

SHELDON POOL SCHEDULE AND RATES 2017

Family Outdoor Aquatic Center

Open Swim Pool Hours

- Monday – Saturday: 1:30-7:30pm
- Sunday: 1:00pm-5:00pm

Pool Rates (Daily Rates)

- Student (4-18 years old).....\$4
 - Adult (19 yrs and up).....\$5
- *3 years and younger are free with a paid daily pass

Memberships

- Family (immediate Family Only).....\$130.00
- Single.....\$75.00

Punch Card (10 Admissions)

- Student (4-18 years old).....\$35.00
- Adult (19 yrs and up).....\$45.00

Pool Rental Rates (private usage)

- 1 hour.....\$150.00
- 2 hours.....\$250.00

Pool will be available to rent

Monday-Friday: 7:30-9:30pm
 Saturday: 10am-12pm, 7:30pm-9:30pm
 Sunday: 5:00-9:00pm

Opening Date for Sheldon Outdoor Aquatic Center

Tuesday, May 30, 2017

Holiday Inn Express Indoor Pool

Youth Open Swim Pool Hours

- Monday – Friday: 1:00pm-9:00pm
- Saturday – Sunday: 8:00am – 9:00pm

Adult Open Swim Hours

- Monday - Sunday: 5:00am – 11:00pm

Pool Rates (Daily Rates)

- Student (4-18 years old).....\$4.00
- Adult (19-54 years old).....\$5.00
- Senior (55 and up).....\$4.00

Memberships

- Family: Annual (immediate only).....\$165.00
- Family: 6-month.....\$130.00
- Single: Annual.....\$90.00
- Single: 6-month.....\$75.00
- Senior Single: Annual.....\$55.00
- Senior Single: 6-month.....\$35.00

Punch Card (10 Admissions)

- Student / Senior Adult.....\$35.00
- Adult.....\$45.00

JOINT INDOOR/OUTDOOR POOL MEMBERSHIPS AVAILABLE!!

ANNUAL FAMILY (IMMEDIATE FAMILY ONLY):\$220.00
ANNUAL SINGLE:\$120.00

HOW TO PURCHASE YOUR POOL MEMBERSHIP/PUNCH CARD:

FOR YOUR OUTDOOR AQUATIC CENTER OR JOINT INDOOR MEMBERSHIP STOP BY THE CITY OFFICE OR SWIMMING POOL.

FOR YOUR INDOOR ONLY MEMBERSHIP STOP BY THE HOLIDAY IN EXPRESS.

SHEDON OUTDOOR AQUATIC EVENTS 2017

Winner Wednesday

- Every Wednesday we'll be having friendly competitions, in which the winner(s) will win prizes at our concession stand.

Wear Your Jersey Day

- Wear your 2017 Sheldon Summer Rec. Blastball, T-Ball, Coach Pitch, and 3rd-6th Grade Baseball and Softball jersey and get free admission to the Sheldon Outdoor Aquatic Center on Thursday, July 6.

College Days

- Saturday, June 10 and Saturday, July 8 all college students pay \$1 for a daily admission. **You must bring your Student I.D. Card.**

Floatie Friday

- Every Friday night, all summer long, floating beach toys will be allowed after 6:00pm! (This does not include air mattresses and inner tubes)

Dollar Day

- On June 5 and August 1, all daily admission is \$1. (This includes adults and children)

Half Christmas Day

- We're only 6 months & 2 days away from Christmas! Come to the Sheldon Outdoor Aquatic Center on June 23 where we'll decorate the pool with Christmas decorations, and we'll be playing Christmas music! We'll be having games and prizes to win.

Doggie Days

- Local dog owners and their furry best friends are invited to enjoy the pool. The cost per dog is \$5, humans get in free. The date and time for this event is to be determined.
- *Pool Rules: Only dog owners and their dogs may be in the pool. When sitting poolside, please keep your lovable dog on a leash and don't forget to clean up after your dog.*

SWIMMING LESSONS SCHEDULE 2017

IMPORTANT REGISTRATION DEADLINES:

- > **In Person Swimming Lesson Registration Ends: Friday, May 5 at 4:00PM**
- > **Online Swimming Lesson Registration Ends: Sunday, May 7 at 11:59PM**

1. PRESCHOOL LESSONS (Ages 3-5)

This lesson group gives young children ages 3-5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Skills are age-appropriate helping participants achieve success on a regular basis while in a class environment with their peers. Age is determined by age on the first day of class.

