

Aquatics

**Registration begins August 12. Classes begin September 3, unless otherwise noted within the class descriptions.
No class November 11, 28 & 29. 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 and 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".

Wave Pool Hours

August 3-September 1
Saturday & Sunday Waves 1-5 p.m.

Holiday Wave Pool Hours

Labor Day, Monday, September 2 1-5 p.m.

Wave Pool Fees

General Admission (13 yrs+) \$7
Youth Admission (2-12 yrs) \$5

Mid-Day Wave Hour Rates* 3-5 p.m.

During Wave Days Only
General Admission (13 yrs+) \$5
Youth Admission (2-12 yrs) \$4

*No other discounts may be used with this discount.

Lap Swimming Hours*

August 5-November 30

Effective August 5–November 30
Monday-Friday 7-10 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 Admission (13 yrs+) \$4
Youth Admission (2-12 yrs) \$3

Multi-Use Cards for Laps Swim

30-day unlimited \$39*
10 admissions \$35*

Multi-Use Pass for Water Fitness

30-day Unlimited Pass: \$46*
30-Day 8 Admission Pass: \$40*
30-Day 4 Admission Pass: \$20*
Drop-in: \$7
*\$10 Annual Administrative Fee

Private/Semi-Private Lessons

Private, semi-private lessons are available through Kiwanis Recreation Center. For additional information, call 480-350-5732.
Rates per class meeting

	1/2-Hr	3/4-Hr	1-Hr
Private (1 individual)	\$20	\$25	\$30
Semi-Private (2 Individuals):	\$25	\$30	\$35

Escalante Pool

2150 E. Orange St.
480-350-5204

Fees

Children under 6 yrs Free
Children 6-17 yrs \$.75
Adults 18 yrs+ \$1.25

Recreation Swim

August 3-September 1
Saturdays and Sundays 1-5 p.m.

Holiday Hours

Labor Day, Monday, September 2 1-5 p.m.

McClintock Pool

1830 E. Del Rio Dr.
480-350-5202

Fees

Children under 6 yrs Free
Children 6-17 yrs \$.75
Adults 18 yrs+ \$1.25

Recreation & Lap Swim

August 3-September 1
Saturday & Sunday 6-9 p.m.

Holiday Hours

Labor Day, Monday, September 2 6-9 p.m.

Swimming Pool Activities

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 Aquatics 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) swim lesson per session.
- Students will be provided with a skill progress sheet for the class in which he/she is currently participating with information on the next appropriate class toward the end of each session.
- All classes are subject to cancellation three (3) days prior to start date if minimum registration is not met.
- Registration for each class ends at the start of each session, on the first day of class.
- There are no refunds or transfers, once the class has started.



**Swim School
3-5 yrs
30-Minute Classes**

Swim Lessons

**Parent-Assisted Lessons
30-Minute Classes
Adult must accompany child in the water**

Star Babies (8-18 mos)

This class is 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. Adult must accompany child in the water. Fee: \$38.

64487	8-18 mos	M/W	9/9-9/25	5:40-6:10 p.m.	KRC
64488	8-18 mos	T/Th	9/10-9/26	6:20-6:50 p.m.	KRC
64489	8-18 mos	Sa	9/7-10/12	9:40-10:10 a.m.	KRC

Star-Tots (12-36 mos)

For parents with toddlers who are new to the water and are looking for more swim readiness skills. One child per adult in the water.

64453	12-36 mos	M/W	9/9-9/25	5:40-6:10 p.m.	KRC
64454	12-36 mos	T/Th	9/10-9/26	6:20-6:50 p.m.	KRC
64455	12-36 mos	Sa	9/7-10/12	10:20-10:50 a.m.	KRC

Sea-Stars (2-4 yrs)

For preschool children who are not ready for an independent swim lesson program but are ready for more advanced skills. In this class the parent will help prepare the child through various activities to become more independent in the water as well as working on locomotion and safety skills. One child per adult. Adult must accompany child in the water. Fee: \$38.

64450	2-4 yrs	M/W	9/9-9/25	5-5:30 p.m.	KRC
64451	2-4 yrs	T/Th	9/10-9/26	5:40-6:10 p.m.	KRC
64452	2-4 yrs	Sa	9/7-10/12	11-11:30 a.m.	KRC

Shrimps

For children ready to participate in an aquatic class on their own. Focus is on basic water adjustment, breath control and floating. Blow bubbles, fully submerge unassisted, front and back float with support. Assisted rolling over from front to back and back to front. Assisted streamline on front and back. Fee: \$38.

