



# SIMPKINS FAMILY SWIM CENTER

NOVEMBER 5TH - DECEMBER 21ST





**Simpkins Family Swim Center**

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# ADMISSION FEES & MEMBERSHIP PASSES

Program	Ages	Single Entry	Multi Entry Passes		
			10 Entries	30 Entries	50 Entries
Lap Swim	Youth ages 7-12	\$5	\$45		\$213
	Seniors ages 65+		<i>\$4.50 per entry</i>		<i>\$4.26 per entry</i>
	Adults ages 13-64	\$8	\$72		\$343
			<i>\$7.20 per entry</i>		<i>\$6.86 per entry</i>
Open Swim and Recreation Swim	Infants ages 0-3	Free			
	Youth ages 4-12	\$5	\$50	\$135	
	Seniors ages 65+		<i>\$5 per entry</i>	<i>\$4.50 per entry</i>	
	Adults ages 13-64	\$8	\$50	\$135	
			<i>\$5 per entry</i>	<i>\$4.50 per entry</i>	
Adult Fitness	Adults ages 16+	\$9	\$81		\$382
			<i>\$8.10 per entry</i>		<i>\$7.64 per entry</i>
Water Aerobics	Adults ages 16+	\$9	\$81		\$382
			<i>\$8.10 per entry</i>		<i>\$7.64 per entry</i>

- All individuals entering the facility must pay the entry fee.
- Entry fees are waived for any caregivers accompanying disabled persons for the purpose of providing them with assistance as they use the facilities.
- All multiple-entry passes are valid for one year from most recent purchase/renewal.
- Prices are subject to change.



# POOL INFORMATION

## LAP SWIM

Lap swimming is any continuous movement through the water: walking, jogging, or swimming. All lap lanes are shared spaces. Circle-Swimming is required of all whenever more than 2 are sharing a lane. Maximum of 5 swimmers per lane. Some lanes may be reserved for classes and clubs. Ages 7+. Youth lap swimmers (12 and under) must be accompanied by an adult in the facility and be able to swim 25 yards.

## WARM WATER OPEN SWIM

Open Swim takes place in the Warm Water Pool, heated to 88°F year round. All ages\*.

## LOW STIMULATION OPEN SWIM

During these hours, the warm water pool and first lane of the lap pool are designated for low stimulation use for the benefit of swimmers with disabilities, special needs, or anyone who would benefit from a quieter environment with less sensory stimulation. All ages\*.

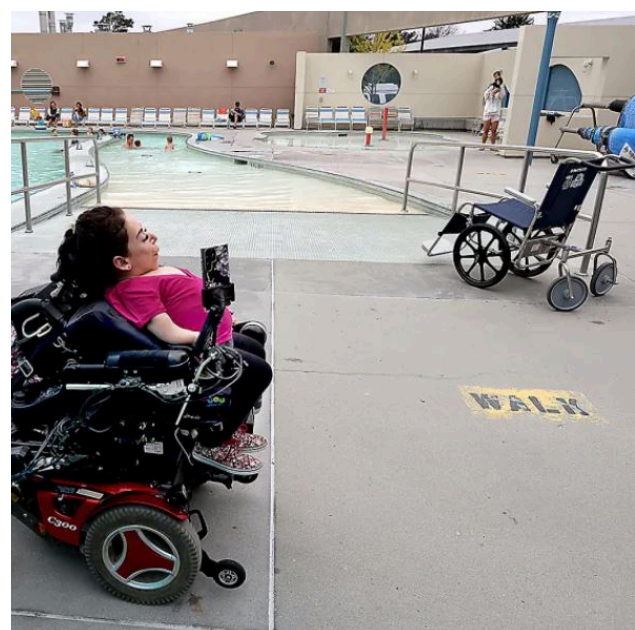
## FAMILY RECREATION SWIM

Family Recreation Swim includes the Warm Water Pool, Spray Zone, and 1 to 2 shallow lanes of the lap pool for recreation/play use. The Wibit inflatable obstacle course may be available on select days. Pool toys and floatation devices may not be permitted during Recreation Swim hours if the pool is crowded. All ages\*. Offered seasonally.

## ACCESSIBILITY

The Warm Water Pool features a zero-depth entry ramp and a water wheelchair is available for use. Two stationary pool lifts and one mobile lift are available for entry and exit into any pool. Locker room facilities include ADA-compliant showers, a changing bed, and restrooms.

