

## **ADMISSION FEES/PASS OPTIONS**

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Several admission options are offered to swimmers in the Lawrence community. Daily admission, annual passes, 30-day passes and punch cards are available. All forms of admission are valid at any Lawrence Parks & Recreation Aquatic Facility. Watch for specially priced events all year long! *Prices subject to change.*

### **ISN'T IT TIME YOU JOINED LPRD AQUATICS?**

Join LPRD Aquatics today for an exciting way to stay fit and have fun swimming year round! Member discounts are offered on daily admission and allow unlimited swimming at all LPRD swimming pools.

### **DAILY ADMISSION CHARGES**

For current pricing, please visit our website at: <http://www.lprd.org/aquatics/admission>.

### **ANNUAL AND MONTHLY PASSES**

LPRD Aquatics has swimming passes designed to save you money! Check out what's available below and head over to our website: <http://lprd.org/aquatics/admission> for more details and pricing.

### **ALL AGES ANNUAL PASS**

Passes are valid for 365 days from the date of purchase at any LPRD Aquatic facility. This pass option offers the dedicated swimmer a discount. *May be purchased at the Indoor Aquatic Center.* **For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.**

### **ALL AGES 30-DAY PASS**

Passes are valid for 30 days from date of purchase at any LPRD Aquatic facility. This pass option offers the swimmer a discounted daily swim admission. *May be purchased at the Indoor Aquatic Center.* **For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.**

### **PUNCH CARDS**

Each punch card contains 10 punches. Each punch is equivalent to one daily admission. May be purchased at the Indoor Aquatic Centers or the LPRD administrative office. Punch cards cannot be combined with other forms of payment or used for special events or promotional swim days. *Only valid towards full daily admission.* **For more information and pricing, please visit our website at: <http://lprd.org/aquatics/admission>.**

### **RENTALS & RESERVATIONS**

The Lawrence Parks and Recreation Indoor Aquatic Center is a great destination for your next party, family reunion or meeting! The LPRD-Aquatics staff is dedicated to assisting you in making everyday meetings into exceptional events! Private rooms for parties and exclusive full facility rentals are available. Meeting space with A/V equipment, tables and chairs is also available for businesses, organizations, schools, reunions and birthday parties. Rental rates and times are based on services requested. Please allow 2 weeks lead time before your event. *For information, contact the Aquatics Division at 832-SWIM.*

### **AFTER HOURS PARTIES**

Looking for the perfect place for a party? How about a pool party? The Lawrence Indoor Aquatic Center is available for private group rentals outside of regular hours. Our professional lifeguard staff will be on duty to provide a safe environment. It's perfect for company retreats or family reunions. *Call the Aquatics Division at 832-SWIM for information on private rentals.*

### **BIRTHDAY PARTY PACKAGES**

Dive in to the best party location in town! The Indoor Aquatic Center is great at creating a splash-tacular time! We have everything needed for a birthday party your child is sure to love. Check out all of our party options from do-it-yourself room rentals to worry-free packages based on your party size. With our "Have-it-all" packages, we take care of all the extras, such as treat bags. Lawrence Indoor Aquatic Center's helpful and friendly staff will assist you in hosting a wet-and-wild event. Please allow at least two weeks

lead time to plan your event. For more information, call the Aquatic Center at (785) 832-SWIM or go online to [www.lawrenceks.org/lprd/aquatics](http://www.lawrenceks.org/lprd/aquatics).

## **SAFETY CONCERNS**

Aquatic facilities follow strict guidelines involving lightning safety. Staff use lightning detection systems, visual identification and support from the National Weather Service in Topeka to maintain swimmer safety. When lightning is detected within 0 - 3 miles, ALL swimmers must exit the water and take shelter at the Indoor Aquatic Center. Safety prompts and instruction are given by the lifeguard staff.

## **SPECIAL SAVINGS DAYS**

### **SENIOR SWIM DAYS**

Swimming is an ideal form of exercise for seniors due to its low impact on joints and bones. Enjoy the benefits weekly. Wednesdays are Senior Swim Days for people 60 years old and over. *Every Wednesday, all day long, seniors swim for FREE!*

### **BUCK NIGHT**

One of our most popular events continues! The first Friday of each month, everyone swims for only \$1 after 5 p.m. at the Lawrence Indoor Aquatic Center. *Fridays – Aug. 7; Sep. 4, Oct. 2; Nov. 6 and Dec. 4.*

### **THREE DOLLAR THURSDAYS**

This summer, everyone can cool off with this hot deal! Admission rates for all ages are only \$3 every Thursday after 6 p.m., July 9-Aug. 27, at the indoor aquatic center.