64538	3-5 yrs	M/W	9/9-9/25	5-5:30 p.m.	KRC
64539	3-5 yrs	M/W	9/9-9/25	5:40-6:10 p.m.	KRC
64540	3-5 yrs	M/W	9/9-9/25	6:20-6:50 p.m.	KRC
64541	3-5 yrs	M/W	9/9-9/25	7-7:30 p.m.	KRC
64557	3-5 yrs	T/Th	9/10-9/26	5-5:30 p.m.	KRC
64542	3-5 yrs	T/Th	9/10-9/26	6:20-6:50 p.m.	KRC
64543	3-5 yrs	T/Th	9/10-9/26	7-7:30 p.m.	KRC
64544	3-5 yrs	Sa	9/7-10/12	9-9:30 a.m.	KRC
64545	3-5 yrs	Sa	9/7-10/12	10:20-10:50 a.m.	KRC
64546	3-5 yrs	Sa	9/7-10/12	11-11:30 a.m.	KRC

Tadpoles

Prerequisite skills: Jump in, roll on back for 5 seconds. Focus is on forward movement and direction change, assisted streamline on front and back with and without kicks. Children will learn how to jump in, recover for air, swim forward for 10 feet, change direction on their own and swim back to the wall. Fee: \$38.

64550	3-5 yrs	M/W	9/9-9/25	5-5:30 p.m.	KRC
64551	3-5 yrs	M/W	9/9-9/25	5:40-6:10 p.m.	KRC
64552	3-5 yrs	M/W	9/9-9/25	6:20-6:50 p.m.	KRC
64553	3-5 yrs	T/Th	9/10-9/26	5-5:30 p.m.	KRC
64554	3-5 yrs	T/Th	9/10-9/26	5:40-6:10 p.m.	KRC
64555	3-5 yrs	Sa	9/7-10/12	9:40-10:10 a.m.	KRC
64556	3-5 yrs	Sa	9/7-10/12	10:20-10:50 a.m.	KRC

Dive In!
tempe.gov/pools

Aquatics

Guppies

Prerequisite skills: Jump in and swim 10 feet and return; back glide 10 feet. Focus is on rotary movement. Children will work on body positioning for freestyle, unassisted front and back streamline and treading water. Fee: \$38.

64498	3-5 yrs	M/W	9/9-9/25	5:40-6:10 p.m.	KRC
64499	3-5 yrs	M/W	9/9-9/25	6:20-6:50 p.m.	KRC
64500	3-5 yrs	T/Th	9/10-9/26	5:40-6:10 p.m.	KRC
64501	3-5 yrs	T/Th	9/10-9/26	7-7:30 p.m.	KRC
64502	3-5 yrs	Sa	9/7-10/12	9-9:30 a.m.	KRC
64503	3-5 yrs	Sa	9/7-10/12	10:20-10:50 a.m.	KRC

Minnows

Prerequisite skills: Tread water 15 seconds, jump in and recover to side glide position and kick 10 feet. Focus is on integrated movement and freestyle. Children will start to develop freestyle with correct body positioning and breathing, start the progression of backstroke. Fee: \$38.

64508	3-5 yrs	M/W	9/9-9/25	7-7:30 p.m.	KRC
64509	3-5 yrs	T/Th	9/10-9/26	5:40-6:10 p.m.	KRC
64510	3-5 yrs	Sa	9/7-10/12	9:40-10:10 a.m.	KRC

Swim School 6-12 yrs 30-Minute Classes

Sea Otter

For children ready to participate in an aquatic class on their own. Focus is on basic water adjustment, breath control, and floating. Blow bubbles, fully submerge unassisted front and back float with support. Assisted rolling over from front to back and back to front. Assisted streamline on front and back. Fee: \$38.

