	4/23	2-3 p.m.	ESCA
33388	55 yrs+	T	4/30	2:30-3:30 p.m.	ESCA

New! Facebook/Email for Seniors
Do you want to connect with friends, family or lost acquaintances? We can help you set up a Facebook account or an e-mail account. We will assist you in setting up your basic account information and demonstrate how they work. Fee: None. 480-350-5800

Aquatics

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 Kiwanis Island Concession Stand. There are 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 and the minimum height to use the water slide is 48".

Wave Pool Hours
March 16 – March 30
Saturday
1-5pm

Wave Pool Hours
April 6- May 26
Saturday & Sunday
1-5pm

Special Holiday Wave Hours
May 27 Memorial Day

Wave Pool Fees
13 Yrs+ $7
212 Yrs $5

Mid-Day Wave Hours & Rates
3-5 p.m. (During Wave Days, Only)
13 Yrs+ $5
212 Yrs $4
*No other discounts may be used with this discount.

Lap Swimming Hours
Effective March 4 - May 26
M-Th 7-10 a.m.*
F 7-9 a.m.*
M-Th 11:30 a.m.-1:30 p.m.**
M-Th 4:30 p.m. - 8 p.m.*
Sa 8-11 a.m.*
*Except during private rentals.
Beginning May 6, no mid-day Lap Swim until August.

Lap Swim Admission Fees
13 Yrs+ $4
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 480-350-5732.

Rates Per Class Meeting

	½-Hr	¾-Hr	1-Hr
Private (One Individual)	$20	$25	$30
Semi-Private (Two Individuals)	$25	$30	$35

Swimming Pool Activities

Swim Lesson General Information
The City of Tempe Community Services Department provides a progressive swim lesson program for students who wish to learn or improve their swimming skills. This program is based upon the American Red Cross Learn-To-Swim Program. 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 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 they have completed a class. 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.

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 three (3) days prior to the 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 and 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 (2-4 Yrs)
For preschool children who are not ready for an independent swim program, or for the child who has mastered the parent-tot class and is ready to learn more swim skills. One child per adult.

Preschool-Age Lessons (Suggested Age 3-5 Yrs)
30-Minute Classes

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-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 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.

Sea Horse Stroke School
Prerequisite Skills: Jump in, swim 25 yards freestyle and return with rhythmic-breathing; 25 yards backstroke.

School Age Lessons (Suggested Age 6 Yrs+)
30-Minute Classes

Starfish Swim School

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

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

Blue
Prerequisite Skills: Jump in and swim 10 feet, 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.

Specialty Lessons
30-Minute Classes

Adult Beginner
Prerequisite: 15 yrs+. Class is designed for adults who wish to learn to how to swim and will be geared towards meeting 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 beginner skills and can swim 25 yards using a front crawl.

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

Fitness Classes
One-Hour

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)
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.

Summer Brochure Available April 18

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. Fee: $40. Pay as you go for $5 per class. 480-350-5200

33704	16 yrs+	T	4/2-5/21	5:30-6:30 p.m.	KRC
33705	16 yrs+	Th	4/4-5/23	5:30-6:30 p.m.	KRC

Kiwanis Pool Water Aerobics Schedule

Class Title	Day	Time
	3/4-5/25	
Deep Water	M/W	5:40 p.m.
Water Fitness	M-Th	8:50 a.m.*
	M/W	5:30 p.m.
	T/Th	6:40 p.m.
	Sa	9 a.m.
*Beginning May 6, the 8:50 a.m. class will meet at 8 a.m.		

Program Card Fees - Water Fitness

4 Workouts: $18
6 Workouts: $27
8 Workouts: $36

Special Interest Aquatics Classes

Lifeguard Training

A certification course for individuals who are interested in Lifeguarding. The course will include First Aid, CPR, as well as Lifeguard Training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirements. Fee: $130. 480-350-5201

Class Dates: 2/22-3/9

32633	15 yrs+	F	2/22-3/8	6-9:30 p.m.	KRC
	15 yrs+	Sa	2/23-3/9	8 a.m.-5 p.m.	KRC

Class Dates: 3/11-3/15

32634	15 yrs+	M-F	3/11-3/15	8 a.m.-5 p.m.	KRC

Class Dates: 3/20-3/30

32635	15 yrs+	W	3/20-3/27	6-9:30 p.m.	KRC
	15 yrs+	F	3/22-3/29	6-9:30 p.m.	KRC
	15 yrs+	Sa	3/23-3/30	8 a.m.-5 p.m.	KRC

Swim Lesson Instructor

A certification course for individuals wishing to become Water Safety Instructors. Participants will be certified to teach swim lessons on successful completion of the course. Prerequisites: 16 years of age or older and an ability to perform skills appropriate for the class. Fee: $130. 480-350-5201

Class Dates: 4/3-4/20

32636	16 yrs+	W	4/3-4/10	6:30-10 p.m.	KRC
	16 yrs+	F	4/5-4/19	6:30-10 p.m.	KRC
	16 yrs+	Sa	4/6-4/20	8 a.m.-5 p.m.	KRC

Kiwanis Pool Evening Swim Lesson Schedule - 480-350-5201

Monday/Wednesday Classes
Classes meet twice a week for four weeks.
Swim Class Fees: Session I $35/ 6 weeks, Session II $46/8 weeks

