

SUMMER SWIMMING

SEASON DATES:

PRE-SEASON

Sat. May 20 to Fri. May 26
(weather permitting)

SUMMER SEASON

Sat., May 27 - Mon., Aug. 21

FALL SEASON

Tues., Aug. 22 - Mon., Sept. 4

HOURS:

* PRE-SEASON & FALL SEASON

Weekdays (3:30 - 6:00 pm); Saturdays (1:00 - 6:00 pm)

* SUMMER SEASON

Mondays (1:00 - 8:00 pm); Tues. - Sat. (1:00 - 6:00 pm)

***Pool will close at 6:00 pm on Monday, June 19, 2017.**

* HOLIDAY SPECIAL HOURS (1:00 - 6:00 pm).

Memorial Day (May 29)

Independence Day (July 4)

Pioneer Day (July 24)

Labor Day (September 4)

*Prize Drawings



ADMISSION: (includes all park amenities)

* SUMMER SEASON

3 years & under - Free (with approved swim diaper)

4 years & up - \$3.50

Seniors (55 & up) - \$2.00

* PRE-SEASON, FALL SEASON & HOLIDAYS

3 years & under - Free (with approved swim diaper)

4 years & up - \$3.00

Seniors (55 & up) - \$2.00

* FAMILY NIGHT SWIMMING

Mondays during Summer Season (5:00 - 8:00 pm)

Family members (living in same household) - \$12 per family

* PUNCH CARD PRICES

Good for 2017 season only!

One punch for each admission, ages 4 & up

25 punch pass - \$80 (\$3.20 / punch)

50 punch pass - \$150 (\$3.00 / punch)

Amenities include: Outdoor pool, 150 foot water slide, splash pad, water mushroom & two diving boards. Concessions are also available for purchase.

Please note:

When you see this icon



next to an activity or program, it means you can register for that program or activity online!

For questions regarding swimming activities:

Prior to May 27 - (801) 804-4600

May 27 - Sept. 4 - (801) 798-5091

(During Water Park Hours)

Note: All lessons and rentals are handled through the Parks & Recreation Office

WATER PARK RULES

1. All persons entering Pool Area must pay admission.
2. Swimming is permitted only when an authorized lifeguard is on duty.
3. The lifeguard on duty shall enforce all pool regulations.
4. The lifeguard on duty has the authority to suspend pool privileges if rules are violated.
5. During Open Plunge times, there will be a minimum of one 5 minute break per hour during which the entire pool will be cleared.
6. All accidents, however minor, must be reported to the lifeguard on duty and an accident report must be filed that same day.
7. Absolutely No Children under 8 years of age will be admitted unless they are accompanied in the water by a responsible person 14 years of age or older.
8. Children under 14 years of age are not allowed in deep end of pool unless they can pass a deep water swim test administered by a lifeguard or lifeguard supervisor.
9. A cleansing shower must be taken before entering the pool.
10. No street clothes or shoes are allowed in the water.
11. No smoking, food, drinks, or glass containers allowed on the deck or in shower area.
12. Inappropriate swim wear may be disallowed by lifeguards.
13. Infants must wear swimsuits if in the pool. **APPROVED SWIM DIAPERS ARE REQUIRED IF THEY ARE TAKEN IN THE WATER.** Approved Swim diapers may be purchased at the Water Park Office.
14. No band aides or people with open wounds or stitches are allowed in the pool.
15. Flotation devices or toys are allowed only in shallow water. (NOT BEYOND 3 FEET).
16. No running on deck, playing tag, pushing, or shoulder riding allowed in/around the pool.
17. Sitting or hanging on the rope is prohibited. Playing on ladders is prohibited.
18. Spanish Fork City is not responsible for lost or stolen articles. Locker rental is available. Lock up your valuables. Don't leave them on the deck or in an unlocked locker.
19. PLEASE do not drink the pool water.
20. PLEASE do not swim when you have diarrhea and for 2 weeks after.
21. PLEASE practice good hygiene. Take a cleansing shower before swimming and wash your hands after using the toilet or changing diapers.
22. PLEASE take your kids on bathroom breaks or check diapers often.
23. PLEASE change diapers in a bathroom and not at pool side.
24. PLEASE wash your child thoroughly (especially the rear end) with soap and water before swimming.

