GILBERT
ARIZONA
PARKS & RECREATION

SPLASH Guide

Spring & Summer 2016

March – August 2016

Mesquite Pool * Perry Pool * Greenfield Pool * Williams Field Pool

Online at www.GilbertRecreation.com

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OUR MISSION

The Gilbert Parks and Recreation Department commits to provide superior parks, recreation and cultural programs, which exceed customer expectations, enhance the quality of life, and promote lifelong leisure and educational pursuits. These services are provided by a dedicated team, focused on fairness, trust, innovation, with a commitment to excellence.

Gilbert Assistance Program

The Gilbert Parks & Recreation Department is committed to offering quality programs at affordable prices. Fee assistance is available for all Youth Aquatic Programs if eligibility is approved through the Gilbert Parks & Recreation office. GAP Application forms are available online at: www.gilbertaz.gov/home/showdocument?id=480

All GAP applications must be completed prior to the registration dates for Swimming Lessons and Swim/Dive teams. Please call (480) 503-6200 for more information or email recreation@gilbertaz.gov

Americans with Disabilities Act

Gilbert complies with the Americans with Disabilities Act (ADA).

Our newly renovated Mesquite Aquatic Center now has ADA automatic chair lifts.

For accommodations please call 480-503-6200

"The pools are a great place to relax, get some exercise, and enjoy the beautiful summer weather."

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#SwimGilbert

GILBERT AQUATIC FACILITIES

	Aquacise Classes	Concessions/ Vending	Diving Boards	Junior Lifeguard Program	Kiddie Slides	Play Features	Private Rentals	Public Swim	Shade Ramadas	Splash Pad	Swim Lessons	Water Slides	Youth Swim & Dive Teams	Zero Depth Area
Greenfield Pool 35 S. Greenfield Rd.	✓	✓	✓		✓	✓		✓	✓		✓		✓	✓
Mesquite Pool 100 W. Mesquite St.		✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓	✓
Perry Pool 1775 E. Queen Creek Rd.		✓	✓	✓		✓		✓	✓	✓	✓		✓	✓
Williams Field Pool 1900 S. Higley Rd.	✓	✓	✓			✓		✓	✓	✓	✓		✓	✓

Gilbert	Lindsay	Val Vista	Greenfield	Higley	
Guadalupe					
Elliot				Greenfield Pool	
Warner	Mesquite Aquatic Center				
Ray					
Williams Field				Williams Field Pool	
Pecos					
Queen Creek			Perry Pool		

Pools open for Summer Public Swim on Saturday, May 21, 2016

PUBLIC SWIMMING FEES

Daily Admission
Youth (17 & under) $1
Adult (18 & over) $3

Punch Cards
30 Punches $25
3 punches per adult visit
1 punch per child visit

- Punch cards are valid at any of the four Gilbert pools for admission and can be used by any family member and guests.
- Punch cards are available for sale at the Parks and Recreation office May 2nd-May 19th.
- Punch cards will only be sold at all pools beginning May 21st during public swim hours.
- Punch cards are good for 2016 season only and expire in August.
- Punch cards can be used for lap swim and Aquacise.

Adult Lap Swim

Adult (18 & over) $3

Adult lap swim is available during lesson hours at the pools morning and night. This is a really good way to stay fit while your kids are in swim lessons for a minimal fee!

Public Swim Hours

Mesquite Aquatic Center	Greenfield Pool	Williams Field Pool	Perry Pool
Monday-Friday	**Monday-Friday**	**Monday-Friday**	**Monday-Friday**
1-6pm*	**1-4:30pm**	**1-4:30pm**	**1-4pm***
Saturday	**Saturday**	**Saturday**	**Saturday**
11am-4pm	**11am-4pm**	**11am-4pm**	**11am-4pm**
***Please note: Mesquite Pool closes at 4pm all Thursdays in June due to swim meets.**			***Please note: Perry Pool will be closed for the summer season on 7/23/2016.**

PUBLIC SWIM POOL RULES

- Children 6 years old and under must be accompanied by an adult or responsible person (12+).
- Swim suits only: No cut-off shorts, cotton shorts, or T-shirts are permitted.
- All persons entering the aquatic facility must pay the entry fee-including infants(1+ yrs) and observers.
- No flotation devices, except as follows: "Water Wings" are permitted in the pool zero depth areas only but NOT in the main pool areas.
- Water "Noodles" are permitted at all facilities.
- Lifejackets are permitted.
- Children who are not toilet trained must wear a disposable swim diaper at all times.
- We ask that all guests use the restroom and shower before entering and enjoying the pool.
- Guests who are sick or ill (diarrhea, incontinent, vomiting) are asked to visit after they have recovered from their illness.

