



**2010 Season • May 29–August 17**

**Open Swim: Monday/Wednesday/Friday • 1:00–8:00 pm**  
**Tuesday/Thursday • 1:00–6:00 pm**  
**Saturday & Sunday • 1:00–7:00 pm**  
 (Closed on days Indianola Schools are in session)

714 W Detroit • Indianola, IA  
 515-961-9422

★  
**Independence Day**  
 1:00–6:00 pm

**Admissions**

<u>General Admission</u>	<u>Resident</u>	<u>Nonresident</u>
Age 2 & Under	Free with paid adult admission	
Age 3 & Up	\$3.50	\$4.00

<u>Punch Card</u>	<u>Resident</u>	<u>Nonresident</u>	<u>Season Pass</u>	<u>Resident</u>	<u>Nonresident</u>
10 Swims	\$32.50	\$37.50	Individual (3 & older)	\$61.00	\$71.00
20 Swims	\$65.00	\$75.00	Family (up to 6 members)	\$122.00	\$142.00
			(\$6 each over 6 members)		

**Season Pass Pre-Season Discount**

**\$5 OFF**

**If purchased by Friday, April 30**

Purchase Season Passes only at Indianola Parks & Recreation at 2204 W 2nd Avenue

**Swim Pass Payment Plan Option**

Pay for 1/2 your pass initially and when complete payment is made, we will issue your card(s).

**Pool Pass Photos**

ID cards allow patrons faster entry to the Aquatic Center, and reduce misuse of the season pass system.

**New cards are required for 2010**

Previous years' cards will not be accepted. Adults will not need to have their pictures retaken for their 2010 swim passes.

Swimmers 17 and under, and adults who have not yet had their picture taken will need to come to the Parks and Recreation office and do so.

**Regular office hours are:**

**8:00 am–5:00 pm, Monday–Friday**

Extended office hours just for pool pass purchases will be held:

**Tuesday, April 20 • 5:00–8:00 pm**

**Saturday, June 5 • 8:00–11:00 am**

**Adult Lap Swim & Water Walking**

For persons 18 years and older • 12:00–1:00 pm  
 Daily • \$1/person (free with season pass)

**Swim Team Meets**

The pool will close at 5:00 pm on at least two evenings for home meets. Exact dates will be posted at the pool.

**A Splash of SCUBA Demo**

Have you ever wondered what it would be like to SCUBA dive? This is your chance to wear a set of SCUBA gear and swim underwater. Bring your swim suit and towel and after a short introduction period, you will get to try out this fun sport in our heated pool, close to home.

**Age:** 18 years & older (12–18 if accompanied by parent)

**Instructor:** Craig McDonald, McDonald Water Sports, LLC

**Sunday, May 2 • 11:00 am–Noon**

**Simpson College Cowles Pool • \$2 at the pool**

**Saturday, May 29 • 11:00 am–Noon**

**Veterans Memorial Aquatic Center • Free**

SEE PAGE 24 FOR INFORMATION ON SCUBA LESSONS!

**Father's Day Special**

**Sunday, June 20**

Bring your dad to the pool for some family fun! All dads who are accompanied by at least one child will be admitted free.

PLUS, Dad will receive a coupon for a free food item from the Edgewater Snack Bar.

**Red, White & Blue Day**

**Sunday, July 4**

Show your spirit by wearing red, white and blue to the pool on Independence Day and receive a coupon for a tasty treat from the snack bar!



# CLUB WET

Fee: \$5.00 at the gate (Season Pass does not include admission to pool parties)



## THURSDAY, JUNE 17 • 8:30–10:30 PM

Call your friends! You won't want to miss the first pool party just for teens entering Middle School & High School. A great way to kick off the summer!

## THURSDAY, JULY 8 • 8:30–10:30 PM

Bring a friend and come to the Aquatic Center for this great party just for teens entering Middle School & High School. Put together your best "Rock Band" or challenge your friends to a game of "Guitar Hero" on our giant screen!