64524	6-12 yrs	M/W	9/9-9/25	5-5:30 p.m.	KRC
64525	6-12 yrs	M/W	9/9-9/25	7-7:30 p.m.	KRC
64558	6-12 yrs	T/Th	9/10-9/26	5-5:30 p.m.	KRC
64526	6-12 yrs	T/Th	9/10-9/26	6:20-6:50 p.m.	KRC
64527	6-12 yrs	Sa	9/7-10/12	9:40-10:10 a.m.	KRC
64528	6-12 yrs	Sa	9/7-10/12	11-11:30 a.m.	KRC

Sea Horse

Prerequisite skills: Jump in, roll on back for 5 seconds. Focus is on forward movement, direction change, assisted streamline on front and back with and without kicks. Children will learn how to jump in, recover for air, swim forward for 10 feet, change direction on their own and swim back to the wall. Fee: \$38.

64515	6-12 yrs	M/W	9/9-9/25	7-7:30 p.m.	KRC
64517	6-12 yrs	T/Th	9/10-9/26	5:40-6:10 p.m.	KRC
64518	6-12 yrs	T/Th	9/10-9/26	7-7:30 p.m.	KRC
64519	6-12 yrs	Sa	9/7-10/12	9-9:30 a.m.	KRC
64520	6-12 yrs	Sa	9/7-10/12	10:20-10:50 a.m.	KRC

Sea Turtle

Prerequisite skills: Jump in and swim 10 feet and return; back glide 10 feet. Focus is on rotary movement. Participants will work on body positioning for freestyle, unassisted front and back streamline and treading water. Fee: \$38.

64529	6-12 yrs	M/W	9/9-9/25	5-5:30 p.m.	KRC
64530	6-12 yrs	M/W	9/9-9/25	6:20-6:50 p.m.	KRC
64531	6-12 yrs	T/Th	9/10-9/26	5:40-6:10 p.m.	KRC
64532	6-12 yrs	T/Th	9/10-9/26	7-7:30 p.m.	KRC
64533	6-12 yrs	Sa	9/7-10/12	9-9:30 a.m.	KRC

Sea Lion

Prerequisite skills: Tread water 15 seconds, jump in and recover to side glide position and kick 10 feet. Focus is on integrated movement and freestyle. Children will start to develop freestyle with correct body positioning and breathing, start the progression of backstroke. Fee: \$38.

64521	6-12 yrs	M/W	9/9-9/25	5:40-6:10 p.m.	KRC
64522	6-12 yrs	T/Th	9/10-9/26	5-5:30 p.m.	KRC
64523	6-12 yrs	Sa	9/7-10/12	9:40-10:10 a.m.	KRC

Stroke School 6-12 yrs 30-Minute Classes

Dolphin

Prerequisite skills: Jump in, swim 30 feet freestyle with rhythmic breathing. Focus is on Freestyle and Backstroke with an introduction to Butterfly. Children will work on stroke mechanics of freestyle and backstroke, introduction to butterfly body motion. Fee: \$38.

64492	6-12 yrs	M/W	9/9-9/25	5-5:30 p.m.	KRC
64493	6-12 yrs	M/W	9/9-9/25	7-7:30 p.m.	KRC
64494	6-12 yrs	T/Th	9/10-9/26	6:20-6:50 p.m.	KRC
64495	6-12 yrs	Sa	9/7-10/12	9-9:30 a.m.	KRC

Manta Ray

Prerequisite skills: Swim 30 feet of freestyle and 30 feet of backstroke. Focus is on the stroke mechanics of butterfly. Fee: 38.

64504	6-12 yrs	M/W	9/9-9/25	7-7:30 p.m.	KRC
64505	6-12 yrs	T/Th	9/10-9/26	5-5:30 p.m.	KRC
64506	6-12 yrs	T/Th	9/10-9/26	6:20-6:50 p.m.	KRC
64507	6-12 yrs	Sa	9/7-10/12	11-11:30 a.m.	KRC

Shark

Prerequisite skills: Swim butterfly for 10 yards. Focus is on the stroke mechanics of breaststroke. Fee: \$38.

64534	6-12 yrs	M/W	9/9-9/25	6:20-6:50 p.m.	KRC
64535	6-12 yrs	T/Th	9/10-9/26	7-7:30 p.m.	KRC
64536	6-12 yrs	Sa	9/7-10/12	9-9:30 a.m.	KRC
64537	6-12 yrs	Sa	9/7-10/12	9:40-10:10 a.m.	KRC

Orca

Prerequisite skills: Swim 30 feet of Breaststroke. Focus is on building endurance to swim a minimum of 50 yards of freestyle, backstroke, and breaststroke; 25 yards of butterfly and be able to do flip turns and open turns. Fee: \$38.