Pool and Ramada Rentals

Private pool rentals and ramada rentals (during Mesquite Aquatic Center public swimming sessions) will be accepted at the Mesquite Aquatic Center. Reservations will be accepted beginning May 2, 2016. Ramada rental fee is $30/hr. and is a great way to have a private area at the pool for a birthday party during public swimming hours. Private pool rentals are also available. These can be scheduled after public swimming hours beginning 5/21/16.

Call 480-503-6200 for availability and reservations.

Available private pool rental dates for 2016 at Mesquite Pool after the pool closes for the year are:

August 8-13 - Monday-Friday times 6:30-8:30pm, Saturday - All day available.

August 15-20 - Monday-Friday times 6:30-8:30pm, Saturday - All day available.

August 22-27 - Monday-Friday times 6:30-8:30pm, Saturday - All day available.

Cost varies by size of group. An average 2 hour rental at Mesquite Aquatic Center for up to 150 people is $400 (lifeguard fee) plus a $50.00 booking fee.

CHOOSE ONE OF OUR 3 EASY WAYS TO REGISTER!

Online Registration
Log on to www.GilbertRecreation.com

- In order to sign up online, please make sure you have your **Main Contact Client Number** and **Family Pin** Information.
- If you have misplaced or forgotten your login numbers or need to set-up an account, please call 480-503-6200, M-TH 7am-6pm or email Recreation@gilbertaz.gov

Mail-In Registration
Mail REGISTRATION FORM along with payment to:

Gilbert Parks and Recreation
Attention: Registration
90 E. Civic Center Dr.
Gilbert, AZ 85296

- A signature is required to process registration.
- Make checks payable to: **Town of Gilbert**.
- ***Do not mail cash***

Walk-In Registration
Walk-in to any of the four pools beginning May 23rd during operational hours.

Create Your Recreation Account Online

It's QUICK and EASY! Click HERE or log on to www.GilbertRecreation.com

- Not sure if you have an account?
- Call 480-503-6200 for assistance and to prevent setting up a duplicate account.
- Click 'Create NEW Account' tab
- Enter ALL family members that reside within the household (there must be an parent or legal guardian listed on the account). When finished, click on 'CREATE NEW ACCOUNT'.
- Be sure to enter ALL family members as you are not able to make online changes once you create your family account.
- Any changes or additions to your account can be made by contacting the Parks and Recreation Department or email Recreation@gilbertaz.gov.

PAYMENTS ACCEPTED

- Make checks payable to: **Town of Gilbert.**
  A $25 service charge will be assessed on returned checks

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#SwimGilbert

Join Our Parks & Recreation Mailing List!

Click HERE to subscribe to receive the latest newsletters, updates and information about our programs and events sent straight to your inbox.

Dates to Remember

SPRING PROGRAM REGISTRATION: Begins March 15, 2016

SPRING AQUATIC SEASON : Begins March 28-May 5, 2016

SUMMER SWIM & DIVE TEAM REGISTRATION DATES:

Gilbert Residents: Begins Tuesday, April 5 at 7am
(online and mail-in registration available)
Non-Residents: Begins Tuesday, April 5 at 10am
(online, and mail-in registration available)

SUMMER AQUATIC SEASON DATES: May 21-July 28
Registration Dates for Summer Swim Lessons listed On page #7.