*** Special Note:** A "cleansing shower" means the cleaning of the body surfaces with soap and water to remove any matter that may wash off into the pool while swimming including fecal matter, lotion, hair products, make-up and deodorant.



WATER SLIDE RULES

1. Go down the slide in sitting position or on back.
2. No head first. No trains.
3. No STANDING or playing in the SPLASH DOWN area.
4. Use certified PFD's (personal flotation device) if you can't touch bottom.
5. Wait until the person in front of you is 1/2 way down the slide before you start down.
6. Slide at your own risk!



DIVING BOARD RULES

1. One person at a time on the diving board.
2. Dive straight off the end of the boards.
3. No double spring off the boards.
4. Be sure the person in front of you has exited the pool before diving.
5. No hanging from the diving boards.
6. Diving into the pool from the deck is prohibited.
7. Board surface will be slippery when cold & wet.
8. Dive at your own risk!

Rent the Water Park for a Party or Reunion

- * Pavilion time and Pool time
- * \$50 (non-refundable) deposit secures your reservation
- * Deposit goes toward your total rental fee
- * Rental fee balance due 30 days prior to reservation
- * Gas grills are additional \$10



SWIMMING

DAYS OF THE WEEK	SWIMMING TIMES	PAVILION TIMES
* Tuesday through Saturday	6:30 pm to 8:00 pm	5:00 pm to 6:30 pm
Monday through Saturday	8:30 pm to 10:00 pm	7:00 pm to 8:30 pm
Saturday Morning	11:00 am to 12:30 pm	12:30 pm to 2:00 pm

* Not available Tue-Thur, June 13 - 29 and July 11 - 28 due to evening swimming lessons.



* **3 Hour Block** (1 1/2 hrs Pavilion, 1 1/2 hrs Pool)
 * \$300 (limit 150 people)
 * Plus \$2 per person over 150
 * Early Season Discount of \$50 (M-F, May 30-June 16)

* **4 1/2 Hour Block** (3 hrs Pavilion, 3 hrs Pool)
 * \$600 (limit 300 people)
 * Plus \$2 per person over 300
 * Early Season Discount of \$100 (M-F, May 30-June 16)



If count is over allotted limit, supervisor will notify rental party to let them know the amount they will be invoiced for.

Water Park Pavilion Only

- * \$50 fee for 1 1/2 hours
- * Plus \$50 (refundable) cleaning deposit required
- * Use of gas grills \$10

- * Full payment due when reservation is made
- * Cleaning deposit refunded if area left clean
- * Not available during Water Park rental times

Water Aerobics!

- * Great exercise, all body types & fitness levels
- * \$2 per class or 1 punch on Aerobics Pass
- * Aerobics Punch Passes available at Water Park

Morning Classes:

- * Monday - Friday
- * 8:00 - 9:00 am
- * Begins Tues., May 30

Evening Classes:

- * Monday - Thursday
- * 5:30 - 6:30 pm
- * Begins Tues., May 30



* Evening classes in deeper end of pool. You may touch the bottom of the pool and always have a piece of buoyant equipment.

Lap Swimming!

- * Tuesdays - Fridays
- * Evenings 5:00 - 6:30 pm
- * Two or three lanes roped off in deep end
- * No lap swimming on Mondays, Saturdays, or Holidays!
- * Regular admission is charged.





SUMMER SWIM TEAM (UVSSL)

- * Competitive Swimming - including practices and meets
- * Open to boys and girls through age 18
- * Group instruction on four racing strokes:
freestyle, backstroke, breaststroke, and butterfly
- * Instruction on starts and turns

Due to limited pool space - spots are limited!

MINIMUM REQUIREMENTS
 Swimmers must be able to:

- * swim at least 25 yards in freestyle
- * swim 25 yards in backstroke
- * have a knowledge of 3rd stroke

Swim Team Try-outs
 Tuesday, May 30 at 7:30 a.m. at Water Park.
 Required for swimmers who have not been on the Swim Team to make sure minimum requirements are met.

