

**Registration begins December 10, classes begin January 7 unless noted otherwise within class descriptions.
No class January 21, February 18. To view a list of class location abbreviations, see page 2.**

Kiwanis Park Wave Pool

**Kiwanis Recreation Center
6111 S. All-America Way • 480-350-5201**

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 7 years, or younger, 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".

Fitness (Lap) Swim Hours*

Effective 1/2-3/4

M-F 7-10 a.m.

M-Th 11:30 a.m.-1:30 p.m.

M-Th 4:30-8 p.m.

Sa 8-11 a.m.

*Except during private rentals

*Morning Lap Swim 1/7-1/11, 7-9 a.m.

*No mid-day Lap Swim 1/7-1/11

*Lap Swim is for general admission, ages 13 yrs+, unless tested by the Aquatics staff.

*Children must demonstrate an ability to swim continuously for 25 yards in order to participate in Lap Swim.

Lap Swim Admission Fees

General (13 yrs+) \$4

Youth (2-12 yrs) \$3

Open Swim Hours

Wave Pool is available for Family and Calm Water Swimming

M-Th 11:30 a.m.-1:30 p.m.

M/Th 4:30-8 p.m.

Sa 8-11 a.m.

*No mid-day Lap Swim 1/7-1/11

Open Admission Fees

General (13 yrs+) \$4

Youth (2-12 yrs) \$3

Private/Semi-Private Lessons

Private and semi-private lessons are available through the Kiwanis Recreation Center. For additional information, call 480-350-5732.

Rates Per Class Meeting	1/2-Hr	3/4-Hr	1-Hr
Private (One Individual)	\$20	\$25	\$30
Semi-Private (Two Individuals)	\$25	\$30	\$35

Multiple Use Cards for Laps/Open Swim/ Water Fitness

30 day unlimited	\$39
10 admissions	\$35
30- day unlimited water fitness	\$46

Swim Lesson Program Classes

New! Swim Team Training

This course is a youth swim training program that aims to improve participants overall competitive stroke abilities and physical fitness. It will consist of an hour-long practice tailored to the skill level of each child. Participants should be able to complete one length of the pool (25 yds) of all the competitive strokes. Fee: \$50. 480-350-5201

61189 7-17 yrs M/W 2/4-2/27 6-7 p.m. KRC

Adult Lessons

New! Adult Swim Lessons Sponsored by the Tempe Diablos

Prerequisite: 15 yrs+ and Tempe resident. Proof of residency required. This adult class is designed for the beginner and intermediate swimming levels. Fee: \$25. 480-350-5201

61190 15 yrs+ T/Th 2/5-2/28 7:15-8 p.m. KRC

**Dive into a
rewarding
job...**

**Be a Lifeguard...
Swim Coach...
or Swim Instructor!**

**Make money.
Have fun.
Help others.**

**Certification classes
are available now.
For more information
call**

**480-350-5201
or visit
www.tempe.gov/lifeguard**



Special Interest



American Red Cross

Together, we can save a life

American Red Cross Lifeguard Training

This is certification course for individuals who are interested in Lifeguarding. The course will include Lifeguard training, CPR/AED and First Aid. Must be 15 years of age and be able to perform the swimming skills necessary to complete the pre-course requirements. Must attend all classes in selected session to complete the course. Fee: \$140. 480-350-5201

Session I: 1/18-1/26

61149	15 yrs+	F	1/18, 1/25	5:30-9:30 p.m.	KRC
	15 yrs+	Sa	1/19, 1/26	8 a.m.-5 p.m.	KRC
	15 yrs+	Su	1/20	10 a.m.-5 p.m.	KRC

Session II: 3/13-3/15

Hybrid Class - Must finish online portion and pass test before first day of class.