GENERAL REGISTRATION INFORMATION

480-503-6200

GENERAL REGISTRATION INFORMATION:

1. Online registration is processed in real time. **You must "accept" the waiver of liability and make a payment in order to confirm placement in a course/ program.**
2. Online registration requires a payment by credit card, or by using an existing credit on your recreation account.
3. Print a copy of your online registration receipt for confirmation of your course/program enrollment.
4. Mail-in registration forms require an assumption of risk waiver signature by a parent/guardian.
5. Mail-in and walk-in registrations are processed during regular business hours: Mon-Thur, 7am-6pm; Closed Fridays or at the pools beginning May 21, 2016.
6. Payment can be made by either cash, check, credit card, or money order. For mail-in registration, do not mail cash. CREDIT CARDS ARE NOT ACCEPTED AT ANY OF THE POOLS.
7. Gilbert Parks and Recreation is not responsible for lost or misdirected mail.
8. Payment must be made at the time of the enrollment in order for the registration to be complete.
9. **WAITLISTS**: Waitlists are only available for Swim & Dive Teams and Guard Start. No waitlist is used for swim lessons.
10. Gilbert Parks and Recreation Department is committed to being fair and equitable to all participants, therefore we are unable to make exceptions to any class policies. We appreciate your cooperation and understanding.
11. A $25 service charge will be assessed on returned checks.

REFUND AND CANCELLATION INFORMATION

1. No refunds or credits will be issued for swimming lessons due to the extremely high demand for this program and the short registration periods. If your child is unable to attend lessons, we are unable to fill their spot in class since we don't utilize wait lists for the swim lesson program.

2. **No swim lesson make-ups or refunds will be issued due to inclement weather.**

3. Credits left on recreation accounts can be used for a period of one year from the first date of the class or program for which one originally registered. Such credits may be used for any Gilbert Parks and Recreation Department class, program or rental. Credits not used or refunded after one year will be donated to the Parks and Recreation Department.

Codes will be online 3/8

Spring Lessons and Swim & Dive Teams Registration Dates

Check Page 8 & 9 for Spring Program Information

Spring Programs Registration Residents	Spring Programs Registration Non Residents
Begins 3/15 7am	Begins 3/15 10 am

Summer Swim Lesson Registration Dates

Check Page 17 for More Details

Session	Schedule Published	Resident On-line Registration	Non-Resident On-line Registration
1	4/25 5pm	5/3 7am	5/3 10am
2	5/26 5pm	6/2 7am	6/2 10am
3	6/13 5pm	6/16 7am	6/16 10am
4	6/27 5pm	6/30 7am	6/30 10am
5	6/27 5pm	6/30 7am	6/30 10am

Summer Swim and Dive Team Information

Check Pages 12-15

Summer Swim & Dive Team Program Registration Residents	Summer Swim & Dive Team Program Registration Non Residents
Begins 4/5 at 7am	Begins 4/5 at 10 am

SPRING SWIM and DIVE TEAMS

Gilbert Parks & Recreation will be opening a Youth Spring Swim Team at the Greenfield Pool starting 3/28.

The Youth Spring Dive team also begins 3/28 and is located at Greenfield Pool.

These programs will be non-competitive in nature and introduce swimmers or divers to the fun of being on a competitive swimming or diving team.

Children should be able to jump or dive off the diving board, or be able to swim one lap (25 yards) of the pool unassisted to meet the skill level required for this program.

Swim and Dive meets will be held for Spring Swim and Dive Teams.

Spring Swim & Dive Team dates; 3/28- 5/5

Registration Fee $75– 6 weeks

AGE	TIME	DAYS
5-6 years	4:30-5:00pm	Monday-Thursday
7-8 years	5:00-5:40pm	Monday-Thursday
9-10 years	5:40-6:30pm	Monday-Thursday
11-17 years	6:30-7:30pm	Monday-Thursday
Registration Timeline: All registration taken at: www.GilbertRecreation.com	Begins Monday 7am on 3/15 for Residents	Begins Monday 10am on 3/15 for Non-Residents

Summer Swim and Dive Team information can be found on pages 12-15

Spring Registration Process

New class schedules!

Register for Spring aquatics programs together.
(Spring Swim & Dive and Spring lessons) Refer to the easy to use FLOW CHART on page 18 to help determine your child's swim level .

The 2016 Aquatics Season will begin with a limited number of American Red Cross swimming lessons.