PRACTICES

- * Monday, Tuesday, Thursday and Friday mornings
- * Practices times broken into skill levels
- * Levels will be assigned by Swim Team Coaches
- * Thursday, June 1 through Friday, July 28
- * Ending date may extend depending on championship meets
- * Swimmers participating in the County Meets will continue practices during the week of the county meets
- * Level 3 at 7:30-8:30 am (advanced)
- * Level 2 at 8:30-9:30 am (intermediate)
- * Level 1 at 9:30-10:15 am (beginning)
- * Not allowed to practice until registration fee is paid

MEETS

- * Must compete in at least two meets to qualify for County
- * The Utah County Swim Meet schedule given to participants by Swim Team Coaches
- * Meet Schedule will be posted online
- * Meet results will also be posted online

REGISTRATION

- * Registration begins on May 3
- * Early Registration Deadline - Friday, June 2
- * Early fee \$95 (through June 2)
- * Regular fee \$100 (after June 2)
- * Non-resident fee \$10
- * Fee includes Utah County Swimming Registration Fee (\$15) a team T-shirt
- * You may register after tryouts if you are not sure if your child can meet minimum requirements.

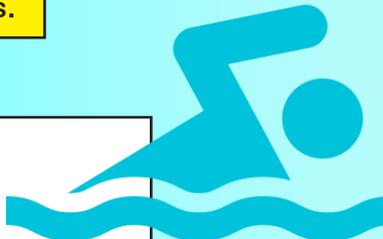
Optional Swim Suits & Caps

- * Cannot be purchased online
- * Must be paid for at the Parks & Recreation Office.



PARENT'S MEETING

- * Wednesday, May 31,
- * 5:00 - 6:00 pm at **Water Park Pavilion**
- * Receive information about ordering swim suits, County Rules, practice expectations
- * Meet the Swim Team Coaches.



SWIMMING LESSONS

- * Morning Sessions - Weekdays for two weeks (10 days)
- * Evening Sessions - Tuesdays, Wednesdays and Thursdays for three weeks (9 days)
- * 1st day testing and eight required lessons. (Fun day on last day in morning session may be used as make-up day)
- * 30 minute lessons each day
- * Pick-up parent information sheet on the first day of session.



SWIMMING LESSON REGISTRATION



- * Online registration opens at 12:01 am on May 3rd
- * Online registration at reconline.spanishfork.org
- * Register in person @ Parks & Recreation office (775 N. Main) 8am - 5 pm
- * Must have current liability waiver on file
- * No phone registrations accepted
- * Wednesday, May 3 open to Spanish Fork City Residents only
- * Thursday, May 4 open registration
- * Registrations taken after May 4 until sessions are full
- * Waiting lists are kept to fill spots that may come available throughout the season
- * For more information, call Parks & Recreation at (801) 804-4600

Swimming Lesson Refund Policy

- * If session is full, no refund given unless your spot is filled.
- * Refunds received will be less \$10 processing fee

GROUP LESSONS



- * Early Reg. Deadline - Thursday, May 4
- * Early fee \$30 (through May 4)
- * Regular fee \$35 (after May 4)
- * Non-resident fee \$5
- * Morning session group lessons include: 4-5 years, 6 & over, parent & me, diving
- * Evening session group lessons include: 4-5 years, 6-15 years, teens & adults
- * Class size approximate -
 - 4-5 years - 5 per class
 - 6 & up - 6-7 per class
 - parent & me - 10 per class
 - diving - 8 per class

Age Requirements for Swim Lessons

- * Must be at least four years of age (except parent & me)
- * Diving lessons - must be at least six years of age
- * Children under four do not have sufficient motor skill development, attention span or stranger comfort to function in a group lesson setting
- * **Age at time session begins**

Private or Semi Private Lessons



- Private Instruction - 1 student per teacher
 - * Early fee \$70 (through May 4)
 - * Regular fee \$75 (after May 4)
- Semi Private Instruction - 2 per teacher
 - * Early fee \$50 (through May 4)
 - * Regular fee \$55 (after May 4)
 - * Non-Resident fee \$5

Parent & Child Lessons



- * Open to children under four years of age
- * Parent must wear swim suit and get in water with child
- * Instructor will instruct the parent and then the parent will teach the child
- * Approved swim diapers must be worn by children three years of age & younger



Swimming Lessons at a Glance

Note: Diving lessons open to 6 years & Up only!