## THURSDAY, AUGUST 12 • 8:30–10:30 PM

Last chance this summer for you and your friends to hang out at the Aquatic Center for a great party just for students entering Middle School and High School. We'll have the inflatable "Rock'em, Sock'em" for your entertainment



## Tot Splash Time • 5 years & under

Children ages 5 and under, along with an adult, can have some fun together splashing around the small pool at the Veterans Memorial Aquatic Center. Slip down the slide, scurry through the sand play area or tinker with our Gadgets & Gizmos water feature!

**Days:** Mondays/Wednesdays/Fridays    **Time:** 10:30 am–Noon    **Dates:** June 7–August 16  
**Fee:** \$1.50 per person, including adults (Season Pool Pass does not apply to this program).  
**Accompanying adult must be 16 years of age or older and supervising no more than two children. Children 6–15 will not be admitted.**

## Celebrate Your Birthday at the Pool!

The Aquatic Center offers the perfect atmosphere for a summer birthday party.

Reserve our private party area with picnic tables during open swim time during one of these periods: 1:30–3:00 pm, 3:00–4:30 pm, or 5:30–7:00 p.m.

The birthday person gets free admission to the pool, will have their birthday announced over the public address system, and each person at the party will receive unlimited swimming for the entire party plus an ice cream bar or ice cream sandwich.

Reservations can be made by calling the pool at 961-9422 during regular operating hours. Fee: \$4/person, add 50¢ for nonresidents.

*Summer  
Swim Team*  
**SEE PAGE 31 FOR  
PROGRAM INFO!**

## Pool Party Rentals

Veterans Memorial Aquatic Center is available for private rentals for the large pool, the shallow pool or the entire facility on **Saturday and Sunday evenings between 7:30–10:00 pm**, and on **Wednesday and Friday evenings from 8:30–10:30 pm**. Call Indianola Parks and Recreation at 515-961-9420 to make a reservation.

Number of People	Private Entire Pool	Private Shallow Pool	Private Large Pool
1–50	\$130/hr	\$60/hr	\$100/hr
51–100	\$185/hr	\$90/hr	\$140/hr
101 & up	\$220/hr		\$180/hr

Each person above the reserved number of people for the rental shall pay \$3 per hour. All pool rental participants will be required to enter through the gate by the snack bar and must sign in.

## Friday Night Family Floats

Fridays • 6:00–8:00 pm

• June 11, July 9, & August 13 •

Admission: Season Pass or daily admission.

**Buy one admission and get the second admission free!**

Bring the family to the Aquatic Center and float your cares away. Rafts, inner tubes, noodles and other floatation devices will be allowed during this time. All children must be accompanied by at least one parent/adult.

**This is a time set aside especially for families.**



## Pool Closing Policies

- If at 1:00 pm the outside temperature is 65° F or below, the Aquatic Center will close for the day.
- Whenever lightning is spotted by any staff member, the pool will be cleared of all patrons. Patrons will be allowed to re-enter the water once a period of 15 minutes has elapsed after the storm has passed or since lightning was last spotted.
- The staff reserves the authority to close the Aquatic Center if attendance at the facility is 15 patrons or less.

## The Pool

A 7400 sq. ft. barrier free “zero depth” heated pool which features:

- 1-Meter Diving Board
- Water Cascade Umbrella
- Water Basketball
- Gadgets & Gizmos
- Sand Play Area
- Family Changing Room
- Edgewater Snack Bar
- Water Therapy Seat
- Tumble Buckets
- Leapin’ Lily Pads
- Bubbling Beach
- Super Sidewinder Slide
- Lockers
- Funbrellas & Shade Structures

## Safety Rules & Regulations

A complete list of rules/regulations is available at the Aquatic Center.

- Shower before entering pool.
- Under 6 years old—only when accompanied by person 11 years old or older.
- Swimming with open sores, bandages, or Band-Aids not allowed.
- Carry-in coolers, gum, glass, smoking, alcohol, or swearing not allowed.
- Children not toilet trained must wear swim diapers or tight-fitting plastic pants.
- No diving in water less than 5 feet deep.
- No flips from side of pool.
- Running, pushing, or horseplay not allowed.
- Please use lockers—pool is not responsible for lost or stolen articles.
- Swimwear only, no cut-offs, gym shorts, etc.
- Shoes not allowed on pool deck.
- Food and drink in designated areas only.
- Deck chairs in designated areas only.
- Inflatable toys or flotation devices need manager approval.
- Must be able to swim one (1) width of pool before entering deep area.
- Anyone believed to be under the influence of drugs or alcohol will be refused admission.
- Eyeglasses not allowed in water.
- Swimming not allowed in slide plunge or diving areas.
- Five-ten minute pool checks may be held at manager’s request.
- Persons in street clothes wishing to enter facility to supervise, but not wishing to swim must pay spectator fee of \$1.50
- For the safety of all patrons, in the event of insufficient staffing, the water slide may be closed at times during the season.
- Pool guests must follow all other posted rules.