New for the 2016 spring season—Spring Lessons will be held for six weeks on either Monday, Tuesday, or Thursdays. Class sizes are limited. Register on March 15th

SPRING SWIM LESSON SESSIONS AT GREENFIELD POOL

	DATES	TIME	DAYS	FEE
Spring Session Mondays	March 28-May 2	4:30-7:30pm	every Monday for 6 weeks	$30
Spring Session Tuesdays	March 29-May 3	4:30-7:30pm	every Tuesday for 6 weeks	$30
Spring Session Thursdays	March 31-May 5	4:30-7:30pm	every Thursday for 6 weeks	$30

JUNIOR GUARD START /LIFEGUARD TRAINING/WSI

JUNIOR GUARD START

Gilbert Parks & Recreation Department and the American Red Cross are sponsoring a GUARD START program for the 2016 Aquatic Season. This program is designed for youth 11-15 years of age who would like to work as a Lifeguard, but are too young to take the required classes from the American Red Cross.

The experience gained in this class will encourage a youngster to continue with their education and training to become a Certified Lifeguard through the American Red Cross Lifeguard Training Course. Training will include rule enforcement, CPR demonstrations, First-Aid training, and various rescue scenarios.

Attendance at all classes is not mandatory but encouraged.

Registration will be through www.Gilbertrecreation.com only and will begin:

May 3 at 7am for residents
May 3 at 10am for non-residents

Location: Mesquite or Perry pool

Program Dates (8 total classes) :

Monday & Tuesdays 6/6-6/28

Program Time - 1-4pm

Cost-$60.00

LIFEGUARD TRAINING

American Red Cross Lifeguard training provides the knowledge and skills to prevent, recognize and respond to aquatic emergencies and provide care for breathing and cardiac emergencies, injuries and sudden illnesses until EMS personnel take over. Attendance at all classes is required. Pre-requisites include: Minimum age: 16 years, Swim 300 yards continuously, tread water for 2 minutes using only the legs, and complete in a timed event.

Program Dates (5 total classes) :

March 12, 14—17

Saturday, Monday—Thursday: 9:00am-4:00pm

Location: Greenfield Pool Cost $130

WATER SAFETY INSTRUCTOR

Water Safety Instructor— This course will help you teach skills that may save a life, and gain terrific work experience as an aquatic professional. In addition you will teach children how to swim, refine their strokes or teach diving safety techniques. Pre-requisites include: Minimum age 16 years old, demonstrate proficiency in six strokes: front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly, and tread water for 1 minute.

Program Dates (6 total classes):

March 28—April 9

Mondays & Thursdays 5:00pm– 8:00pm

Saturdays 9:00am-4:00pm

Location: Greenfield Pool Cost $130

Splashing Summer Events Calendar

Each summer, Gilbert Aquatics offer fun events for all ages at each pool!

All events have inflatables, special activities, crafts, and rotating games based on event theme.

We look forward to seeing you at these special events this summer!

EVENT	DATE	TIME	LOCATION
Water Safety Day & Kiddie Carnival with Gilbert Fire Department Free Admission	Saturday, May 21, 2016	11am-2pm	Mesquite Aquatic Center
Greenfield Beach Party $3 adults/$1 child	Saturday, June 4, 2016	11am-2pm	Greenfield Pool
Family Pirate Party $3 adult/$1 child	Saturday, June 18, 2016	11am-2pm	Williams Field Pool

Summer 2016

Swim Team Requirements

There are minimum skill levels required for your children to be on the swim and dive teams.

Requirements for enrolling in Swim & Dive Team:

- SWIM TEAM: Swim one length of the pool (25 yards) unassisted in 60 seconds.
- DIVE TEAM: Jump off the diving board and swim to side unassisted.

SUMMER SWIM/DIVE TEAM REGISTRATION DATES

April 5th at 7am for Residents

April 5th at 10am for Non Residents

(On-line, Mail-In, and Walk-In registration)

Refund Policy

We highly recommend that all participants swim during the preseason camp week and parents speak with the coaches prior to the refund deadline of May 12th.

After May 12th, absolutely NO REFUNDS will be issued to children who are unable to meet the skill requirements of this program.

If you choose to withdraw your child from swim/dive teams, your refund request must be made on or before 6pm May 12th by calling the Parks & Recreation office ONLY at 480-503-6200.

After May 12th, if your child simply elects to not participate in the swim or dive team program after registration due to fear of practice, anxiety, or other issues, we cannot offer a refund or credit.

Thank you for your understanding in advance.

Pre Season Summer Swim & Dive Camps

Pre-season swim and dive team camps (which are included in the summer swim or dive team registration fee) begin on Monday, May 9th through Thursday, May 12th
Summer practice hours on page 13, begin on Monday, May 23rd for all teams.

