

SWIMMING POOL / RACQUETBALL COMPLEX

We are an authorized provider for Senior Dimensions!

The Recreation Department operates the swimming pool & racquetball complex. The facility consists of 3 pools: a year-round recreation/lap pool & during the summer months, a wading pool & a diving pool with 1 & 3-meter diving boards are available for public use. There are 3 racquetball or wallyball courts & a cross-training room to complement pool programs. Limited Senior Dimensions funds are available for Aquatics & Racquetball complex programs.

AGES	Youth 0-17 Adult 18-59 Senior 60+	
DAILY	Youth & Senior	\$1.50
15-PUNCH PASS	Youth & Senior	\$20.25
30-PUNCH PASS	Youth & Senior	\$40.50
DAILY	Adult	\$2
15-PUNCH PASS	Adult	\$27
30-PUNCH PASS	Adult	\$54
INDIVIDUAL ANNUAL		\$175
FAMILY ANNUAL		\$300
FAMILY SUMMER		\$150

ADULT LAP	M-F	6:30-9am
OPEN SWIM	M-TH	12-1:30pm 5:15-7:30pm
	F	4:45-7:30pm
	Sat	9am-2pm
	Sun	closed
	Lap lanes available during Open Swim	

RACQUETBALL & WALLYBALL

M-TH	6:30am-8pm
F	6:30-9am 2:00-8pm
Sat	9am-2pm
Sun	closed

WALLYBALL Enjoy the fun & excitement of wallyball in a temperature-controlled racquetball court. Similar to volleyball, but court walls are used to keep the ball in play which provides interesting strategy & longer play periods. A great activity for 4, 6 or 8 players. Please call 293-9286 to reserve a court & specify that you want to play wallyball!

FEE per court \$8 per hour

RACQUETBALL LEAGUES, open play racquetball & racquetball leagues are available for the general public. Depending on interest, new leagues with several divisions begin periodically throughout the year. Call 293-9286 for more information.

RESERVATIONS are taken up to 2 weeks in advance by calling 293-9286. Walk-ins accepted. Racquets are available for rental. Protective eyewear is strongly recommended.

OPEN PLAY FEES

PRIME	M-F	4-8pm	\$6
PRIME	Sat & holidays	business hours	\$6
NON-PRIME	M-F	6:30am-4pm	\$5
YOUTH	Sat fall through spring	business hours	\$4

~ Special holiday hours are posted at the complex~

~ Dates & times subject to change~

~ CLOSED for maintenance part of Sept. ~

POOL PARTIES

Not sure where to have your next special event? How about at the pool! Rent the pool for a private party or join us during our open swim hours; your guests are sure to have a SPLASH! Please call the pool ahead of time if you plan to bring a party during our open swim times! \$100 Private Party hourly rate includes 1 lifeguard, additional fees may apply

THE BOULDER CITY POOL IS HIRING!

Are you 16 or older & want a fun & rewarding job?

Certified to teach water, fitness, or racquetball related program? Work as a lifeguard or swim instructor! Lifeguard applicants must be already certified in American Red Cross

Lifeguard Training,

CPR/AED & First-Aid.

WE WANT YOU !

For more information call 293-9286.

LIGHTNING POLICY

For our patron's safety, the pool will close for 30 minutes if lightning is seen or thunder is heard. If this occurs, please exit the pool deck immediately. We ask patrons not to shower before they exit the locker rooms, as lightning can travel through waterlines. If the lightning ceases within 30 minutes, the pool will re-open. We encourage our patrons to call the facility during poor weather conditions if they are unsure if the pool will be open!

Sorry, refunds will not be issued.

POOL POLICIES

- * Parents please supervise your children; you must be present on the pool deck at all times!
- * Children who are 7 & under who cannot pass the swim test must be accompanied by an individual 12 or older who is in the water with them! During classes, the parent or guardian must be present on the pool deck at all times!
- * No diving in shallow water.
- * No extended breath holding.
- * Please read all rules before entering our facility.
- * All children 3 & under must wear a swim diaper! No exceptions



LIFEGUARD

AMERICAN RED CROSS

Are you looking for a fun & challenging job? Become a lifeguard at the Boulder City Pool! This training course certifies you as an American Red Cross Lifeguard upon successful completion. Pre-course swim skills test required. Class includes First Aid, CPR for the Professional Rescuer, & AED. Materials are included in fee. Please call for further information.

age 15.5+
fee \$145

SWIM LESSONS

MASTERS SWIM

Senior Dimensions Approved

This program is perfect for those who want a good workout & learn proper stroke technique. This is a great way for swimmers to stay in shape and a great fitness program!

age 16+
average monthly fees
2x's week \$28 / month
3x's week \$40 / month
5x's week \$52 / month
drop-in (space availability) \$5.00 / class
day/time
fall-spring M,W 9:15-10am
F 8:15-9am
T,Th,F 6:30-7:15pm

PRIVATE SWIM LESSONS

Private, all ages \$25 per 1/2 hour
Please inquire at the front desk.