*\*Please see our Rules & Guidelines for policies & requirements concerning children and non-swimmers.*





# POOL HOURS

NOVEMBER 5TH-DECEMBER 21ST

	Lap Swim	Warm Water Open Swim	Low Stimulation Open Swim
<b>Monday</b>	6am - 7:30pm	6am - 9am 1pm - 7:30pm	
<b>Tuesday</b>	6am - 7:30pm	6am - 7:30pm	
<b>Wednesday</b>	6am - 7:30pm	6am - 9am 1pm - 7:30pm	
<b>Thursday</b>	6am - 7:30pm	6am - 2pm 4pm - 7:30pm	2pm - 4pm
<b>Friday</b>	6am - 7:30pm	6am - 9am 12pm - 7:30pm	
<b>Saturday</b>	9am - 4pm	9am - 4pm	
<b>Sunday</b>	9am - 4pm	9am - 4pm	

## UPCOMING SCHEDULE CHANGES:

- Thursday Nov. 28th
  - Thanksgiving- CLOSED
- Friday Nov. 29th
  - 9:00am-7:30pm
- Saturday Dec. 14th
  - Winter Wonderland Free Community Swim 10am-2pm
  - Pool will only be open during event time
  - Limited Lap Lanes





# ADULT CLASSES

## ADULT FITNESS CLASS

Participate in an organized lap swim workout intended to increase muscular strength, aerobic endurance, stroke technique and build overall fitness! Qualified coaches offer in-depth analysis and feedback on your stroke and help direct you to a lane with swimmers of similar ability and experience.



## WATER AEROBICS

Water aerobics classes provide high intensity workouts and are an excellent way to meet your fitness goals with less impact on your joints. Classes are designed to appeal to all levels of ability.

### Aqua Running

This water aerobics class is a full-body workout involving the legs, arms, shoulders, and core muscles.

### Deep Water Workout

Come join us for a dynamic total-body workout without impact on the joints. This water aerobics class emphasizes good body mechanics, endurance training, and stretching.

### Shallow Water Toning

All levels. This water aerobics class focuses on cardio conditioning, muscle tone, flexibility, and strength in chest deep water.

*Class offerings and schedule subject to change.*



# ADULT CLASS SCHEDULE

## AQUATICS FITNESS CLASSES

Participate in an organized lap swim workout intended to increase muscular strength, aerobic endurance, stroke technique and build overall fitness!

### Monday, Wednesday, and Friday

6am – 7:15am with Mike

7:15am – 8:30am with Mike

### Monday, Wednesday, and Friday

12pm – 1:30pm with QS Coach

### Saturday

9am – 10:15am with Mike

## WATER AEROBICS CLASSES

Water aerobics classes provide high intensity workouts and are an excellent way to meet your fitness goals with less impact on your joints. Classes are designed to appeal to all levels of ability.

	Aqua Running	Deep Water Workout	Shallow Water Toning
Monday		12pm – 1pm with Erin	
Tuesday		12pm – 1pm with Karissa	
Wednesday		12pm – 1pm with Erin	
Thursday	12pm – 1pm with Camile		
Friday	6:05pm – 7:05pm with Camile	12pm – 1pm with Jay	
Saturday			9:15am – 10:15am with Neli

- Class offerings and schedule subject to change.



# RULES & GUIDELINES

- No swimming without a lifeguard on duty.
- Walk, do not run.
- Keep pathways and pool ladders clear. Only one person on a ladder at a time.
- Do not hang onto the Lane lines or Swim Ropes.
- Keep the Warm Water Pool peninsula clear.
- **Children & Non-swimmers:** Children 6 and under must be accompanied by someone 13 or older who can be responsible for the child in and out of the water. Children not yet toilet trained must wear swim diapers or plastic swim pants over their diapers at all times. Non-swimmers must always be accompanied by an adult.
- No diving. Look before you jump into the pool. Please face forward when jumping into the pool, no spinning. Cannonballs are not allowed in the warm water pool, or in any pool if deemed unsafe by the lifeguard.
- No aggressive behavior, fighting, or rough play. Do not fake drown. Please do not carry another swimmer on your back or shoulders.
- Help us keep our community healthy! Please do not enter the pool if you are ill or have open wounds or rashes.
- Please use the locker rooms to change in/out of your swim attire. There are changing tables for infants and small children located in all restrooms in the ADA stalls.
- Food and Drinks are permitted in the Food Court Area only. Glass containers are not allowed at the facility. No gum chewing.
- Bicycles, skateboards, roller blades, etc. are not allowed on the pool deck. Please use the racks by the entrance to secure your bicycle. Skateboards and roller blades should be stored in a bag if brought onto the pool deck.
- Pool toys and floatation devices may be used during Recreation Swim only at the discretion of the lifeguards. They may not be permitted if the pool is crowded.