61150	15 yrs+	W	3/13	8 a.m.-5 p.m.	KRC
	15 yrs+	Th	3/14	8 a.m.-5 p.m.	KRC
	15 yrs+	F	3/15	8 a.m.-5 p.m.	KRC

American Red Cross Lifeguard Training Review

A renewal certification course for individuals who possess a current American Red Cross Lifeguarding certification. Students must review materials before class, be able to pass pre-course skills tests, demonstrate skills and learn updated information. This is a 2-year certification. Fee: \$65. 480-350-5201

61191	16 yrs+	Sa	3/15	8 a.m.-3 p.m.	KRC
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Starfish Swim Instructor

Instructor candidates will receive the training needed to teach courses in the SAI Program and learn how to help students develop correct stroke technique; develop an understanding of how to teach students at different levels, and water safety techniques. Course Prerequisites: Must be 16 years old and have a basic knowledge of the swimming strokes. Must attend all classes in selected session to complete the course. Fee: \$140. 480-350-5201

61177	16 yrs+	F	2/1, 2/8	6-9:30 p.m.	KRC
	16 yrs+	Sa	2/2, 2/9	8 a.m.-5 p.m.	KRC
	16 yrs+	Su	2/3	10 a.m.-5 p.m.	KRC

Adult Fitness

Adult Fitness

Registration now available for water exercise classes. Classes are 60 minutes. Monthly Fee: varies. Drop-in Fee: \$7 per class.



Shallow Water Exercise

Walking, running, jumping and aerobic movements are performed in the shallow end to increase heart rate and provide a cardiovascular/strength training workout. A variety of equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning and cool-down. *No class 1/1, 1/21, 2/18. Morning classes will meet at 8 a.m. the week of 1/7-1/11. 480-350-5201

61159	15 yrs+	M	1/7-1/28*	8:30-9:30 a.m.	KRC	\$15
61160	15 yrs+	T	1/8-1/29	8:30-9:30 a.m.	KRC	\$20
61161	15 yrs+	W	1/9-1/30	8:30-9:30 a.m.	KRC	\$20
61162	15 yrs+	Th	1/10-1/31	8:30-9:30 a.m.	KRC	\$20
61163	15 yrs+	M	1/7-1/28*	5:30-6:30 p.m.	KRC	\$15
61164	15 yrs+	W	1/9-1/30	5:30-6:30 p.m.	KRC	\$20
61165	15 yrs+	M	2/4-2/25*	8:30-9:30 a.m.	KRC	\$15
61166	15 yrs+	T	2/5-2/26	8:30-9:30 a.m.	KRC	\$20
61167	15 yrs+	W	2/6-2/27	8:30-9:30 a.m.	KRC	\$20
61168	15 yrs+	Th	2/7-2/28	8:30-9:30 a.m.	KRC	\$20
61169	15 yrs+	M	2/4-2/25*	5:30-6:30 p.m.	KRC	\$15
61170	15 yrs+	W	2/6-2/27	5:30-6:30 p.m.	KRC	\$20
61171	15 yrs+	M	3/4-3/25	8:30-9:30 a.m.	KRC	\$20
61172	15 yrs+	T	3/5-3/26	8:30-9:30 a.m.	KRC	\$20
61173	15 yrs+	W	3/6-3/27	8:30-9:30 a.m.	KRC	\$20
61174	15 yrs+	Th	3/7-3/28	8:30-9:30 a.m.	KRC	\$20
61175	15 yrs+	M	3/4-3/25	5:30-6:30 p.m.	KRC	\$20
61176	15 yrs+	W	3/6-3/27	5:30-6:30 p.m.	KRC	\$20

Aquatics High Intensity Interval Training (H.I.I.T)

H.I.I.T. provides a high cardiovascular workout with low impact on joints. It's the ideal way to cross-train from your high impact/hard-hitting land workouts and still get a great cardio and strength session. Try some plyometric squats, round house kicks and speed bag punches. If you can't stay afloat, use a noodle for support behind your back. 480-350-5201.

61179	15 yrs+	T	1/8-1/29	6:10-7:10 p.m.	KRC	\$20
61180	15 yrs+	Th	1/10-1/31	6:10-7:10 p.m.	KRC	\$20
61181	15 yrs+	Sa	1/12-1/26	9-10 a.m.	KRC	\$15
61182	15 yrs+	T	2/5-2/26	6:10-7:10 p.m.	KRC	\$20
61183	15 yrs+	Th	2/7-2/28	6:10-7:10 p.m.	KRC	\$20
61184	15 yrs+	Sa	2/2-2/23	9-10 a.m.	KRC	\$20
61185	15 yrs+	T	3/5-3/26	6:10-7:10 p.m.	KRC	\$20
61186	15 yrs+	Th	3/7-3/28	6:10-7:10 p.m.	KRC	\$20
61187	15 yrs+	Sa	3/2-3/30	9-10 a.m.	KRC	\$25