

### Open Swim\*

General swim. Open to public. **An adult guardian must accompany children under 12.**

### Senior Fitness Swim\*

This time period is set aside for seniors to swim, water walk, or performs personal therapeutic exercises to help maintain a healthy vigorous lifestyle and improve stamina and range of motion.

### Lap Swim\*

This program is designed for the self motivated to work on stroke technique, strength, endurance and cardiovascular improvement. A sure hit for those who want to improve their fitness level. Lap swimming may be done during any lap swim or open swim session. The only exclusive time, however, is during lap swim.

### Water Aerobics\*\*

This class is designed to promote overall fitness without stressing the joints. Certified instructor teaches the classes. Classes are Monday, Wednesday with Deep water on Friday.

### Sun Coast Swim Team\*\*

Provide recreational swimming experience for those of all ages. The team practices year round. All swimmers will be entered in recreational meets. Positive coaching methods are used.

### Break

A break will be called on the 50 of the hour on Weekends, School Holidays and in the Summer.

Please use this time to get something to drink, reapply sunscreen and use the bathroom.

**Children not potty trained must wear a swim diaper and a waterproof plastic pant over the diaper**

## ADMISSION COSTS

<i>Open Swim</i>	
Age	Cost (Or Pool Pass)
4 and under	No charge
5 – 11	\$1.00
12 – 59	\$2.00
60 and over	\$1.00

<i>Programs</i>	
Program	Cost
Lap Swim	\$1.00 or Pool Pass
Senior Fitness Swim	
Water Aerobics	\$3.00 per class

<i>Pool Pass</i>	
Type of Pass	Cost
<b>12 Month Pass</b>	
Family	\$60.00
Individual	\$30.00
Senior (Over 60)	\$24.00
<b>6 Month Pass</b>	
Family	\$30.00
Individual	\$15.00
Senior (Over 60)	\$12.00

Pass expiration is based from date of purchase. Pool passes not valid for special events, special programs, Birthday parties or swim lessons. A Family pass includes parent or legal guardians and their children less than 18 years of age. BIRTH CERTIFICATES OR SCHOOL RECORDS ARE REQUIRED FOR CHILDREN.

All prices listed include tax.

\* Admission included in pass purchase.

\*\* Not included in pass purchase