

Covington Aquatic Center

Summer Schedule

June 20 - August 28th, 2011

(Closed 7/4)

18230 SE 240th St, Covington WA 98042 • 425-413-POOL(7665) • www.covingtonwa.gov/cac

Brought to you by:



Lap Swims

This is an opportunity for swimmers to train and exercise. Our lifeguards make every effort to manage the lap lanes and group swimmers according to ability and workout needs. We require circle swimming in lanes with 3 or more swimmers. There is no minimum age requirement, but participants must be swimming laps. A minimum of 3 lanes are available for all lap swims.

Mon, Wed, Fri5:30 AM - 7:00 AM
Mon - Fri.....Noon - 1:30 PM
Mon, Wed.....7:30 PM - 8:30 PM
Tue, Thu.....8:00 PM - 9:00 PM
Sat, Sun11:30 AM - 1:00 PM

Public Swims

This is a time for children and families to practice their swimming skills or just have fun. The entire pool is open, including the diving board, slide, rope swing, and the magic carpet (weekdays only) or "Big Red" the inflatable octopus (weekends only). Those wishing to swim in deep water must pass a swim test (lifejackets may be used). All children 6 years of age, or less than 48" in height must be accompanied in the water and directly supervised by an adult (18 and over) at all times. Younger children are encouraged to attend Family Swims.

Mon - Fri.....2:00 PM - 3:00 PM
Mon - Fri.....3:00 PM - 4:00 PM
Tue, Thu.....7:00 PM - 8:00 PM
Fri.....6:00 PM - 7:00 PM
Sat, Sun1:00 PM - 2:00 PM
Sat.....2:00 PM - 3:00 PM

Family Swims

This is another great time for families to practice their swimming skills or just have fun. During Family Swims, all children must be accompanied in the water by an adult (18 and over). Only three children per one adult. Family Swims are limited to the shallow-end of the pool. (Family Swims are not limited to families only - all are welcome.)

Mon - Fri.....Noon - 1:30 PM
Mon, Wed.....7:30 PM - 8:30 PM
Tue, Thu.....8:00 PM - 9:00 PM
Fri.....5:00 PM - 6:00 PM
Sat.....12:00 PM - 1:00 PM
Sun.....11:30 AM - 1:00 PM

Shallow Water Exercise Classes

This is a low impact class that provides a great aerobic and cardiovascular workout with muscle toning. No swimming is required.

Mon - Fri.....8:30 AM - 9:30 AM

Deep Water Exercise Classes

This Deep Water Exercise Class give one of the greatest aerobic and toning workouts available with absolutely no impact to the body's joints. Workouts during this drop-in class include the use of Hydro-Fit™ equipment provided by the pool. No swimming is required.

Mon - Sat.....9:30 AM - 10:30 AM
Tue, Thu.....8:00 PM - 9:00 PM

Swimming Lessons Preschool Aquatics and Learn to Swim Classes

We offer the American Red Cross "Preschool Aquatics" program that consists of three levels of



progressive swim instruction for children 4 and 5 years of age. We also offer the American Red Cross "Learn to Swim" program for children 6 years of age and older that is made up of six levels of swimming and water safety instruction. Most classes have a maximum of 5 students. Most classes meet for 30 minutes during the following times:

Mon - Fri.....8:00 AM - Noon
Mon & Wed.....4:00 PM - 7:30 PM
Tue & Thu.....4:00 PM - 7:00 PM
Sat.....9:30 AM - Noon

For session dates and additional information, call 425-413-POOL (7665) or visit www.covingtonwa.gov/cac.

Parent & Child Aquatics

We offer the American Red Cross "Parent & Child Aquatics" program for parents and their children ages 6 months up to 4 years of age. This program lays the foundation for future aquatic skills. Parent & Child Aquatics classes are offered during the same times as Preschool Aquatics and Learn to Swim Classes.

Competitive Swimming Lessons

For Learn to Swim Level 6 ability swimmers interested in an hour-long coached lesson focusing on stroke refinement, swimming endurance and competitive swimming skills.

Learn to Dive Classes:

Learn 1-meter springboard diving fundamentals and basic dives with 2 levels of dive instruction.

Private Lessons

30-minute 1-on-1 lessons with our swim instructors are highly effective. These lessons are most popular with adults, children with special needs and children wanting additional instruction beyond group lessons. Semi-private lessons may also be arranged for 2 individuals of similar ability. For available days/times, call 425-413-POOL(7665).

Pool Parties!

Private pool rentals are available on Saturdays and Sundays. Hourly rates are based upon the number of people in the rental party (see reverse side for pricing).



!!! SUNDAYS !!!

Special *discounted* promo prices on Sundays for Family and Public Swims
\$3.25 per person or \$9.75 per family

WE ARE ONLINE AT

www.covingtonwa.gov/cac

Questions???

