

## AMERICAN RED CROSS COURSES

### Lifeguard Course:

Prerequisites: Participants must be 15 years old, complete a 300-yard swim, retrieve a 10 lb brick from a depth of 10' and swim 20-yards.

**Dates:** Tuesday, Thursday, Sunday  
March 1 - 20, 2012

**Times:** Sunday: 1:00 - 5:00 p.m.  
Tue / Thur: 6:00 - 10:00 p.m.

**Cost:** \$250 – Includes all materials



### Lifeguard Instructor Course:

Prerequisites: Participant must be 17 years old, possess the Fundamentals of Instructor Training certification and pass a pre-course exam.

**Dates:** Tuesday, Thursday, Sunday  
February 2 - 23, 2012

**Times:** Sunday: 1:00 - 5:00 p.m.  
Tue / Thur: 6:00 - 10:00 p.m.

**Cost:** \$350 - Includes all materials

### Water Safety Instructor Course:

Prerequisites: Participant must be at least 16-years old, complete the Fundamentals of Instructor Training and swim the following strokes: 25-yards of front crawl, back crawl, breaststroke, elementary backstroke, sidestroke; 15-yards butterfly; float on back for 1 minute and tread water for 1 minute.

**Dates:** Tuesday, Thursday, Sunday  
April 1 - 22 \* No class 4/12 or 4/15

**Times:** Sunday: 1:00 - 5:00 p.m.  
Tue / Thur: 6:00 - 10:00 p.m.

**Cost:** \$275 - Includes all materials

## SUNDAY SHARK CLUB

Explore and refine your child's swimming skills in our shaded and heated Instructional pool. Ages six months to six years. Parent must accompany child in the water. Play at your own pace.

**Days:** Every Sunday

**Times:** 12:00p.m. - 2:00 p.m.

**Cost:** \$5 per visit \$35/10 visits

\* Please call ahead for event closures.



## ADULT STROKE DEVELOPMENT

Ages 18 and older. Classes are designed for intermediate skill level swimmers.

### Class Dates & Topics:

January 25: Freestyle & Turns  
February 1: Breaststroke & Equipment Usage  
February 8: Backstroke & Diving Starts  
February 15: Butterfly / Sculling  
February 22: Workout Basics - Intervals & Sets

**Time:** 6:00 p.m. - 7:00 p.m.

**Cost:** Ft Laud Resident: \$10 / clinic  
Non Resident: \$11 / clinic

## AEROBICS

**Hydro Flex Aerobics:** Decrease the stress on your joints and increase your range of motion. Promotes improved flexibility, health and wellness.

**Days:** Sunday - Friday

**Time:** 9:00 a.m. - 10:00 a.m.

**Cost:** \$5 / class \$35 / 10 Classes

## POOL PARTIES

Have your next bash at the Fort Lauderdale Aquatic Complex. Children and guests can swim under the supervision of a lifeguard to monitor pool safety.

### All parties include:

- 3 hours of lifeguard supervised swimming use of the diving boards and 3 hour reservation of the Party Room.
- Up to 20 guests.

**Cost:** All parties start at \$175

Please contact Cory Keen at (954) 828 - 4581 for assistance with coordinating your swimming party. Ask about bounce house, snow cone machines or other additions for your perfect party.

## COMMUNITY POOLS

Bass Park and Pool 954-828-8983

Croissant Park and Pool 954-468-1487

Joseph C Carter Park and Pool 954-828-5407

Lauderdale Manors Pool 954-828-5412

Riverland Park and Pool 954-321-1234



# Fort Lauderdale Aquatic Complex

## 2012 Winter Program Guide

501 Seabreeze Boulevard, Fort Lauderdale, FL 33316

(954) 828-4580

www.fortlauderdale.gov/flac

### HOURS OF OPERATION

#### PUBLIC LAP SWIM:

8:00AM - 4:00 PM & 6:00 PM - 7:30 PM Mon - Fri\*  
8:00 AM - 2:00 PM Sat & Sun\*

#### PUBLIC DIVING:

11:30 AM - 1:00 PM Sat & Sun\*  
11:30 AM - 1:00 PM Daily June 15 - Aug 15

\*Please call ahead for closures due to events.

### ADMISSION RATES

RESIDENT RATES:			NON RESIDENT RATES:		
	Adult	Stu/Sr/Mil		Adult	Stu/Sr/Mil
Daily Admission	\$4	\$3	Daily Admission	\$5	\$4
7 Day Pass	\$19	\$12.50	7 Day Pass	\$24	\$19
30 Day Pass	\$63	\$42	30 Day Pass	\$90	\$63
30 Day Family Pass (4)	\$88		30 Day Family Pass (4)	\$110	

## WINTER 2012 SWIMMING LESSONS

### SUNDAY LESSONS:

Session 2: Jan 22 - Mar 4 *6 Classes*

\* No Class 2/26

#### Parent Child A (6 months - 3 yrs):

9:15 - 9:45 R: \$54 NR: \$60

#### Parent Child B (18 months - 3 yrs):

10:45 - 11:15 R: \$54 NR: \$60

#### Level 1- Intro to Water Skills:

10:00 - 10:30 R: \$54 NR: \$60

11:30 - 12:00 R: \$54 NR: \$60

#### Level 2- Fundamental Aquatic Skills:

9:30 - 10:00 R: \$54 NR: \$60

#### Level 3 - Stroke Development:

10:15 - 11:00 R: \$60 NR: \$66

#### Adult Beginner - ages 13 and older

11:15 - 12:00 R: \$60 NR: \$66

#### Adult Intermediate - ages 13+

11:15 - 12:00 R: \$60 NR: \$66

R = Fort Lauderdale Resident Rate

NR = Non - Resident Rate

### CLASS DESCRIPTIONS:

**Parent Child A:** 30 minutes  
Parent accompanies child in water; emphasis is placed on teaching both child and parent basic aquatic and safety skills.

**Parent Child B:** 30 minutes  
Parent accompanies child in water; emphasis on advanced aquatic and safety skills for toddlers. Introduction to Level I skills.

**Level I:** 30 minutes  
For children 3 years and older. Basic skills include holding breath, kicking floating, and simple stroke techniques are emphasized.

**Level II:** 30 minutes  
Swim test required for registration. Skills include orientation to deep water, arm strokes with kicking on front and back, turning over, and basic safety skills.

**Level III:** 45 minutes  
Swim test required for registration. Skills include diving, dolphin kick, reverse direction, and safety skills.

### Adult Beginner/Intermediate:

45 minutes  
Basic swimming skills for adults learning to swim. Holding breath, floating and basic stroke technique are emphasized.

### REGISTRATION:

- Swim Tests: please call: (954) 828 - 4588 to schedule a test. M-F 1:00 - 3:30 p.m.; Sat & Sun 8:00 a.m. - 2:00 p.m.

- Classes are filled on a first come, first serve basis.

- Classes are subject to cancellation or rescheduling if minimum requirement is not met.

- No refunds.

- Register in person or by mail.

Mailing form and instructions available online at:  
www.fortlauderdale.gov/flac

- Make checks payable to:  
**City of Fort Lauderdale**