Pre-season Summer Swim and Dive Camps All Pools		
Age	Dates	Practice Times
5-6 yrs	5/9-5/12	4:30-5:00pm
7-8 yrs	5/9-5/12	5:00-5:40pm
9-10 yrs	5/9-5/12	5:40-6:30pm
11-17 yrs	5/9-5/12	6:30-7:30pm

When you enroll your child in the 2016 swim and/or dive team program you receive an optional week of practice prior to the regular season (Pre-Season Camp). Pre-season camp offers children a good head start on the summer and is a GREAT IDEA TO ATTEND if you think your child might not quite have the skills to participate in this program.

Participants must be currently registered in the program (wait list participants are not eligible to participate) and MUST practice at the pool they are registered for.

This week of practice is a good indication of whether your child has the skills and stamina to participate successfully in the swim or dive teams and is held PRIOR to the refund deadline of May 12th.

Season runs: May 23—July 13

Swim and dive team fee : $110/season

SUMMER SWIM AND DIVE TEAMS PRACTICE SCHEDULE

Summer Swim and Dive Team Programs begin on Monday, May 23rd at the Mesquite Aquatic Center, Greenfield, Williams Field, and Perry pools.

The Swim/Dive Team Program is non-competitive in nature and is designed to introduce a child to the fun of competitive swimming or diving in a team environment. Open to youth ages 5-17.

The whole summer of swim or dive team for only $110! Practices run Mon-Thurs, with meets on Thursday evenings. *No practices on 5/30 & 7/4.

For more information, please call: Gilbert Parks & Recreation Department at (480) 503-6200.

Greenfield Gators Morning Swim Team	Barcode	AGES	PRACTICE TIMES
Monday-Thursday	86557	11-17 yrs	6:00-7:00am
	86558	9-10 yrs	7:00-7:50am
	86559	7-8 yrs	7:55-8:40am
	86560	5-6 yrs	8:50-9:20am
Greenfield Gators Morning Dive Team	Barcode	AGES	PRACTICE TIMES
Monday-Thursday	86561	11-17 yrs	6:00-7:00am
	86562	9-10 yrs	7:00-7:50am
	86563	7-8 yrs	7:55-8:40am
	86564	5-6 yrs	8:50-9:20am
Mesquite Marlins Morning Swim Team	Barcode	AGES	PRACTICE TIMES
Monday-Thursday	86565	11-17 yrs	6:00-7:00am
	86566	9-10 yrs	7:00-7:50am
	86567	7-8 yrs	7:55-8:40am
	86568	5-6 yrs	8:50-9:20am
Mesquite TigerSharks Evening Swim Team	Barcode	AGES	PRACTICE TIMES
Monday-Thursday	86569	5-6 yrs	5:30-6:00pm
	86570	7-8 yrs	6:00-6:45pm
	86571	9-10 yrs	6:45-7:30pm
	86572	11-17 yrs	7:30-8:30pm

Perry Piranhas Morning Swim Team	Barcode	AGES	PRACTICE TIMES
Monday-Thursday	86573	11-17 yrs	6:00-7:00am
	86574	9-10 yrs	7:00-7:50am
	86575	7-8 yrs	7:55-8:40am
	86576	5-6 yrs	8:50-9:20am
Perry Manta Rays Evening Swim Team	Barcode	AGES	PRACTICE TIMES
Monday-Thursday	86577	5-6 yrs	4:30-5pm
	86578	7-8 yrs	5-5:40pm
	86579	9-10 yrs	5:40-6:30pm
	86580	11-17 yrs	6:30-7:30pm
Perry Manta Rays Evening Dive Team	Barcode	AGES	PRACTICE TIMES
Monday-Thursday	86581	5-6 yrs	4:30-5pm
	86582	7-8 yrs	5-5:40pm
	86583	9-10 yrs	5:40-6:30pm
	86584	11-17 yrs	6:30-7:30pm
Williams Field Barracudas Morning Swim Team	Barcode	AGES	PRACTICE TIMES
Monday-Thursday	86585	11-17 yrs	6:00-7:00am
	86586	9-10 yrs	7:00-7:50am
	86587	7-8 yrs	7:55-8:40am
	86588	5-6 yrs	8:50-9:20am

SUMMER SWIM and DIVE MEET INFORMATION

SWIM & DIVE MEETS WILL TAKE PLACE ON THURSDAY EVENINGS.