### **MILITARY SWIM**

The Lawrence Aquatic Centers would like to honor those who have served in our nation's military. On Patriot Day and Veteran's Day, patrons who present a valid US military ID will receive free admission to the pool(s) for the day. *Sept. 11, Nov. 10.*

### **FATHER'S DAY SWIM**

Looking for the perfect gift for Dad this Father's Day? Why not take him swimming? Dads swim for FREE all day long at both aquatic centers, so grab your deserving dad and join us for a dip. *Sunday, June 21.*

### **GRANDPARENT'S SWIM**

Make swimming a full-family affair! Grandparents swim absolutely FREE at the Indoor Aquatic Center when accompanied by a grandchild. *Sunday, Sept. 13.*

### **MONTH OF GIVING**

This promotion allows you to help those in need. To swim at the Indoor Aquatic Center, all you need is a non-perishable food item and \$3 for admission. Adults, teens, senior and kids – everyone can give. Donations will go to a local food pantry. *Sunday, Nov. 1-Monday, Nov. 30.*

## **AQUATIC FITNESS CLASSES**

Are you ready to take the plunge? Ready for the soothing properties of the water? Aqua workouts are for every fitness level and are low to non-impact on joints and muscles. Water fitness has all the components of fitness: cardiovascular fitness, flexibility, muscular and endurance strength. Water has the ability to offer aerobic activity, resistance training and flexibility all at the same time. Working out in the water is perfect for those who find certain movements on land-running, striding, kicking, dancing-too jarring or painful. We have a wide variety of classes, including classes for expecting mothers, seniors, individuals with arthritis, or those recovering from an injury. **NO SWIMMING SKILLS ARE REQUIRED.** Whether you are new to water fitness or a water fitness enthusiast, we have the class for you.

*Registration is required by the Wednesday before the class begins.*

### **AQUAFIT**

*Ages: 16 and up. Enrollment Min 15 / Max 15.* AquaFit uses the effects of water to assist in the recovery process from a recent surgery or chronic illness. If you have experienced a decrease in flexibility,

strength or balance, water exercise will help you regain your prior level of function. **Instructor: LMH Therapy Services.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312434	1A	AQUAFIT	TR	9-9:45AM	6/16-7/23	LIAC	\$45
312434	1B	AQUAFIT	TR	10-10:45AM	6/16-7/23	LIAC	\$45
312434	2A	AQUAFIT	TR	9-9:45AM	8/4-9/3	LIAC	\$38

### AQUA HIIT

*Ages: 16 and up. Enrollment Min 8 / Max 15.* High Intensity Interval Training advanced class. Multiple HIIT formats including Tabata. When you're ready to work hard, this is the class for you; deep water Tuesday & shallow water Thursday. Flotation belts required (supplied) in deep water; no swimming skills required. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312437	1A	AHIIT	TR	5:30-6:15PM	6/16-7/23	LIAC-S&DW	\$42
312437	2A	AHIIT	TR	5:30-6:15PM	8/4-9/3	LIAC-S&DW	\$35

### AQUA STRETCH FUSION II

*Ages: 16 and up. Enrollment Min 8 / Max 15.* Cardio warm-up segment, followed by elements of Yoga and Tai Chi that are blended with dynamic flexibility and movement patters to heighten the aquatic stretch experience. Movement combinations are specifically designed to improve balance, core stabilization, muscular endurance, flexibility and range of motion. Various types of supplied equipment used at participant's choice. Class will be held in deep water on Wednesdays. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312412	1B	FUSION	TR	8:15-9:15AM	6/16-7/23	LIAC-CPSE	\$42
312412	2A	FUSION	TR	8:15-9:15AM	8/4-9/3	LIAC-CPSE	\$35

### AQUA TONE

*Ages: 16 and Up. Enrollment Min 8 / Max 15.* Aqua Tone is a shallow water class using the water for resistance to increase cardiovascular endurance, increase muscle tone and decrease impact on joints. This class incorporates the use of several pieces of aquatic exercise equipment including: hand buoys, gloves, noodles and kickboards. **Location of classes: LIAC – Competition Pool Shallow End.**

**Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312413	1A	ATONE	MW	5:30-6:15PM	6/15-7/22	LIAC-CPSE	\$42
312413	2A	ATONE	MW	5:30-6:15PM	8/3-9/2	LIAC-CPSE	\$35