Morning Session & Dates (M-F) for Two Weeks	9:15 am to 9:45 am	9:45 am to 10:15 am	10:15 am to 10:45 am	11:00 am to 11:30 am	11:30 am to 12:00 noon	12:00 noon to 12:30 pm
PRE-SESSION Begins June 5 Ends June 16		Private Semi-Private	Private Semi-Private	Private Semi-Private	Private Semi-Private	Private Semi-Private
SESSION I Begins June 19 Ends June 30	Private Semi-Private	4 - 15 Years	4 - 15 Years Diving 1	4 - 15 Years	4 - 15 Years Parent & Me Diving 1	4 - 15 Years Parent & Me
SESSION II Begins July 10 Ends July 21	Private Semi-Private	4 - 15 Years	4 - 15 Years Diving 2	4 - 15 Years	4 - 15 Years Parent & Me Diving 1	4 - 15 Years Parent & Me
SESSION III Begins July 31 Ends Aug 11	Private Semi-Private	4 - 15 Years	4 - 15 Years Diving 2	4 - 15 Years	4 - 15 Years Parent & Me Diving 1	4 - 15 Years Parent & Me
FALL SESSION AFTERNOON HOURS (during Open Swimming)					4:00 pm to 4:30 pm	4:30 pm to 5:00 pm
*FALL SESSION Begins Aug 21 Ends Sept 1	*Fall Session taught during Open Swim time. Class members will be issued a pass to gain admission to the pool during their lesson time.				4 & 5 Years	6 years & older

Evening Session & Dates	Evenings for Three Weeks	6:30 pm to 7:00 pm	7:00 pm to 7:30 pm
SESSION I Begins June 13 Ends June 29	Tuesdays, Wednesdays, & Thursdays	4 - 15 Years Teens & Adults	4 - 15 Years Teens & Adults
SESSION II Begins July 11 Ends July 27	Tuesdays, Wednesdays, & Thursdays	4 - 15 Years Teens & Adults	4 - 15 Years Teens & Adults

DIVING LESSONS

SIGN UP FOR THE PROPER LEVEL!

DIVING 1

- * Must be able to swim in the deep end of the pool
- * Must be able to swim at least 25 yards
- * will learn - proper way to dive, one-step diving approach, front dive and tuck positions, basic dive positions, straight and swan dive.

DIVING 2

- * Need to know basic diving skills
- * will learn - three step diving approach, front dive in pike and tuck positions, back dive, and inward tuck position.





Scout Swimming & Lifesaving Merit Badge Classes

SWIMMING

- * Require pre-registration
- * Register online at reconline.spanishfork.org or in Parks & Recreation Office
- * Register fee \$15 per class (1 week)
- * Enrollment limited to 10 per class
- * Each class takes a minimum of 4-5 days to complete
- * Swimming Merit Badge must be passed before enrollment in Lifesaving Merit Badge
- * Scouts need basic swimming skills to pass off Merit Badge classes
- * Swimming Merit Badge class is not a substitute for Swim Lessons.



Merit Badge offered for each session:



Session Dates:	10:00 am to 11:00 am	11:00 am to 12:00 noon
June 5 to June 9	Swimming	
June 12 to June 16	Swimming	
June 19 to June 23	Swimming	
June 26 to June 30	Lifesaving	
July 3 to July 7 No class on July 4	Swimming	Lifesaving
July 10 to July 14	Swimming	
July 17 to July 21	Lifesaving	
July 25 to July 28	Swimming	Lifesaving
July 31 to August 4	Swimming	
August 7 to August 11	Lifesaving	

In order to complete the Lifesaving Merit Badge, you must have CPR training. This may be done at the Water Park or at Scout Group.