SWIM MEETS ARE HELD AT PERRY AND MESQUITE POOLS. **DIVE MEETS** WILL BE HELD AT WILLIAMS FIELD POOL.

During Swim and Dive Meets all 11 & 12 age groups will only compete against 11 & 12 age groups and will not compete against the 13 & up age groups.

All children MUST practice at the pool and practice time that they are registered for. We receive many requests for special exceptions to scheduled practice times, and unfortunately we cannot allow certain age groups to get overbooked by allowing this practice.

Your child's age as of June 1, 2016 will determine what age group to register them in this program. You may register your child for both swim and/or dive teams and simply choose what practice or meet to attend that day. **Separate registrations are required for swim and dive team.**

*Parent swim and dive packet will be available online May 9, 2016 at:
http://www.gilbertaz.gov/departments/parks-and-recreation/aquatics/swim-programs

Important Swim Team Dates

Swim Team Preliminary Meet:

7/7 (9yrs and up) at 5pm - Perry Pool
7/8 (8yrs and under) at 5pm - Perry Pool
(Warmups @ 4pm; meets start @ 5pm)

Championship Swim Meets:

7/12 (9yrs and up) at 5:30pm - Perry Pool
7/13 (8yrs and under) at 5:30pm - Perry Pool
(Warmups @ 5pm; meets start @ 5:30pm)

Championship Dive Meets:

7/8 at Williams Field Pool
(9yrs and up) warm-up 4:30, Meet at 5pm
(8yrs and under) warm-up 7pm, Meet at 7:30pm

Swim and Dive meet schedules will be available online beginning May 9, 2016 at:

http://www.gilbertaz.gov/aquatics

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#SwimGilbert

Stroke Clinics

This stroke clinic is for those swimmers who know the four competitive strokes: Freestyle, Breaststroke, Backstroke and Butterfly. These clinics are designed to help swimmers understand the movements and techniques that will improve all areas of each competitive stroke and swimmer abilities. The clinics will combine group workouts, focused technique improvement and dry-land exercises to improve strokes and endurance. These clinics will be an additional opportunity for our swimmers to focus on their technique and learn the proper mechanics of each aspect of the four different strokes.

Clinics are taught at Greenfield and Williams Field and run Mon-Thurs for 2 weeks following the swim lesson session #3 schedule.

Clinics will be offered in the morning at Williams Field Pool and the evening at Greenfield Pool.

6/20—6/30

11-11:45am and 4-4:45pm ages 5—8

11:45am-12:30pm and 4:45—5:30pm ages 9 to 17.

Cost $40 per clinic

Clinic	Schedule Published	Resident On-line Registration	Non-Resident On-line Registration	Clinic Dates	Clinic Days
1	**4/25 5pm**	**5/3 at 7am**	**5/3 at 10am**	**6/20–6/30**	**Mon-Thurs**

Session 1 will be held on week 1: Monday—Thursday and week 2: Tuesday-Thursday for a total of 7 classes.
Session 2, 3, & 5 are held Monday-Thursday for 2 weeks for a total of 8 classes.
Session 4 will be held on week 1: Tuesday-Thursday and week 2: Monday—Thursday for a total of 7 classes.
Saturday Classes (6 classes starting June 4—No class 4th of July weekend)

Mesquite Aquatic Center

Monday-Thursday, between 9:30am-12pm

Greenfield Pool

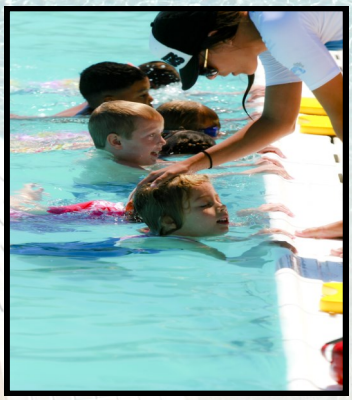
Monday-Thursday, between 9:30am-12pm and 5-8pm

Williams Field Pool

Monday-Thursday, between 9:30am-12pm and 5-8pm

Perry Pool

Monday-Thursday, between 9:30am-12pm and Saturday, between 8-11am for 6 weeks 6/4-7/16. *No class on July 2nd



Saturday Lessons

Too busy during the week to register for our weekday lessons?