Register for these classes at the pool!

PARENT & CHILD SWIMMING

We are pleased to offer these popular classes year-round giving parents the chance to have a personal 1-on-1 experience with their child while learning valuable water safety skills. Parents are in the water & teach their child under the guidance of a trained instructor.

PARENT-BABY/TOT

Introduction to basic swimming & water safety skills. Children learn fast in a group environment with 1-on-1 attention. Songs & games make the water a fun place to be & build parent/child relationships. The goal is for the tots to become swimmers.

age 6 mos-4 yrs
monthly class \$38 per month/average fee
day/time
fall-spring M&W 12:15-1:00pm

AMERICAN RED CROSS

YOUTH LEARN TO SWIM

Classes are designed to teach progressive swimming techniques from the non-swimmer to advanced. Children learn water safety & develop coordination, strength & skill.

age 4+
monthly class \$34 average monthly fee
day fall-spring M&W
time 5-5:45pm level I/II

TADPOLES & FROGS

These year round programs are an excellent class for a Parent-Baby/Tot swim program graduate or as a good preparation for Pre-Swim Team. Kids build breathing skills, arm coordination & technique.

Required: evaluation before registration
(must be able to swim)
monthly class \$34 per month/average fee
day/time
fall-spring M & W 4:15-5pm Tadpoles
fall-spring T&Th 4:15-5pm Frogs

**Main Pool
Renovation 2009**



SWIM TEAM

CROSS TRAINING BCH/non aquatic

Session dates are the same as Swim Team - training will be coordinated with the BCH practice! Program designed to specifically improve swimming skills & also benefits any other physical activity or sport. Instructors are certified personal trainers.
 age BCH adv elementary & adv secondary groups
 required evaluation before registration

monthly class \$20 Group A (M,W,F) Group B (T,TH,F)
 \$34 Group AA (M-F)
 fall-spring 4:45-5:15pm Groups A & B
 3:15 -3:55pm Group AA

PRE-SWIM TEAM

A great class for the child who swims like a fish but is still learning coordinated strokes. Focus is on learning stroke & competitive skills & techniques to prep for swim team.

required: level III swim skills &
 evaluation prior to registration

age 6-up
 monthly class \$42 per month/average fee
 day/time fall-spring T,Th 4:30-5:15pm

BCH SWIM TEAM

This year-round USA Swimming registered program focuses on building an all around competitive swimmer by developing technique & endurance. Swimmers must be able to swim 1 pool length freestyle & backstroke & kick 1 pool length breast stroke & butterfly. Practice may be canceled when coaches are attending swim meets.

age 6+
 location *during seasonal pool maintenance,
 practice is held at a Henderson pool
 required evaluation prior to registration
 coaches Mike Polk, Jan Bunch,
 Carol Peterson & Lynn Fielding
 USA Swim \$55 annual registration fee
 per month/average fee:
 \$65 novice
 \$75 adv elementary
 \$80 adv secondary
 \$200 family max

day/time
 fall-spring M-F 2:45-4:30pm



FITNESS CLASSES

LIMITED FUND ARE AVAILABLE FOR SENIOR DIMENSIONS PATRONS

Can't make it to a full month of classes?
 Inquire at the pool front desk about "daily drop-in" options & fees.

A doctor's written approval must be submitted with first class registration.

WATER AEROBICS

Improve your health, mobility & flexibility while enjoying an aerobic workout set to music in the refreshing & invigorating pool environment. Water provides the perfect medium to reduce the strain of exercise. Raise your heart rate & have fun!

age 16+
 monthly class \$43 per month/average fee
 drop-in \$4 per class (limited to space availability)
 day/time fall-spring M-Th 8-8:55am

BALL/STRETCHING

Come challenge your balance / core with physioballs, therapy balls, bosu trainers & more; then stretch to unwind!

Call pool for appointment.

CROSS TRAINING EXERCISE

weekly class \$15 per semi-private hour
 \$20 per private 1/2 hour

STRENGTH TRAINING /STRETCHING

Come enjoy a core workout using therabands, stretchbands, medicine balls, dumbbells & relaxing wind down stretches! Call pool for appointment.

LOW IMPACT WATER EXERCISE

Water gives the best low-stress workout as it provides buoyancy & resistance simultaneously. An excellent class for those who are arthritic or recuperating from surgery. This is a great place to start when working into a new exercise program!

age 18+
 monthly class \$43 per month/average fee
 drop-in \$4 per class (limited to space availability)
 day/time M-Th 9-9:55am

MASTERS SWIM

Senior Dimensions Approved

This program is perfect for those who want a good workout & learn proper stroke technique. This is a great way for swimmers to stay in shape and a great fitness program!

age 16+
 average monthly fees
 2x's week \$28 / month
 3x's week \$40 / month
 5x's week \$52 / month
 drop-in (space availability) \$5 / class
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