

2018 Linden Community Pool Schedule

209-887-8327

Public Swim Dates & Hours Open-June 5, 2018-August 3, 2018 Tuesday-Friday 1:00-4:00 p.m.
(The pool is closed on Saturdays, Sundays, & Mondays for maintenance.)

Admission Fees:	Daily Child (5-17) under 5 must be accompanied by an adult	\$2.50
	Daily Adult	\$3.50
Season Passes:	Individual Season Pass	\$50.00
	Family Pass (for immediate family members only)	\$150.00

Swim Lessons: We will be offering four sessions of 8 standard group swim lessons for children 6 months and older. Each daily lesson will be 30 minutes long. All classes will be limited to a maximum of 4 students per coach. Reusable water diapers must be worn by children 6 months-3 yrs. Session dates are;

Sessions:	Session 1- June 5-15
	Session 2- June 19-June 29
	Session 3- July 10-July 20
	Session 4- July 24-Aug. 3

A.M. Lessons: 9:30-1:00 Tues.-Fri. All classes will be offered

P.M. Lessons: 4:00-5:00 Tues.-Fri. All will be offered (This is the **only** evening time available for Stations 4, & 5)
5:00-6:30 Tues.-Fri. All levels except Levels 4, & 5

Station Advancements Goals-

- Station 1- 10 relaxed Wall Bobs
- Station 2- Front glide and recovery-5 seconds; Back glide and recovery-5 seconds
- Station 3- Front kick-15ft; Back kick- 15ft.
- Station 4- Side-glide-kick, 20ft.; Crawl stroke 20ft. (No breathing)
- Station 5- Crawl stroke with breathing (30 ft. Minimum of 4 breaths)
- Station 6- Swim freestyle 75ft.; swim backstroke 30ft; Tread water for 1 minute
- Station 7- Swim freestyle 50yds.; Swim backstroke 25yds.
- Station 8- Swim freestyle for 100yds.; 25yds Breaststroke; 30ft. Butterfly
- Station 9- Swim 200yds. Free with bilateral breathing; 25yds.Fly; 50yds. Breast; 50yds. El Back; 50yds sidestroke
- Station10- Swim 300yds. Freestyle; 100yds. Back; 100yds Individual Medley

Mommy & Me- Karen will teach Infants 6 months-3 yrs old with Mommy/caregiver. Babies 6M-18M will learn to hold their breath and roll over onto their backs. Toddlers 18M-36M will learn to turn around and get back to the wall. These classes are designed to teach the caregiver how to work with your child in the water. **Reusable water diapers are required.**

Lesson fees: The fees for lessons are \$75 for the first Child and \$60 for additional siblings in the same family. Registration will begin on Sat. May 19 at the Cherry Festival. Payment is due at time of registration. After that date, you may sign up by calling 209-887-8327.

Linden Sea Lions Swim Team- Competitive swim team for kids ages 5-18; must be able to swim the length of the lap pool comfortably. The season begins May 21. The cost is \$95 per swimmer with a maximum of \$280 per family. Payment is due at time of registration. Sign-ups will be taken at the Linden Cherry Festival at the Sea Lions booth on Sat. May 19 or at the first practice on May 21 at 5:00.

KIDS NIGHT OUT!- Mom and Dad need a date night? On June16, July 7, July 28 and possibly Aug 18, bring the kids, their jammies and a blanket to the pool from 5:30-9:30 for swimming, dinner, movie, snacks, and lots of fun!!! The cost is \$35 per child/\$25 for siblings of same family. Sign up at the pool or call 209-887-8327

Water Aerobics- Mondays and Wednesdays 4:00-5:00 beginning on June 4. The cost is \$64 for 8 classes, \$10 to drop into a class or \$140 for unlimited use (approx. 22 classes)

Masters Program- Mondays, Wednesday and Friday 5:30-6:30am beginning on June 4. The cost is \$64 for 8 classes, \$10 to drop into a class or \$140 for unlimited classes.

Stroke Camps- Free & Back camp will be offered May 26 from 1:00-4:00. Breaststroke on June 2, 1:00-4:00 and Fly on June 3, 1:00-4:00. The fee is \$30 per class or all 3 for \$75.