Saturday lessons are great for those families with busy schedules and no availability during the week!

Lessons will be held on Saturdays, from 8-11am

ONLY at Perry Pool

Fees will be $30/session.

Classes will be 25-30 minutes long.

Saturday, between 8-11am for 6 weeks (6 classes 6/4-7/16). *No class on July 2nd

Summer Session 1 Swim Lesson Registration

May 3 at 7am for Gilbert residents
May 3 at 10am for non-residents

www.gilbertrecreation.com

Summer Registration Process

Streamlined for your Convenience

Register for Sessions 1, 2 and 3 separately and Sessions 4 & 5 together. Refer to the NEW easy to use FLOW CHART on page 18 to help determine your child's swim level. Class descriptions on page 19-20.

REGISTRATION TIMELINES

Class Descriptions on pages 19-20

Session	Schedule Published	Resident On-line Registration	Non-Resident On-line Registration	Lesson Dates	Lesson Days
1	4/25 5pm	5/3 7am	5/3 10am	5/23-6/2	5/23-5/26 & 5/31-6/2
2	5/26 5pm	6/2 7am	6/2 10am	6/6-6/16	Mon-Thurs
3	6/13 5pm	6/16 7am	6/16 10am	6/20-6/30	Mon-Thurs
4	6/27 5pm	6/30 7am	6/30 10am	7/5-7/14	7/5-7/7 & 7/11-7/14
5	6/27 5pm	6/30 7am	6/30 10am	7/18-7/28	Mon-Thurs

SWIM LESSON - REFUND POLICY

No refunds or credits will be issued for swimming lessons due to the extremely high demand for this program and the short registration periods. If your child is unable to attend lessons, we are unable to fill their spot in class since we don't take waiting lists for the swim lesson program.

No make-ups or refunds will be issued due to inclement weather.

Register at www.gilbertrecreation.com

SWIM LESSON FLOW CHART

Easy to use FLOW CHART

Be sure to register your child in the correct level as changes may not be accommodated for registering in the incorrect level.
It is recommended to begin at a level your child is com-

Tips for Swim Lesson Registration

Is your child CONSISTENTLY comfortable in the water without an adult?

- **YES** → Tadpoles/Shrimps or Level 1
- **NO** → 6 months to 18 months Parent Tot or 30 months to 4 yrs Tadpoles; 5 yrs and up Level 1

Can your child float on their front & back unassisted for 5 seconds?

- **YES** → Otters or Level 2
- **NO** → Shrimps or Level 1

Can your child kick on their front & back unassisted & swim 5 yards with alternating arms?

- **YES** → Sea Lions or Level 3
- **NO** → Otters or Level 2

Can your child swim 10 –15 yards on their stomach and back and is comfortable in deep water?

- **YES** → Level 4
- **NO** → Sea Lions or Level 3

Can your child swim 25 yds of freestyle, back-stroke, elementary backstroke, and perform a kneeling dive?

- **YES** → Level 5 or Swim /Dive Team
- **NO** → Level 4

Can your child swim 25 yds of all 4 strokes?

- **YES** → Great Job! Keep them Swimming
- **NO** → Level 5 or Swim & Dive Team

SWIM LESSON CLASS DESCRIPTIONS

PARENT-TOT: $30 per session

(6-36 months) 12 participants per class

Designed for children to begin the process of learning basic water skills to help them become comfortable and relaxed in a swimming pool environment. The child must be accompanied by a parent/guardian (12+yrs) in the water that will help the child adapt to the aquatic environment with an instructor's assistance. Focuses on: water adjustment, water entry/exit, exploration and submersion.

PRE-SCHOOL LEVEL CLASSES

Tadpoles: $53 per session

(30-48 months) 3 participants per class

This class is geared towards toddlers who are gaining comfort in the water and working on basic swim skills. The goal of this class is to work on the process of swimming without the parent and introduce new skills. Focuses on: independent entry/exit, front/back glides, front/back floats, kicking and basic front/back arm movements.

Previous participation in Parent-Tot is highly recommended.

Shrimps: $30 per session

(3-5yrs) 5 participants per class

Designed for a first time swimmer who is gaining comfort and confidence in the water. This class will focus on the fundamentals: blowing bubbles, front and back float, head submersion, bobbing, front/back arm movements and supported front/back kick.

