



# Stevensville Pool Summer 2018

Opening Thursday, June 7th, 2018

Pool Hours: 9am-8pm Monday-Friday

11am-4pm Saturday

CLOSED SUNDAY

## Group Swim Lessons

- ✓ June 11 - June 22
- ✓ July 9 - July 20
- ✓ July 30 - August 10
- ✓ August 13- August 24

9:00a - 12:45p Monday - Friday

See reverse for swim lesson information!

## Private Swim Lessons

Lessons by appointment only;  
Please call 777.5827 to schedule yours  
June 25-29 or July 23-27

9:00a - 12:00p Monday - Friday

1 hour lesson

\$80 per session

## Adult Swim

4:00p - 6:00p Monday - Friday

11:00a - 1:00p Saturday

Adults (18+) \$5.00

Senior/Military/Public Service \$4.00

## Open Swim

1:00p - 4:00p Monday - Saturday

Adults (18+) \$5.00

Student (12-17) \$4.00

Youth (3-11) \$3.00

Senior/Military/Public Service \$4.00

## Night Swim

6:00p - 8:00p Monday & Friday

Adults (18+) \$5.00

Student (12-17) \$4.00

Youth (3-11) \$3.00

Senior/Military/Public Service \$4.00

## Pool Parties

\$60 per hour (< 20 swimmers)

\$80 per hour (20-40 swimmers)

\$100 per hour (40-60 swimmers)

Call for available dates & times

## Season Passes

Adult: \$85 = .72/day!

Student: \$65 = .86/day!

Youth: \$55 = 1.12/day!

Senior/Military/Public Service \$65

Family (up to 6): \$270 = .59/person/day

## Water Aerobics

Tuesday, Wednesday, Thursday @ 6:45p

Friday's 12:00 - 1:00PM

\$5 per class

Visit us online at [www.stevensvillepool.com](http://www.stevensvillepool.com)

406.777.5827

*All lifeguards are certified by the American Red Cross.*

*Lesson Instructors are trained in-house utilizing American Red Cross Curriculum and Standards.*

## Lesson Schedules

9:00am-9:30am: Level 6

Swimming & Skill Proficiency - Ages: 9-11+

Swimmers should already be able to: swim front and back crawl 50 yds, elementary backstroke 25 yards, breaststroke 25 yards, butterfly 25 yards, sidestroke 10 yards, tread water for 3 minutes, and dive. Swimmers will work on: All six strokes, front and back crawl flip turn, breaststroke turn, breaststroke speed turn and pullout, butterfly turn, sidestroke turn, pike and tuck surface dive, pike and tuck dive from board, tread water for five minutes, and basic water rescue.

9:30am-10:00am: Level 5

Stroke Refinement - Age: 8+

Swimmers should already be able to: swim freestyle, breaststroke and backstroke 25 yards, scissors kick, whip kick, treading water, and dive. Swimmers will work on: alternate breathing, stride jump, refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water.

10:00am-10:30am: Level 4

Stroke Improvement - Age: 7+

Swimmers should already be able to: swim front and back crawl 25 yards. Swimmers will work on: rotary breathing, freestyle, backstroke, elementary backstroke, scissors kick and sidestroke, whip kick and breaststroke, intro to turning at wall, treading water with modified scissors, and diving in kneeling position.

10:30am-11:00am: Level 3

Stroke Development - Age: 5-6+

Swimmers should already be comfortable swimming front stroke and swimming on their back. Swimmers will work on: gliding, freestyle with side breathing, backstroke, breast stroke and dolphin kicks, retrieving objects in deeper water, treading water, jumping into deep water and compact dives.

11:00am - 11:30am: Level 2

Fundamental Aquatic Skills - Age: 4-5+

Swimmers should already be able to float on front and back and put head under water. Swimmers will work on: independent front and back floating, independent rolling over from front to back and back to front, independent front and back glides, front crawl arms and kicks, back crawl arms and kicks, retrieving underwater objects, and jumping into water over their head.

11:30am-12:00pm: Level 1

Introduction to Water Skills - Age: 3-4+

For the beginner who is comfortable in the water. Swimmers learn basics of swimming: bobbing, going under water, supported front and back floating, supported rolling over from front to back and back to front, supported gliding, supported flutter kick, supported front crawl arms and jumping in.

12:00pm-12:45pm (Monday-Thursday): Aqua Tots

Age: 6 months - 3 years

Designed to give young children a head start on swimming, to get comfortable in the water and begin to work on basic skills while interacting with instructor and other children in a fun and safe environment. Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. Lessons are fun-filled and help introduce water safety concepts, encouraging a healthy recreational habit that your entire family can enjoy.



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## **Water Aerobics**

Tuesday, Wednesday, Thursday @ 6:45p Friday's 12:00 - 1:00PM

\$5 per class

**\*\*All classes must have at least two participants or the class will be canceled.\*\***

## **Water Exercise Classes**

Designed for adults only, these classes use a combination of shallow and deep water to help strengthen your cardiovascular system and core. Classes will be Instructor lead who will encourage you to challenge yourself so that you change yourself. Moderate to high intensity.

## **Stretch and Strengthening**

The buoyancy of our pool water provides an ideal exercise environment for adults to expand their exercise limits. Interval Training, Tabata workouts and Cardio routines are part of this class. Moderate to high workout.

## **Arthritis Foundation Aquatic Program**

Water is a safe, ideal environment for relieving arthritis pain and stiffness; and allows you to exercise without putting excess strain on your joints and muscles. Certified AFAP Instructor lead class. Non-Impact class.

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## STEVENSVILLE POOL PROGRAMMING SCHEDULE

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
9:00am		9:00am - 12:00pm: LESSONS: LEVELS 1-6						
10:00am								
11:00am							11:00am - 1:00pm: ADULT SWIM (18+)	
12:00pm								
1:00pm		1:00pm - 4:00pm: OPEN SWIM						
2:00pm								
3:00pm								
4:00pm		4:00pm - 6:00pm: ADULT SWIM (18+)						
5:00pm								
6:00pm		6:00pm - 8:00pm: NIGHT SWIM	6:45pm - 7:45pm: WATER AEROBICS			6:00pm - 8:00pm: NIGHT SWIM		
7:00pm								
8:00pm								