Swimming Lessons

girls inc.®

Monday - Thursday, June 22 - July 9
Session A: 9:30 - 10:30 a.m.
Fee: $25.00

Age: Must be starting kindergarten

Registration May 1 - May 29, 9:00 a.m. - 5:00 p.m. at Girl's Inc. of Jackson County 522-2798

CITY LESSONS

Session I: June 15 - June 25
Session II: July 6 - July 16
Days: Monday - Thursday
Times: 11:00 - 11:30 a.m., 5:15 - 5:45 p.m.
Levels: All levels will be offered at both time slots.
Fee: $30.00, payable at registration, $25 for each additional child

Registration is at pool front office.
Sign up starting May 23 at front office.
Last day for signup: Session1: June 12, Session 11: July 3

PRIVATE LESSONS

$10.00 per 20 minute lesson or $12.00 per 30 minute lesson. Dates and times to be arranged with an instructor.

TODDLER / PARENT LESSONS

Parents are required to accompany their child in the water. The program gives parents information and techniques to help orient their child to the water and to supervise water activities in a safe manner.

Ages: 2 years - 3 years
One Session: June 16 - July 9, 5:45 - 6:15 p.m.
Days: Tuesday & Thursdays Fee: $30.00

Sign up starting May 23 at front office.

Youth Group Lessons

LEVEL I **WATER EXPLORATION** (4-6 year olds) Child will learn swimming development skills such as proper body position, kicking and rhythmic breathing.

LEVEL II **PRIMARY SKILLS** (4-6 year olds) Child will learn swimming readiness and self rescue skills such as face immersion floating, kick and arm stroking.

LEVEL III **STOKE READINESS** (5 & Over) Pre-requisites: Child can perform modified front and back strokes 5 yards and will fully submerge head for 3 seconds. Child will learn front and back crawl and elementary backstroke and beginning diving.

LEVEL IV **STROKE DEVELOPMENT** (5 & Over) Pre-requisites: Child can coordinate front crawl with rhythmic breathing and backstroke 10 yards, and perform elementary backstroke kick. Child will increase swim distance in front and back crawl and elementary backstroke and learn breaststroke and sidestroke

Lifeguard Training & Safety Programs

LIFEGUARD TRAINING

American Red Cross Lifeguard Training Course. This is a required course in order to obtain lifeguard certification. Swimming pre-requisites MUST be met.

Session Dates: June 2 - June 25 (8 sessions)
Days & Times: Tuesdays & Thursdays, 9:00 - noon
Ages: 15 and over
Class Size: Minimum of 6, maximum of 12
Fee: $175.00 prices includes all required materials.

Sign up starting May 23 at front office.

STANDARD FIRST AID AND COMMUNITY CPR

This course provides instruction in respiratory and cardiac emergencies, as well as first aid education in control of bleeding, shock, heat and cold emergencies, seizures, burns, stroke, poisoning, eye and nose injuries, animals bites, bandaging and splinting.

Session Dates: July 14 - July 23 (4 Sessions)
Days & Times: Tuesdays & Thursdays, 9:00 - 11:00 a.m.
Ages: 13 and over
Class Size: Minimum of 6, maximum of 12
Fee: $50.00 price includes all required textbooks.

Sign up starting May 23 at front office.

2015

SHIELDS park pool

seymour, in

SEYMOUR PARK and RECREATION DEPARTMENT

794 North Park Street
Seymour, Indiana 47274

523-POOL (7665)

• Activities • Programs •
• Special Events •
• Swim Team Information •

(Dates and times could be subject to change.)

SUMMER HOURS OF OPERATION

May 23 - August 9, 2015
Mon. - Sat. Noon - 5:00 p.m., 6:30 - 8:00 p.m.
Sunday Noon - 5:00 p.m.

All pool patrons must obey all Shields Park Pool rules and polices . Children under age 10 and non-swimmers MUST be accompanied at all times inside facility by a responsible adult.

Children are not allowed to leave and then come back in without paying.

Children must be at least 48" tall to use the slide.

Swim diapers are required and may be purchased at the front desk for $1.00

Life vests may be rented at the front desk for $2.00.