Class Title	Time	Session I	Session II
		3/25-4/10	4/15-5/8
Parent Assisted Classes			
Star Infants	5:35 p.m.	33618	33619
StarTot	6:10 p.m.	33629	33630
Shrimps	5 p.m.	33623	33624
Preschool Sea Horse Swim School (Ages 3-5 Yrs)			
Sea Horse White	5 p.m. 5:35 p.m.	33593 33595	33624 33596
Sea Horse Red	5 p.m. 6:10 p.m. 6:45 p.m.	33577 33579 33581	33578 33580 33582
Sea Horse Yellow	5:35 p.m.	33607	33608
Sea Horse Blue	6:10 p.m.	33566	33567
Sea Horse Green	5:35 p.m.	33572	33573
Starfish Swim School (Ages 6 Yrs+)			
Starfish White/Red	5 p.m.	33674	33675
Starfish Yellow	6:10 p.m.	33680	33681
Starfish Blue	5 p.m. 6:45 p.m.	33661 33663	33662 33664
Starfish Green	6:45 p.m.	33669	33670
Starfish Stroke School (Ages 6 Yrs+)			
Starfish Stroke White/Red	6:10 p.m.	33645	33646
Starfish Stroke Yellow	5:35 p.m.	33653	33654
Starfish Stroke Blue	6:45 p.m.	33635	33636
Starfish Stroke Green	6:45 p.m.	33640	33641
Adult Lessons			
Adult Beginning	7:20 p.m.	33562	33563
Adult Intermediate	7:20 p.m.	33558	33559
Adult Stroke Improvement	7:20 p.m.	33560	33561

Want to keep a good class going? Register early!

Tuesday/Thursday Classes

Classes meet twice a week for four weeks.
Swim Class Fees: Session I $35/ 6 weeks, Session II $46/8 weeks

Class Title	Time	Session I	Session II
		3/26-4/11	4/16-5/9
Parent Assisted Classes			
Star Babies	5:35 p.m.	33615	33616
Star Infants	5 p.m.	33620	33621
StarTot	6:10 p.m.	33631	33632
Shrimps	5:35 p.m.	33625	33626
Preschool Sea Horse Swim School (Ages 3-5 Yrs)			
Sea Horse White	5 p.m. 5:35 p.m. 6:45 p.m.	33599 33601 33597	33600 33602 33598
Sea Horse Red	5 p.m. 5:35 p.m. 6:45 p.m.	33585 33587 33583	33586 33588 33584
Sea Horse Yellow	6:10 p.m. 6:45 p.m.	33611 33610	33612 33609
Sea Horse Blue	6:10 p.m.	33568	33569
Sea Horse Green	5 p.m.	33574	33575
Starfish Swim School (Ages 6 Yrs+)			
Starfish White/Red	6:10 p.m.	33678	33677
Starfish Yellow	6:10 p.m.	33684	33685
Starfish Blue	5 p.m.	33665	33666
Starfish Green	5 p.m.	33671	33672
Starfish Stroke School (Ages 6 Yrs+)			
Starfish Stroke White/Red	5:35 p.m. 6:45 p.m.	33647 33649	33648 33650
Starfish Stroke Yellow	5:35 p.m.	33657	33658
Starfish Stroke Blue	6:45 p.m.	33637	33638
Starfish Stroke Green	6:45 p.m.	33642	33643
Adult Lessons			
Adult Beginner	7:20 p.m.	33564	33565

Kiwanis Pool Saturday Swim Lesson Schedule - 480-350-5201

Saturday Classes

Classes meet once a week for six weeks.
Fees for Swim Classes: $35

Class Title	Time	Session I
3/30-5/4		
Parent Assisted Classes		
Star Babies	9:35 a.m.	33617
Star Infants	9 a.m.	33622
StarTot	10:10 a.m. 10:45 a.m.	33633 33634
Shrimps	9:35 a.m. 10:45 a.m.	33627 33628
Preschool Sea Horse Swim School (Ages 3-5 Yrs)		
Sea Horse White	9 a.m. 9:35 a.m. 10:10 a.m. 10:45 a.m.	33603 33606 33604 33605
Sea Horse Red	9 a.m. 9:35 a.m. 10:10 a.m. 10:45 a.m.	33589 33590 33592 33591
Sea Horse Yellow	9:35 a.m. 10:10 a.m.	33613 33614
Sea Horse Blue	10:10 a.m. 10:45 a.m.	33570 33571
Sea Horse Green	9 a.m.	33576
Starfish Swim School (Ages 6 Yrs+)		
Starfish White/Red	9 a.m. 10:10 a.m.	33676 33679
StarfishYellow	9 a.m. 9:35 a.m.	33682 33683
Starfish Blue	10:10 a.m. 10:45 a.m.	33667 33668
Starfish Green	10:10 a.m.	33673
Starfish Stroke School (Ages 6 Yrs+)		
White/Red	9 a.m. 10:45 a.m.	33651 33652
Starfish Stroke Yellow	9:35 a.m. 10:45 a.m.	33655 33656
Starfish Stroke Blue	9:35 a.m.	33639
Starfish Stroke Green	9 a.m.	33644