- **LEVEL 1 – FEEL COMFORTABLE IN THE WATER**
 - Helps participants feel comfortable in the water and to enjoy the water safely. Children will learn to enter and exit the water using the ladder, steps or side and start working on submerging in the water. They will learn to open eyes under water, retrieve submerged objects and begin learning to float.
- **LEVEL 2 – FUNDAMENTAL SKILLS**
 - Builds on the skills learned in level 1 and gives participants success with fundamental skills such as floating and basic locomotion.
- **LEVEL 3 – WATER COORDINATION**
 - Builds on the skills in Level 2 and improves participants' coordination of simultaneous arm and leg actions and alternating arm and leg actions.

PRESCHOOL SWIMMING LESSONS SCHEDULE

SESSION 1				SESSION 2			
DATES: June 26 – June 30			Fee: \$30	DATES: July 17-July 21			Fee: \$30
Reg. #	Day(s)	Time(s)	Level	Reg. #	Day(s)	Time(s)	Level
109.211	Mon-Fri	9-9:50am	1	109.221	Mon-Fri	9-9:50am	1
110.211	Mon-Fri	9-9:50am	2	110.221	Mon-Fri	9-9:50am	2
111.211	Mon-Fri	9-9:50am	3	111.221	Mon-Fri	9-9:50am	3
109.212	Mon-Fri	10-10:50am	1	109.222	Mon-Fri	10-10:50am	1
110.212	Mon-Fri	10-10:50am	2	110.222	Mon-Fri	10-10:50am	2
111.212	Mon-Fri	10-10:50am	3	111.222	Mon-Fri	10-10:50am	3
109.213	Mon-Fri	11-11:50am	1	109.223	Mon-Fri	11-11:50am	1
110.213	Mon-Fri	11-11:50am	2	110.223	Mon-Fri	11-11:50am	2
111.213	Mon-Fri	11-11:50am	3	111.223	Mon-Fri	11-11:50am	3

2. RED CROSS LEARN-TO-SWIM (Participants must be 5 years old or older on the 1st day of class)

The Recreation Department will provide the American Red Cross Learn to Swim Program at the Sheldon Family Outdoor Aquatic Center. All swimming instructors are certified in First Aid, CPR, Lifeguard Training and/or Water Safety Instruction.

- **LEVEL 1 – INTRODUCTION TO WATER SKILLS**
 - Beginners that need the basics such as submerging, blowing bubbles and becoming comfortable moving through the water.
- **LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS**
 - Children that have passed Level 1 or are comfortable in the water. The objective of Level 2 is for students to learn to float on their own and begin to explore how to move through the water using different combined arm and leg actions.
- **LEVEL 3 – STROKE DEVELOPMENT**
 - Children that have passed level 2 or can float front and back independently for 5 seconds and swim unassisted for 15 feet on front and back. This level will work on gliding with a kick on front and back, treading water, jumping into deep water, kneeling dives from the edge, coordinating front crawl arms with rhythmic breathing, coordinating back stroke and elements of butterfly.
- **LEVEL 4 – STROKE IMPROVEMENT**

SWIMMING LESSONS SCHEDULE 2017

- Children that have passed level 3 or can swim front crawl with rhythmic breathing and back crawl for 15 yards and tread water for 30 seconds. This level will work on deep water bobbing, rotary breathing, standing dive from the edge, elementary back stroke, front crawl, back crawl, whip kick on front, scissors kick, safety and rescue skills.
- LEVEL 5 – STROKE REFINEMENT
 - Children that have passed level 4 or are comfortable performing those skills. This level will work on “fine tuning” the strokes and skills learned previously and introduce the breaststroke, sidestroke, dolphin kick, swimming underwater, safety and rescue skills.
- LEVEL 6 – SWIMMING AND SKILL PROFICIENCY
 - Children that have passed Level 5 or are comfortable performing those skills. This level refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with “menu” options that focus on preparing participants for lifetime fitness and safety as well as more advanced courses, or other aquatic activities including competitive swimming or diving.