Call our front desk at
425-413-POOL(7665)

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Covington
parksandrecognition

Fees

	General Fee	Covington Discounted Fee
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Public and Family Swims

Youth / Adult / Senior / Disabled	\$4.25	\$3.50
Youth / Adult / Sr. / Dis. 10 visit discount card.....	\$38.25	\$31.50
Family (household).....	\$12.75	\$10.50
Children under 4 years of age are free!		
★Special promo swims - per person.....	\$3.25	\$2.50
★Special promo swim - per family (household).....	\$9.75	\$7.50

Lap Swims

Youth / Adult.....	\$6.00	\$5.00
Senior / Disabled	\$4.25	\$3.50
Youth / Adult 10 visit discount card.....	\$54.00	\$45.00
Senior / Disabled 10 visit discount card.....	\$38.25	\$31.50

Water Exercise Classes

Adult	\$8.25	\$6.75
Senior / Disabled	\$6.00	\$5.00
Adult 10 visit discount card.....	\$74.25	\$60.75
Senior / Disabled 10 visit discount card.....	\$54.00	\$45.00

Unlimited Use Memberships

Memberships entitle the holder to attend Public, Family, and Lap Swims at no additional cost during the valid period. Classes such as swim lessons and water exercise are not included. (Conditions and restrictions: Non-refundable, non-transferable, and not extendable for any reason, including, but not limited to illness, injury, pregnancy, vacation, non-motivation, etc., with the exception of facility closures longer than 1-day.)

Youth / Senior / Disabled - 3 Month (90 days).....	\$106.25	\$87.50
Youth / Senior / Disabled - 12 month	\$212.50	\$175.00
Adult 3 month (90 days).....	\$150.00	\$125.00
Adult 12 month.....	\$300.00	\$250.00
Family 3 month (90 days).....	\$256.25	\$212.50
Family 12 month	\$512.50	\$425.00

Learn to Swim, Learn to Dive, and Preschool Aquatics

10 lesson session	\$87.50	\$72.50
(fee adjusted for different length sessions)		
Private Lesson	\$40.00	\$33.00
(1 student for one-half hour)		
Semi-Private Lesson (per student).....	\$24.00	\$20.00
(available for students of similar ability for one-half hour / requires single payment)		

Parent & Child Aquatics

10 lesson session	\$60.00	\$50.00
(fee adjusted for different length sessions)		

Competitive Lessons (1 hour)

10 lesson session	\$175.00	\$145.00
(fee adjusted for different length sessions)		

Swimming Pool Rentals (per hour)

25 people or less.....	\$130.00	\$105.00
26-60 people.....	\$180.00	\$150.00
61-90 people.....	\$230.00	\$190.00
91-120 people.....	\$285.00	\$235.00
121-150 people.....	\$330.00	\$275.00
Octopus (Inflatable Toy)	\$45.00	\$35.00
(Note: Octopus rental required on Saturday and Sunday rentals)		
Water Slide / Magic Carpet / Party Room	\$45.00	\$35.00

Age Groups

Children under 4 years of age: Anyone under 4
 Youth: At least 4, but less than 18
 Adult: At least 18, but less than 62
 Senior: At least 62

All fee rates as of May 18, 2011 and subject to change.

Tax included in all applicable fees.

Fees received from Covington Aquatic Center programs cover 63% or less of our actual cost of operation.

Upcoming Advanced Classes

For more information on specific classes, including class descriptions, prerequisites, cost, etc., please call 425-413-POOL(7665). Informational fliers for advanced classes are also available at the Aquatic Center.

Date(s)	Class
6/11	CPR/AED for the Lifeguard Re-Certification Challenge
6/18	CPR/AED for the Lifeguard Re-Certification Challenge
6/18	Lifeguard Training & First-Aid Re-Certification Challenge
6/27-7/20.....	Aquatic Volunteer Academy
8/2-8/12.....	Lifeguard Training Course
8/20	CPR/AED for the Lifeguard Re-Certification Challenge
8/20	Lifeguard Training & First-Aid Re-Certification Challenge

All classes are subject to change. For up-to-date class information contact the Aquatic Center.

DASH & SPLASH

Join the fun and get fit this summer! Dash & Splash focuses on cardio exercise with the aim to increase physical fitness through fun and games. Coached workouts will involve both running and swimming activities. Emphasis is placed on individual improvement, rather than competition. For ages 6 - 14. Register today, space is limited.

Days & Times:

Session 1: 6/21-7/14, Tuesdays and Thursdays, noon-2pm
 Session 2: 7/19-8/11, Tuesdays and Thursdays, noon-2pm

Costs:

Regular fee: \$66.00 (per session)
 Covington discounted fee: \$54.00 (per session)

SPECIAL SUMMERTIME DASH & SPLASH PACKAGE
 (includes session 1 and 2, and a 3 month Youth Pass (take advantage of the 2 public swims that immediately follow Dash and Splash). Only \$106.25 (Covington discounted fee \$87.50)

Aquatic Volunteer Academy

Make friends, build work experience, gain free access to the pool, and learn the basics of volunteering at the Covington Aquatic Center. After completing the Aquatic Volunteer Academy, you can become a Jr. Lifeguard and Swim Instructor Aide. This is a volunteer program that can earn you community service hours on any day of the week. This is a great way to get involved!

Days & Times:

6/27-7/20, Mondays and Wednesdays, 2-5pm

Costs:

Regular fee: \$46.00 (plus materials)
 Covington discounted fee: \$36.00 (plus materials)

Materials:

All participants must have their own GuardStart Workbook. This item is available for purchase at the Covington Aquatic Center for \$9.00.

Prerequisites:

Must be 11-15 years of age, and be able to swim front crawl 25 yards, tread water for 1 minute, and swim underwater for 10 feet.

Special Event:

Summer Splash-Tacular

Free programs from noon to 2:00pm and a water safety education booth with great information for having a safe and fun summer in the water.

Day & Time: Sat, 6/25, noon-3pm

Cost: FREE