## Guest Services/Amenities

- Safety lockers (coin, rent or bring own padlock)
- Diaper changing facilities
- Private restrooms, shower, dressing room for families and wheelchair guests
- Aquatic wheelchair for in-water use
- Lounge chairs for tanning

## For Your Convenience We Sell:

- Goggles, nose & ear plugs
- Swim diapers
- Sunscreen



"We are committed to providing a safe environment, and to help us protect against Recreational Water Illnesses, we ask that all Aquatic Center visitors follow these guidelines."

## Healthy Swimming

### Six “PLEAs” for Protection Against Recreational Water Illnesses (RWIs)

- PLEASE do not swim when you have diarrhea. This is especially important for kids in diapers.
- PLEASE do not swallow the pool water.
- PLEASE practice good hygiene. Take a shower before swimming and wash your hands after using the toilet or changing diapers.
- PLEASE take your kids on bathroom breaks or check diapers often.
- PLEASE change diapers in a bathroom and not at poolside.
- PLEASE wash your child (especially the rear end) thoroughly with soap and water before swimming.



For more information, go to: [www.healthyswimming.org](http://www.healthyswimming.org)

## Customer Promise

We appreciate your business and we want you to come back. Our promise to you is that if you are not satisfied with any aspect of your visit, let us know and we will do our best to make it right for you.

## Red Cross Learn to Swim Program

### Philosophy and Objectives

The Indianola Parks and Recreation's first consideration is to provide for the safety of the students at all times. Thus, our objective is to provide a positive, happy experience for all students. Experiences that are positive will reinforce the child's willingness and confidence to strive while in or around the water. Focus of specific instruction on pertinent skills and techniques, as well as safety and prevention skills and techniques, will be emphasized strongly throughout the courses from the American Red Cross (ARC) Toddler Program to the Lifeguard Training Course. **We ask that all parents and adults stay in the concession area during lessons.**

### Red Cross Learn to Swim Program Registration Information

American Red Cross Swim Lessons incorporate various levels and sequences of skills and techniques within the courses. It is the goal of Indianola Parks and Recreation to provide your child the optimal learning environment to meet his/her needs. It is much better to register a child for a lower level class and then have them moved up after the skills evaluation than to have him/her move down. This is especially important when your child has not been swimming or recently received instruction. Usually, upper level classes have more openings than the lower level classes. All class sizes are limited to allow for maximum teaching conditions. **Minimum class: 4 students.**

**Fee: \$33.00 or \$28.00 with Resident Discount**

#### Please Note!!!

A \$5 Transfer Fee will be charged for each transfer from one swim section to another after the initial registration.

Please be sure to check your swim lesson time against other summer activities before registering.

### How to Choose the Correct Level of Swimming Lessons

**Children enrolling in Red Cross lessons must be 5 years old by the first lesson.**

Review the skills listed for each level. The skills listed are those skills needed in order to pass the class. Can your child complete all of the skills listed? If so, advance to the next level. If not, enroll in that level.

- Only ONE swim class reservation per child will be permitted at a time.
- Upon completion of a session, another registration may be made.

### Special Needs Swim Lessons

This special swim program is designed to provide an educational & therapeutic environment for children with special needs. At a comfortable pace, participants work with a certified Red Cross instructor to learn to develop their swim stroke(s) and practice personal safety skills.