### DEEPLY FIT

*Ages: 16 and up Enrollment Min 8 / Max 15.* Take the plunge into deep water aquatic fitness. Challenge your body, core muscles, and have fun! **Flotation belt required (provided). No swimming skills necessary.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312438	1A	DEEPLYFIT	MWF	8:15-9:15AM	6/15-7/24	LIAC	\$63
312438	2A	DEEPLYFIT	MWF	8:15-9:15AM	8/3-9/4	LIAC	\$53

### SHALLOW SHAKERS

*Ages: 16 and Up. Enrollment Min 8 / Max 15.* Water provides support while offering constant resistance. This class is a total body workout using aerobic activities to improve cardiovascular conditioning and balance work to increase your muscle tone and overall fitness. Class begins with a water walking warm-up, and then moves into the cardiovascular conditioning and balance work, finishing with stretches.

**Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312420	1A	SHALLOW	MWF	7:30-8:30AM	6/15-7/24	LIAC	\$63
312420	2A	SHALLOW	MWF	7:30-8:30AM	8/3-9/4	LIAC	\$53

## SLOW GLIDERS

*Ages: 16 and up. Enrollment Min 8 / Max 15.* Water is a safe, ideal environment and allows you to exercise without putting excess strain on your joints and muscles. This class focuses on gentle movements designed to help decrease pain and stiffness, improve strength, flexibility, balance and coordination. It is a fun, refreshing way to stay fit and active. **Instructor: LPRD Staff.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312433	1A	GLIDE	TR	8-8:45AM	6/16-7/23	LIAC	\$42

## JIVIN' JOINTS

*Ages: 16 and Up. Summer Max 15.* This is a group recreational water-based exercise program designed specifically for people with arthritis and related diseases. Specially designed exercises help participants improve their joint flexibility, strength, balance, coordination and reduce their pain and stiffness while supported by the water's buoyancy and resistance. Participants experience a reduced level of pain, an improved ability to function independently in day-to-day life, and a decrease in feelings of isolation and depression. Classes also provide a friendly, fun atmosphere in which participants can make new friends and try new activities. **Instructor: LMH Therapy Services.**

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312430	1A	JIVNJNTS	MWF	8:45-9:30AM	6/15-7/24	LIAC	\$68
312430	1B	JIVNJNTS	MWF	9:45-10:30AM	6/15-7/24	LIAC	\$68
312430	2A	JIVNJNTS	MWF	8:45-9:30AM	8/3-9/4	LIAC	\$56

## AQUATIC PERSONAL TRAINING

Are you trying to be more accountable for your own health? Do you like the aquatic environment? Want guidance and motivation on a personal basis? Want workouts personalized specifically for you now and in future as your skills increase? Aquatic personal training sessions are for you! Working with a nationally certified aquatic personal trainer will help you reach your goals today and in future. No swimming skills are required. Individual sessions are 45 minutes in length. Cost is \$ 35.00 per 45 minute session.

**Contact Lori Madaus at the Lawrence Indoor Aquatic Center for additional information.**

## LEARN-TO-SWIM CLASSES

### TIPS FOR PLACING YOUR CHILD IN THE RIGHT LESSON

At the beginning of the season, we suggest that you repeat the last level that was completed the summer before. Most children remain in the same level for two or more sessions. It is also easier to move children up a level than to move them down a level. Swim lesson staff make the final decision in the placement of children into the most appropriate class level based on their skill. If you are in doubt as to which level to enroll your child in, you may call and set up a swim evaluation at our facilities at no cost to you.

### NOTE TO PARENTS/GUARDIANS

LPRD wants your child to participate in its learn-to-swim program. We do ask for student cooperation and attention when attending class. It is our goal to provide each child with equal time and attention by staff. If a child doesn't want to enter the water or does not cooperate with staff, parents/guardians are asked to work with the supervisor in charge to seek resolution. We ask each participant to be on time and attend every lesson. Each lesson contains new material, which is vital to success in the class. *We also ask parents/guardians to have patience, be positive and give praise. It is important to give children additional time to practice outside of class. The more practice time children receive, the more successful they will be in swimming lessons.*

### MAKE-UP LESSONS

Make-up swim lessons will be held only if the LPRD staff makes the cancellation. There are no make-up days for lessons missed for personal reasons.

### WAITING LISTS

Waiting lists for each section will only be formed when programs are filled. Those on the waiting lists will be contacted in the order that they were placed on the list, if and when an opening becomes available.