See us on facebook City of Seymour!
Check out the city website at www.seymourcity.com

Admission Information

DAILY

	Afternoon	Evening
ADULT (>18)	$3.00	$2.00
(Children under age of 3 free when accompanied by an adult.)		
CHILD (6-17)	$3.00	$2.00
(Children under age of 10 and non-swimmers MUST be accompanied at all times in the facility by a responsible adult.)		
TODDLER (3-5)	$1.00	$1.00
* No regular diapers allowed. **MUST** wear swim diapers in both pools.		

PASSES

FAMILY	$100.00
(Family of 4, $10.00 for each additional child.)	
ADULT	$50.00
(18 years old or over.)	
CHILD	$40.00
(17 years or younger)	
SENIOR	$40.00
(60 years old or older)	
LAP PASS	$40.00

30 DAY PASS

FAMILY	$45.00
(Family of 4, $5.00 for each additional child.)	

Swim Meet

25th Annual Seymour Pepsi Plunge Invitational
July 10-12, 2015

Live Radio Days

The local radio stations will be at Shield Park Pool doing live shows. Door prizes, give-aways, drawings and games will be played with prizes given away. Also,you may get a chance to speak live on the radio!

Kix 92 - Thursday, June 11, 1:00 - 3:00 p.m.
Radio 96.3 WJAA - Thursday., June 18, 1:00 - 3:00 p.m.
Kix 92 - Tuesday, July 7, 1:00 - 3:00 p.m.

Tuesday Family Free Swim

Every Tuesday evening from 6:30 - 8:00 p.m. is a free family swim. Admission is free when the child is accompanied by at least one parent / guardian. All children must be accompanied inside the pool area by a parent / guardian / patron at all times.

Competitive Swimming

SEYMOUR SWIMMING - Competitive Swimming programs. Member of Untied States Swimming.

Ages: 6 and over
Fee: Determined after tryout
Levels: Sharks - Monday thru Friday, 7:00 - 9:15 a.m.
Dolphins - Monday thru Friday, 7:15 - 8:30 a.m.
Minnows - Monday thru Friday, 8:30 - 9:15 a.m.

This program will provide for beginners instruction in the four competitive strokes as well as starts, turns and finishes.
Contact: Dave Boggs and Dennis Bowers.

Shields Park Shelter House and Picnic Table Areas

Shields Park Shelter House may be rented for $25.00. Other areas located around Shields Park may be reserved daily. Call Seymour Park and Recreation Department at 522-6420 for reservations.

Look and listen for other special events to be announced!

Pool Closings

Shields Park Pool will be **CLOSED** all day July 10, 11, & 12 for the 25th Annual Seymour Pepsi Plunge Invitational.

Pool Rentals

Shields Park Pool may be rented for birthdays, private parties and special occasions. Call early to make your reservations.

DAYS and TIMES: Monday - Saturday 8:00 - 10:00 p.m.
Saturday: 10:00 a.m. - Noon
Sunday: 5:00 - 7:00 p.m.

FEE: $100.00 base price, plus $9.00 / hour per guard and - $10.00 / hour per manager

Group Rates

Contact the pool manager's office for further details and information. **GROUP RATES** are available upon request for groups of 10 or more. Call for more details.

Fitness Program

AQUA EXERCISE
Low impact workout. An excellent overall fitness program which includes low impact water aerobics and muscular - specific toning and stretching exercises.

Monday & Wednesday 11:05 - 11:50 A.M. and 5:05 - 5:50 P.M.
Shallow water Exercise • June 8 - July 29
FEE: $5.00 per class or $200 per season for aqua exercise
Instructor: Dr. Kelly Baute
Monday & Wednesday 5:55 - 6:30 P.M. Deep Water Exercise

WATER WALKING
Enjoy a great fitness program at Shields Park Pool... Water walking! Please circle walk in the designated lane only! Minimum age 14. This will be open Monday thru Friday from 11:00 a.m. - noon and 5:00 - 6:30 p.m. ($2.00)

LAP SWIM
Lap swimming is a fantastic overall exercise and calorie burner for all ages and abilities. Also good for patient rehabilitation (please consult physician before starting). Please lap swim in the designated lanes only! Minimum age 14. Lap swimming will be Monday thru Friday from 11:00 - Noon and 5:00 - 6:30 p.m. ($2.00)