64511	6-12 yrs	M/W	9/9-9/25	6:20-6:50 p.m.	KRC
64512	6-12 yrs	T/Th	9/10-9/26	7-7:30 p.m.	KRC
64513	6-12 yrs	Sa	9/7-10/12	10:20-10:50 a.m.	KRC

**Keep a Good Class Going
Register Online!**

**Middle School Lessons
12-15 yrs
30-Minute Classes**

Pre-teen to Teen Swim Lessons and Stroke Improvement

This class is designed for youth ages 12-15 years based on the participant's ability. On the first day instructors will evaluate the participant's swimming ability and create goals to help the swimmer work toward becoming more confident in the water. Whether the swimmer is a beginner or looking for stroke technique, this class will meet your needs. Fee: \$38.

64757	12-15 yrs	M/W	9/9-9/25	7:40-8:10 p.m.	KRC
64758	12-15 yrs	T/Th	9/10-9/26	5-5:30 p.m.	KRC
64759	12-15 yrs	Sa	9/7-10/12	11-11:30 a.m.	KRC

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. No class 9/2, 11/11.

64559	7-17 yrs	M/W	9/4-9/30	6-7 p.m.	KRC \$60
64560	7-17 yrs	M/W	10/7-10/30	6-7 p.m.	KRC \$60
64561	7-17 yrs	M/W	11/4-11/25	6-7 p.m.	KRC \$45

Adult Lessons

**Adult Lessons
45-Minute Classes**

Adult Beginner

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 freestyle, back float and safety skills. Fee: \$38.

64458	15 yrs+	M/W	9/9-9/25	7:40-8:25 p.m.	KRC
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Adult Intermediate

Class is designed for adults who have mastered the beginner skills and can swim 25 yards using freestyle. Introduction to backstroke and breaststroke. Fee: \$38.

64456	15 yrs+	M/W	9/9-9/25	7:40-8:25 p.m.	KRC
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Adult Stroke Improvement

Class is designed to improve upon and refine current skills rather than teach strokes. Fee: \$38.

64457	15 yrs+	M/W	9/9-9/25	7:40-8:25 p.m.	KRC
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Adult Fitness

Water Fitness Passes

Looking for a more flexible schedule to take a water fitness class? Create your own schedule with our unlimited water fitness pass, which is valid for 30 days from the date of purchase. Valid for all water fitness classes. No class 9/2, 11/11, 11/26. Please see front desk to purchase a pass. No class 7/4.

30-Day Unlimited Water Fitness Pass:	\$46
30-Day 8 Admission Pass:	\$40
30-Day 4 Admission Pass:	\$20
Drop-in Fee:	\$7
*Annual Administration Fee:	\$10

Shallow Water Exercise

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning and cool-down.

No class 7/4.	
No Code 15 yrs+	M-Th 9/3-12/12 8-9 a.m. KRC
No Code 15 yrs+	M/W 9/3-12/14 5:30-6:30 p.m. KRC

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

Class 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. Push through the water and not just float your way through it. So, get in and try plyometric squats, round house kicks and speed bag punches.

No Code 15 yrs+	T/Th 9/3-12/12 6:10-7:10 p.m. KRC
No Code 15 yrs+	Sa 9/7-12/14 9-10 a.m. KRC

Special Interest

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, CPR, as well as the lifeguard training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirement. Attendance required for all days listed. No refunds. Fee: \$140. 480-350-5201

Class Dates: October 4-13			
64459	F	5:30-9:30 p.m.	10/4, 10/11
	Sa	8 a.m.-5 p.m.	10/5, 10/12
	Su	8 a.m.-5 p.m.	10/6, 10/13

Starfish Aquatics Swim Lesson Instructor

Candidates receive the training to teach courses in the SAI Starfish Swim Instructor 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. Must be 16 years old and have a basic knowledge of the swimming strokes. Attendance required for all days listed. No refunds. Fee: \$140. 480-350-5201

Class Dates: September 4-18			
64490	W	9/4, 9/11, 9/18	5-8:30 p.m.
	F	9/6, 9/13	5-8:30 p.m.
	Sa	9/7, 9/14	8 a.m.-5 p.m.