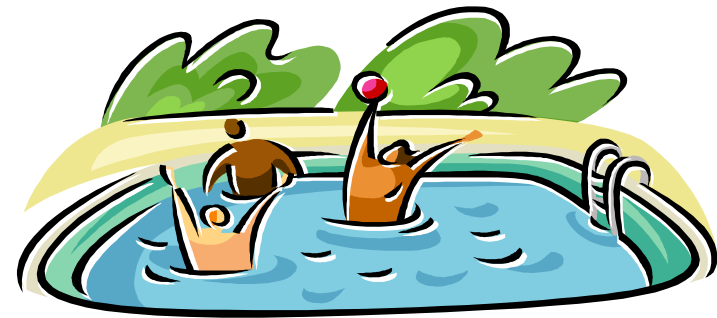


2010 CITY POOL SCHEDULE

Begins June 4th, 2010

Schedule may be adjusted

2010 Mountain Home City Pool



Swimmers - \$2.00

Spectators - \$1.00

2 years and under - FREE

OPENING DAY: MEMORIAL DAY, MAY 31

CLOSING DAY: LABOR DAY, SEPTEMBER 6

Mountain Home Parks & Recreation Department
Cooper Park ~ 1101 Spring Street ~ City Pool 425-7477

Times	MON	TUES	WED	THUR	FRI	SAT	SUN
7:30-9:30 am	Swim Team Practice		Pool Cleaning	Swim Team Practice		Pool closed	Pool Cleaning
9:30-11:30 am	ADULT OPEN SWIM / AEROBICS						
11:30-12:30 am	SWIM LESSONS			Staff Training		Lap Swim Aerobics	
12:30-4:30 pm	OPEN SWIM ALL WEEK LONG						
4:30-6:30 pm	SWIM LESSONS			Staff Training		Private Parties	Private Parties
6:30-8:30 pm	OPEN SWIM / AEROBICS						

SAFETY IS OUR #1 PRIORITY

CITY POOL ACTIVITIES

First Week Schedule as follows:

Memorial Day, Monday May 31st – Sunday, June 6th 12:30 pm – 4:30 pm

Swim Lessons:

Swim lesson registration begins May 29, 30, & 31 from 5-7 pm at the city pool in Cooper Park and will continue throughout the season as space permits. Class times are 11:30 am, 4:30 & 5:30 pm Monday through Thursday for two weeks. Cost is \$40.00 for the first student, \$35.00 for each additional student. Toddler and adult lessons are available.

*Session 1 – June 7th – 10th / 14th – 17th
Session 2 – June 21st – 24th / 28th – July 1st
Session 3 – July 5th – 8th / 12th – 15th
Session 4 – July 19th – 22nd / July 26th – 29th*

Payment is required at registration / Refund will be prorated with a doctor's statement.

All levels are not offered at each time slot or session.

Contact pool office for more information.

Water Exercise Classes:

Women and men interested in a fun and rigorous workout are welcome. Classes are instructor led and feature various resistance training exercises. It's a great way to get a low impact aerobic workout using a wide range of motions. Join a comfortable and entertaining group environment while keeping fit. Swimming skills are not necessary. Open to all ages of participants. Cost is \$2.00 per class or use of facility pass.

Monday through Friday: 10:00 – 11:00 am & 6:30-7:30 pm, led by pool staff

Saturday: 11:30 – 12:30 led by certified aquatics aerobics instructor

Lap & Fitness Swim / Adult Open Swim (18yrs & up)

Enjoy two full hours of adult only pool use. You can use the pool to cool off after walking through the park, swim laps for a great cardiovascular workout, join in our water aerobics classes, or just float around in the deep end.

Monday through Friday: 9:30 – 11:30

Swim Meets:

The pool will be closed to the public but everyone is invited to watch the races. Teams from all over the state will attend and compete in these day long events. Concessions are available and attending as a spectator is free.

Dates will be posted at pool office – POOL CLOSED ALL DAY

Pool Passes:

Individual season pass is \$50.00. Each additional family member (must live within same household) is \$25.00. 25-visit passes available for \$35.00. 10-visit pass available for \$15.00, Passes are valid for current season only. Passes may be used for admission to all pool activities unless otherwise noted. Passes may only be used for one admission during each swim session.

Private Pool Rental:

Reservations are required and must be scheduled in person beginning Memorial Day. Contact the Pool Manager at 425-7477. Payment is required in full to hold your party date. Lifeguards are on duty and all rules and safety guidelines must be followed. Cost is \$75.00 for first 25 swimmers and \$25.00 for each additional 25 swimmers after that. Games and equipment also available for additional fees.

Saturday and Sunday evenings: 5 pm– 7 pm & 7 pm – 9 pm

Inclement Weather Policy:

Pool patrons will be directed to evacuate the pool whenever lightning is seen or thunder is heard. A minimum of 15 minutes must elapse before the pool manager will allow patrons to re-enter the pool. The Pool Manager, on an individual basis, must assess the need to close the pool facility. Every attempt will be made to reopen for afternoon and evening sessions if weather allows.

A Quick Reminder:

1. NO ONE UNDER THE AGE OF 10 will be admitted without supervision of family member of at least 15 years of age.
2. Assist ramp is available for patrons upon request.
3. No rafts and any flotation devices must be approved by pool manager.
4. Appropriate swimwear is required. Swim suits and trunks are a MUST.