

DOLPHIN SWIM TEAM \$45 CITY SPLASH

The Dolphin swim team is a great introduction to the sport of swimming! This program introduces swimmers to a very beginner level swimming team that is meant to teach them about the sport. It offers swimmers the chance to learn all four competitive strokes in a relaxed fun environment. The Dolphin Swim Team is for all skill levels, there will be an evaluation before starting to get all swimmers placed correctly. Swimmers must be able to swim one length of the pool.

Season: June 7 - August 4

Practices: Tuesday and Thursday mornings
8:30 a.m. - 10:00 a.m.

Swim Meets: Saturdays
at various metro aquatic facilities

WATER AEROBICS \$40 CITY SPLASH

Improve your overall fitness while strengthening your heart, toning your muscles and increasing your flexibility. This class also features water walking, jogging, treading and jumps. An intense workout with low impact, participants determine their own level of intensity.

Each participant should have water shoes

Classes: Monday and Wednesday mornings

Time: 10:30 a.m. - 12:00 p.m.

Session A: June 6 - 29

Session B: July 11 - August 3

AQUA ZUMBA \$40 CITY SPLASH

Splashing, stretching, twisting, and even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba Class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, the Aqua Zumba class blends it all together in a safe, challenging, water based work out.

Classes: Monday and Wednesday evenings

Time: 7:15 p.m. - 8:15 p.m.

Session A: June 6 - 29

Session B: July 11 - August 3

POOL RENTALS

at City Splash and Kimbell Bay

CITY SPLASH, 2200 SOUTH HOLLY

Rental days: Friday, Saturday & Sunday

Time slot #1: 5:30 p.m. - 7:00 p.m.

Time slot #2: 7:15 p.m. - 8:45 p.m.

KIMBELL BAY, 525 SOUTH 7th

Rental days: Saturday & Sunday

Time slot #1: 5:30 p.m. - 7:00 p.m.

Time slot #2: 7:15 p.m. - 8:45 p.m.

RENTAL FEES SCHEDULE:

\$125 per time slot for up to 50 people

\$180 per time slot for 51-75 people

\$225 per time slot for 76-100 people

\$350 per time slot for 101-150 people

**Reserve your pool rental at the
Yukon Community Center.**

2200 South Holly
405.354.8442

POOL ADMISSION

at City Splash and Kimbell Bay

DAY FEES

4 yrs and Older: \$3.00

Senior Citizens: \$2.00

SWIM PASSES

Individual Swim Pass: \$40.00

Family Swim Pass (up to 4): \$100.00

**Swim Passes may be purchased
at the Yukon Community Center.**

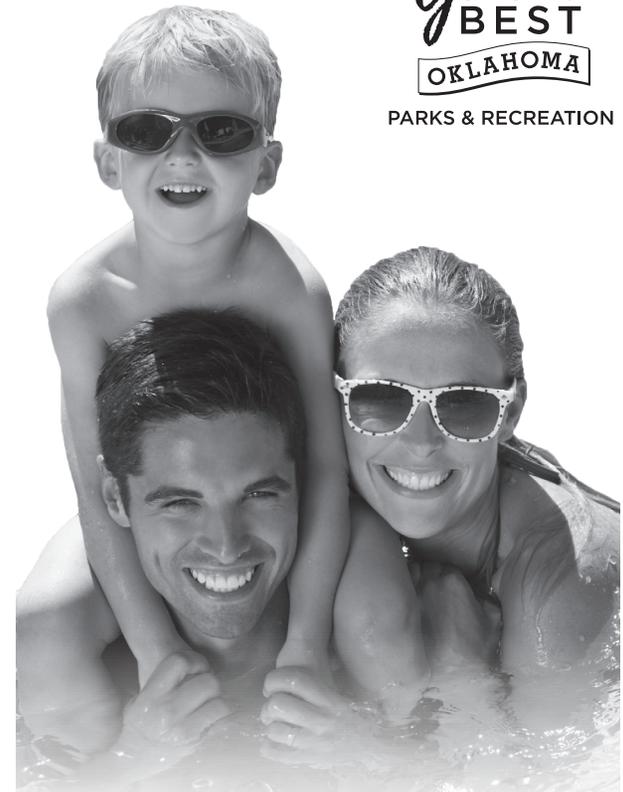
2200 South Holly



PARKS & RECREATION



PARKS & RECREATION



FAMILY AQUATIC GUIDE 2016

CITY SPLASH POOL

2200 S. Holly | 405.350.7684

Hours of operation:

Monday - Thursday: 1:00 p.m. - 7:00 p.m.

Friday: 1:00 p.m. - 5:00 p.m.

Saturday: 11:00 a.m. - 5:00 p.m.