Otters: $30 per session

(3-5yrs) 5 participants per class

Intended for children who have mastered front and back floating. The class will focus on the coordination of arm and leg movements on front/back, underwater swimming, kicking without support on front/back and turning over front to back/back to front.

Sea Lions: $30 per session

(3-5 yrs) 6 participants per class

Geared for children who can float unassisted on front and back, kick on front/back without support, perform front/back crawl, and swim underwater. This class will concentrate on rhythmic breathing, elementary backstroke, and diving from the side of the pool.

LEVEL CLASSES:

Level I—Water Exploration: $30 per session

(5yrs and up) 5 participants per class

The students will be familiarized with the aquatic environment. This is a first time exposure to the pool, lessons, and an instructor. Skills learned in this level will include face submersion, breath control (bubble blowing), supported floating on front and back, kicking and beginning arm action.

Level II—Primary Skills: $30 per session

(5yrs and up) 7 participants per class

At this level, the students will fully submerge head and retrieve objects, go into deep water with support, float on front and back for five seconds, demonstrate rhythmic breathing, front and back crawl, and kicking on front and back.

Level III—Stroke Readiness: $30 per session

(5yrs and up) 7 participants per class

To register for Level III and to participate comfortably, students should have completed Level II and/or Sea Lions successfully. The focus of Level III is coordination of the front and back crawl for 15 yards with good breathing, beginning to tread water and the elementary backstroke. In addition, safe diving practices from the side of the pool and underwater swimming are elements of this level.

Level IV—Stroke Development: $30 per session

(6yrs and up) 8 participants per class

This is the course where students really begin to look like "swimmers". Building on the skills already acquired, students will be able to swim at least 25 yards of front and back crawl easily, increase endurance, master rotary breathing, and learn the basics of breaststroke, scissor kick, and turning at the wall. Enrollment in this level should occur after completion of Level III.

Level V—Stroke Refinement: $30 per session

(6yrs and up) 8 participants per class

The purpose of this course is to coordinate and refine the main strokes learned, build endurance, and to introduce the butterfly. Students must be able to swim at least 50 yards front and back crawl. This class will continue to teach breaststroke, sidestroke, and flip turns.

SPECIALITY SWIM CLASS DESCRIPTIONS

Beginning Diving: $30 per session

(5yrs and up) 6 participants per class

Diving participants must have passed Level II or Sea Lions swim lessons. This class teaches board work, front and back approaches, and will prepare participants for more advanced skills and the basics of competitive diving.

Intermediate Diving: $30 per session

(6yrs and up) 8 participants per class

This class is for more advanced divers and will teach participants more advanced skills such as flips, back dives, and twists.

Synchronized Swimming: $30 per session

(7yrs and up)

Synchronized swimming is a combination of swimming, dancing and gymnastics with a series of moves put together to make a routine with music which includes underwater and above water movements to a theme. The class will consist of warmup, stretching, basic and advanced movements such as sculling, cranes, eggbeater kicks, front pikes and jumps. This is a great class that offers team work activities, a great workout and a ton of fun! This class is great for children ages 7 and up who know how to swim independently in deep water.

Adult Beginner: $30 per session

(16+yrs and up) Up to 2 participants per class

This class works on skills and strokes the adult would like to improve.

Aquacise: $30 per session or $3 per class (drop-in)

(12yrs and up) 12 participants per class

This class is a low-impact fun way to stay cool and tone your muscles. This class stresses cardiovascular endurance and introduces exercises to tighten and firm your muscles.

Adaptive Recreation Clases: $30 per session

(no age requirement) 1 student per class

These classes offer one-on-one instruction designed to meet the needs of children or adults with special needs and/or developmental disabilities. Due to the specialized nature of this instruction, it is recommended that you speak with a Pool Manager PRIOR to registering your child in the special needs classes. These class times are reserved for those youths/adults who have developmental disabilities and are unable to participate in a class designed for their age/skill level with other students. For the 2016 season, special needs classes will be allocated an on-line code so registration can occur during the swim lesson registration on-line periods. Class sizes are VERY limited.

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Join us for a FREE Water Safety Day & Kiddie Carnival with Gilbert Fire Department

At Mesquite Pool on 5/21 from 11am-2pm. Check page 11 for more information

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