## SWIM LESSON DESCRIPTIONS

All of the levels contain age/level appropriate safety skills. To complete a level, the participant must be able to complete all skills and exit skills assessments.

*The American Red Cross has updated their Learn to Swim curriculum, please read the course descriptions carefully when deciding which level best suits the participant's skill level.*

**Parent/Child (PNTCHILD) (Ages 6 months to 3 years):** The foundation of the American Red Cross Parent and Child class is a set of basic skills that prepares young children to be comfortable in the water. This class will not make your child an independent swimmer; instead, this class will prepare your child to enter the Learn-to-Swim Program. *Skills learned include getting adjusted to the water environment; showing comfort on both their front and back positions with assistance; submerging with assistance and changing body positions in the water. Each child MUST be accompanied by an adult in the water.*

**Aqua Tots Swim (3 years old):** This class bridges the Parent/Child class to the Learn-to-Swim program and is designed for preschool aged children who have never been in a swim class but are ready to hold on to the wall and be in the pool without a parent. This class focuses on the fundamentals of freestyle and floating. In order to move to the next class, students must be comfortable putting their face in the water for three or more seconds.

**Preschool (PRSCHOOL) (4 year olds):** Preschool Aquatics teaches age-appropriate water and safety skills in a positive, logical progression beginning with fundamental water safety and aquatic skills. Skills learned in this level are the same fundamental skills that are taught in levels 1 and 2 of the Learn-to-Swim program. These skills include independent water entry, front and back glides, and combined arm and leg actions in the water. Children are required to stay in the Preschool program until they turn five years of age.

**Level 1 (5-6 year olds):** Participants work on comfort in the water and entering and exiting the pool by themselves. *Skills learned include blowing bubbles and getting the head and face wet; floating on front and back with support and recovering to a standing position; alternating and simultaneous arm and leg motion on front and back.*

**Level 2 (5-7 year olds):** *Skills learned include front and back floats unsupported for 15 seconds with recovery to a standing position; front and back glides for 2 body lengths; and combined arm and leg actions on front and back for 15 feet.*

**Level 3:** *Skills learned include survival and back floats and treading water for 1 minute; front and back glides with two different kicks; front crawl and elementary backstroke 15 yards, begin learning the diving progression.*

**Level 4:** Improve on skills and increase endurance on strokes learned in previous levels, including front and back crawl for 25 yards, elementary backstroke, breaststroke, sidestroke with scissor kick and butterfly for 15 yards. *Skills learned include open turns on front and back pushing off in streamlined position, surface dives and dives off the side of the pool and swim underwater for 3 body lengths, survival and back floats in deep water as well as tread water for 1 minute each. This level is taught in the competition pool (LIAC).*

**Level 5:** Increased endurance, coordination and refinement of strokes: front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke and flip turns. *This level is taught in the competition pool (LIAC).*

**Level 6:** Refine strokes so students swim with more ease, efficiency, power and smoothness over greater distances. *Skills learned include introduction to other aquatic activities, areas of focus include Personal Water Safety, Diving and Fitness Swimming. Each option focuses on preparing students to participate in other advanced aquatic courses. This level is taught in the competition pool (LIAC).*

**Adult:** This swim program has a little bit for everyone. Did you always wish you had learned to swim as a child? Well, it is never too late to get started. The purpose of this level is what YOU want to get out of it. For some that may mean personal safety; for others it may be learning to swim the basic strokes to be used for fitness swimming. Your needs will be discussed at the beginning of class, and the class will be geared toward meeting your personal goals. *This level is taught in the competition pool (LIAC).*

**Adult 2:** Do you already know how to swim but would like to swim with more efficiency and endurance? Adult 2 is targeted to those individuals who have basic swimming skills and want to swim for fitness or increase their endurance and stroke proficiency for triathlons. *This level is taught in the competition pool (LIAC).*

**Junior Swim (JRSWIM):** Are you between the ages of 9 and 16? Have you always wanted to learn to swim, but never have? If you feel too old to be in a traditional level one, two, or three class, this is the course for you. Junior swim is targeted towards those individuals between the ages of 9 and 16 that would like to overcome their fear of the water and learn the basic skills needed to be safe and enjoy the water. *This level is taught in the competition pool (LIAC).*

## INDOOR AQUATIC CENTER

Evening swim classes are held during public swim times.