Sunday: 1:00 p.m. - 5:00 p.m.

KIMBELL BAY POOL

525 S. 7th Street | 405.354.7191

Hours of Operation:

Monday - Friday: 1:00 p.m. - 5:00 p.m.

Saturday: 11:00 a.m. - 5:00 p.m.

Sunday: Closed

SWIM LESSONS \$45 KIMBELL BAY

The City of Yukon Parks and Recreation department is pleased to provide a swim lesson program that is designed to fit the needs of kids of all ages with comprehensive lessons offered at convenient times.

Swim lesson sessions are 2 weeks in duration, each session offers 8 classes and each class is 40 minutes.

Lessons are offered Monday - Thursday with Fridays reserved as rain make up days.

Session Dates:

Session A: June 6-16 **Session B:** June 20-30
Session C: July 5-14 **Session D:** July 18-28

Possible Class Times:

a.m.
9:10-9:50 | 10:00-10:40 | 10:50-11:30 | 11:40-12:20
p.m.
5:10-5:50 | 6:00-6:40 | 6:50-7:30 | 7:40-8:20

Pre-season swim evaluation day: Saturday, June 4

Parent Taught (PT) Ages: 6 mo – 2 yrs

This course will place a strong emphasis on water adjustment and acclimation as well as an introduction to underwater exploration.

Skills include: front float and glide, leg action, back float and glide, rolling front to back, rolling back to front, life jacket safety and sun safety.

Session A: p.m. 6:00 - 6:40
Session B: p.m. 6:00 - 6:40
Session C: p.m. 6:00 - 6:40
Session D: p.m. 6:00 - 6:40

Preschool Ages: 3 yrs – 5 yrs

This course helps the students feel comfortable in the water by teaching skills that include the following: enter and exit the water safely, float on front and back, open eyes underwater, submerging for an object, learning arm and hand movements for freestyle and backstroke and the use of a life jacket.

Session A: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50 | 7:40
Session B: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50 | 7:40
Session C: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50 | 7:40
Session D: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50 | 7:40

Level 1 Ages: 4 yrs & Up

This course introduces students to water exploration and purposeful movements that include: front and back float, glides, kicking, front and back crawl, introduction to underwater swimming to retrieve an object and rotary breathing.

Session A: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50 | 7:40
Session B: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50
Session C: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50 | 7:40
Session D: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50

Level 2 Ages: 5 yrs & Up

This course introduces students to water exploration and purposeful movements that include: front and back float, glides, kicking, front and back crawl introduction and underwater swimming to retrieve an object, rotary breathing and life jacket and sun safety.

Session A: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50
Session B: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50 | 7:40
Session C: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00
Session D: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00

Level 3 Ages: 6 yrs & Up

This course focuses on a continuous use of the defined freestyle and backstrokes over a ten yard distance through the use of rotary breathing and purposeful strokes. Deep water introduction and safety are a focus as well as treading water, self-rescue skills and the buddy system.

Session A: a.m. 9:10 | 10:00 | 10:50 | 11:40
p.m. 5:10 | 6:00 | 6:50
Session B: a.m. 9:10 | 10:00
p.m. 5:10 | 6:00 | 6:50
Session C: a.m. 9:10 | 11:40
p.m. 5:10 | 6:50
Session D: a.m. 9:10 | 11:40
p.m. 5:10 | 6:00 | 6:50 | 7:40

Level 4 Ages: 8 yrs & Up

This course continues the development of the freestyle and backstroke while introducing the breast stroke, side stroke, deep water submerging, diving and proper turns for an introduction to lap swimming and competitive swimming. Swimmers will also learn buddy assistance techniques and proper safety around the pool.

Session A: a.m. none
p.m. 7:40
Session B: a.m. 10:50
p.m. 7:40
Session C: a.m. 10:00 | 10:50
p.m. 6:00
Session D: a.m. 10:00 | 10:50
p.m. 7:40

Level 5 Ages: 8 yrs & Up

This course continues the development of the freestyle and backstroke while introducing the breast stroke, side stroke, deep water submerging, diving and proper turns for an introduction to lap swimming and competitive swimming. Swimmers will also learn buddy assistance techniques and proper safety around the pool.

Session A: a.m. none
p.m. none
Session B: a.m. 11:40
p.m. none
Session C: a.m. none
p.m. 7:40
Session D: a.m. none
p.m. 7:40

Special Needs (SN) Ages: 5 yrs & Up

This course will place a strong emphasis on water adjustment and acclimation as well as an introduction to underwater exploration.

Skills include: front float and glide, leg action, back float and glide, rolling front to back, rolling back to front, life jacket safety and sun safety.

Session A: Availability upon request.
Session B: Availability upon request.
Session C: Availability upon request.
Session D: Availability upon request.