**Prgm #:** 6096 **Days:** Saturdays **Dates:** June 5-26  
**Time:** 11:15 am-Noon **Age:** 5 & Up **Min/Max:** 3/6  
**Instructor:** Sherri Housley **Fee:** \$32 or \$27 w/ Res. Disc.  
**Location:** Veterans Memorial Aquatic Center  
**Registration Deadline:** Thursday, May 27 or when full



## American Red Cross

Eight (8)–45 minute lessons • Monday–Thursday  
 Rainouts/make-ups held on Friday

### Session A • June 14–24

(45 min.)	9:15 am	10:10 am	11:05 am
Level 1	6100	6101	6102
Level 2	6113	6114	6115
Level 3	6126	6127	6128
Level 4	6139	6140	6141
Level 5		6152	6153
Level 6	6163		

### Session B • June 28–July 8

(45 min.)	9:15 am	10:10 am	11:05 am
Level 1	6103	6104	6105
Level 2	6116	6117	6118
Level 3	6129	6130	6131
Level 4	6142	6143	6144
Level 5		6154	6155
Level 6	6164		6165

### Session C • July 19–29

(45 min.)	9:15 am	10:10 am	11:05 am
Level 1	6106	6107	6108
Level 2	6119	6120	6121
Level 3	6132	6138	6133
Level 4	6145	6146	6147
Level 5	6156		6157
Level 6	6166		

Six (6)–60 minute lessons • Tuesday/Thursday  
 Rainouts/make-ups held the following Tues./Thurs.

### Evening I • July 6–22

(45 min.)	6:15 pm	7:25 pm
Level 1	6111	6112
Level 2	6123	6124
Level 3	6134	6135
Level 4	6148	
Level 5	6159	
Level 6		

**EVENING LESSONS!**

### Evening II • July 29–August 17

(45 min.)	6:15 pm	7:25 pm
Level 1	6109	6110
Level 2	6125	6122
Level 3	6136	6137
Level 4	6151	6150
Level 5	6161	
Level 6	6167	

### Adult Swim Lessons

This class is especially designed for adults who are not comfortable in the water. We will begin by teaching proper body position and use simple and safe exercises such as floating, breath control and treading water to increase your comfort level

**Prgm #:** 6097 **Days:** Saturdays **Dates:** June 5-26  
**Time:** 9:15-9:45 am **Age:** 18 & Up **Min/Max:** 6/15  
**Instructor:** Sherri Housley **Fee:** \$22 or \$17 w/ Res. Disc.  
**Location:** Veterans Memorial Aquatic Center  
**Registration Deadline:** Thursday, May 27 or when full



The American Red Cross has updated the Learn to Swim Program. Please review the desired outcomes for each level to determine the most appropriate level for your child.

*If your child can do all the skills listed in a level, he/she needs to be placed in the next level.*

### Level 1: Introduction to Water Skills - 5 years & above

*Helps participants feel comfortable in the water.*

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous leg actions on front and back
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

### Level 2: Fundamental Aquatic Skills

*Gives participants success with fundamental skills.*

- Enter & exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

### Level 3: Stroke Development

*Builds on the skills in Level 2 through additional guided practice in deeper water.*

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

### Level 4: Stroke Improvement

*Develops confidence in the skills learned and improves other aquatic skills.*

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feetfirst surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Flutter and dolphin kicks on back

### Level 5: Stroke Refinement

*Provides further coordination and refinement of strokes.*

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

### Level 6: Swimming and Skill Proficiency

*Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. This class is great preparation for more advanced courses, such as Water Safety Instructor and Lifeguarding.*

#### Personal Water Safety

- Swim 500 yards continuously using any 3 strokes
- Survival and back floats
- Feet-first dive, retrieve an object from depth of 7-10 feet

### Guard Start

The American Red Cross Guard Start: Lifeguarding Tomorrow Program is available for youth ages 11-15 years old who have the desire to learn about the responsibilities and duties of a lifeguard. This program will help to build a foundation of knowledge, attitudes and skills for future lifeguarding.

**\*Guard Start is NOT a lifeguard training class.\***

**Program Number:** 6099      **Age:** 11-15 years

**Dates:** Tuesday-Friday      **Dates:** June 8-11

**Time:** 9:30-11:30 am      **Min/Max:** 6/16

**Location:** Veterans Memorial Aquatic Center

**Fee:** \$34 or \$29 with Resident Discount

**Registration Deadline:** Tuesday, June 1 or when full