*Weekly Swim Lessons, July 6-16*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
312115	4A	AQUATOT	MTWR	10-10:25AM	7/6-7/16	LIAC	\$48
312102	4A	LEVEL2	MTWR	10-10:45AM	7/6-7/16	LIAC	\$48
312103	4A	LEVEL3	MTWR	10-10:45AM	7/6-7/16	LIAC	\$48
312104	4A	LEVEL4	MTWR	10-10:45AM	7/6-7/16	LIAC	\$48
312106	4A	LEVEL6 FIT	MTWR	10-10:45AM	7/6-7/16	LIAC	\$48
312100	4A	PNTCHILD	MTWR	10:30-10:55AM	7/6-7/16	LIAC	\$48
312114	4A	PRESCHOL	MTWR	11-11:25AM	7/6-7/16	LIAC	\$48
312102	4B	LEVEL2	MTWR	11-11:45AM	7/6-7/16	LIAC	\$48
312103	4B	LEVEL3	MTWR	11-11:45AM	7/6-7/16	LIAC	\$48
312104	4B	LEVEL4	MTWR	11-11:45AM	7/6-7/16	LIAC	\$48
312107	4A	JR. SWIM	MTWR	11-11:45AM	7/6-7/16	LIAC	\$48
312101	4A	LEVEL1	MTWR	11:30-11:55AM	7/6-7/16	LIAC	\$48
312114	4B	PRESCHOL	MTWR	12-12:25PM	7/6-7/16	LIAC	\$48
312105	4A	LEVEL5	MTWR	12-12:45PM	7/6-7/16	LIAC	\$48
312106	4B	LVL6DIVE	MTWR	12-12:45PM	7/6-7/16	LIAC	\$48
312107	4B	JR SWIM	MTWR	12-12:45PM	7/6-7/16	LIAC	\$48
312108	4A	ADULT	MTWR	12-12:45PM	7/6-7/16	LIAC	\$48
312114	4C	PRESCHOL	MTWR	5-5:25PM	7/6-7/16	LIAC	\$48
312102	4C	LEVEL 2	MTWR	5-5:45PM	7/6-7/16	LIAC	\$48
<b>312100</b>	<b>4B</b>	<b>PNTCHILD</b>	<b>MTWR</b>	<b>5:30-5:55PM</b>	<b>7/6-7/16</b>	<b>LIAC</b>	<b>\$48</b>
<b>312115</b>	<b>4B</b>	<b>AQUATOT</b>	<b>MTWR</b>	<b>5:30-5:55PM</b>	<b>7/6-7/16</b>	<b>LIAC</b>	<b>\$48</b>
<b>312101</b>	<b>4B</b>	<b>LEVEL 1</b>	<b>MTWR</b>	<b>6-6:25PM</b>	<b>7/6-7/16</b>	<b>LIAC</b>	<b>\$48</b>
<b>312103</b>	<b>4C</b>	<b>LEVEL 3</b>	<b>MTWR</b>	<b>6-6:45PM</b>	<b>7/6-7/16</b>	<b>LIAC</b>	<b>\$48</b>
<b>312105</b>	<b>4B</b>	<b>LEVEL 5</b>	<b>MTWR</b>	<b>6-6:45PM</b>	<b>7/6-7/16</b>	<b>LIAC</b>	<b>\$48</b>
<b>312114</b>	<b>4D</b>	<b>PRESCHOOL</b>	<b>MTWR</b>	<b>6:30-6:55PM</b>	<b>7/6-7/16</b>	<b>LIAC</b>	<b>\$48</b>

## PRIVATE SWIMMING LESSONS

Is there an instructor your child would like to spend a little more time with in one-on-one instruction? Whether your child needs to improve a stroke or skill, or you would just like the individual attention of one instructor, we have a program for you. Many of our certified instructors are available to teach private lessons at our facilities. They are available on a weekly basis during times that public swimming lessons are NOT being held. The cost is \$25 per 30 minute session. We offer only American Red Cross certified Water Safety Instructors for all of our classes. However, the American Red Cross does not sanction these classes or curriculum for private lessons. *Registration for private lessons is only available at the*

*LIAC. Please call (785) 832-SWIM for more information.*

## **AQUATIC TRAINING CLASSES**

### **CALLING ALL LIFEGUARDS!**

Lawrence Parks & Recreation Department Aquatics Division wants YOU to work as a certified lifeguard during our year-round swimming season. We're excited about building a great team of professional lifeguards and therefore reserve the right to hire only the most qualified applicants for all positions and do not guarantee employment based on training completion. All lifeguard candidates must be at least 16 years of age in order to qualify for employment with LPRD-Aquatics. ***For more information on this program, contact the Aquatic Division at (785) 832-SWIM.***