AMERICAN RED CROSS SWIMMING LESSONS SCHEDULE

SESSION 1				SESSION 2			
DATES: June 12 – June 16		FEE: \$30		DATES: June 19 – June 23		FEE: \$30	
Registration #	Day(s)	Time(s)	Level	Registration #	Day(s)	Time(s)	Level
103.211	Mon-Fri	9:00-9:55am	1	103.221	Mon-Fri	9:00-9:55am	1
104.211	Mon-Fri	9:00-9:55am	2	104.221	Mon-Fri	9:00-9:55am	2
105.211	Mon-Fri	9:00-9:55am	3	105.221	Mon-Fri	9:00-9:55am	3
106.211	Mon-Fri	9:00-9:55am	4	106.221	Mon-Fri	9:00-9:55am	4
107.211	Mon-Fri	9:00-9:55am	5	107.221	Mon-Fri	9:00-9:55am	5
108.211	Mon-Fri	9:00-9:55am	6	108.221	Mon-Fri	9:00-9:55am	6
103.212	Mon-Fri	10-10:55am	1	103.222	Mon-Fri	10-10:55am	1
104.212	Mon-Fri	10-10:55am	2	104.222	Mon-Fri	10-10:55am	2
105.212	Mon-Fri	10-10:55am	3	105.222	Mon-Fri	10-10:55am	3
106.212	Mon-Fri	10-10:55am	4	106.222	Mon-Fri	10-10:55am	4
107.212	Mon-Fri	10-10:55am	5	107.222	Mon-Fri	10-10:55am	5
108.212	Mon-Fri	10-10:55am	6	108.222	Mon-Fri	10-10:55am	6
103.213	Mon-Fri	11-11:55am	1	103.223	Mon-Fri	11-11:55am	1
104.213	Mon-Fri	11-11:55am	2	104.223	Mon-Fri	11-11:55am	2
105.213	Mon-Fri	11-11:55am	3	105.223	Mon-Fri	11-11:55am	3
106.213	Mon-Fri	11-11:55am	4	106.223	Mon-Fri	11-11:55am	4
107.213	Mon-Fri	11-11:55am	5	107.223	Mon-Fri	11-11:55am	5
108.213	Mon-Fri	11-11:55am	6	108.223	Mon-Fri	11-11:55am	6
SESSION 3				SESSION 4			
DATES: July 10 – July 14		FEE: \$30		DATES: July 24 – July 28		FEE: \$30	
Registration #	Day(s)	Time(s)	Level	Registration #	Day(s)	Time(s)	Level
103.231	Mon-Fri	9:00-9:55am	1	103.241	Mon-Fri	9:00-9:55am	1
104.231	Mon-Fri	9:00-9:55am	2	104.241	Mon-Fri	9:00-9:55am	2
105.231	Mon-Fri	9:00-9:55am	3	105.241	Mon-Fri	9:00-9:55am	3
106.231	Mon-Fri	9:00-9:55am	4	106.241	Mon-Fri	9:00-9:55am	4
107.231	Mon-Fri	9:00-9:55am	5	107.241	Mon-Fri	9:00-9:55am	5
108.231	Mon-Fri	9:00-9:55am	6	108.241	Mon-Fri	9:00-9:55am	6
103.232	Mon-Fri	10-10:55am	1	103.242	Mon-Fri	10-10:55am	1
104.232	Mon-Fri	10-10:55am	2	104.242	Mon-Fri	10-10:55am	2
105.232	Mon-Fri	10-10:55am	3	105.242	Mon-Fri	10-10:55am	3
106.232	Mon-Fri	10-10:55am	4	106.242	Mon-Fri	10-10:55am	4
107.232	Mon-Fri	10-10:55am	5	107.242	Mon-Fri	10-10:55am	5
108.232	Mon-Fri	10-10:55am	6	108.242	Mon-Fri	10-10:55am	6
103.233	Mon-Fri	11-11:55am	1	103.243	Mon-Fri	11-11:55am	1
104.233	Mon-Fri	11-11:55am	2	104.243	Mon-Fri	11-11:55am	2
105.233	Mon-Fri	11-11:55am	3	105.243	Mon-Fri	11-11:55am	3
106.233	Mon-Fri	11-11:55am	4	106.243	Mon-Fri	11-11:55am	4
107.233	Mon-Fri	11-11:55am	5	107.243	Mon-Fri	11-11:55am	5
108.233	Mon-Fri	11-11:55am	6	108.243	Mon-Fri	11-11:55am	6

SWIMMING LESSONS SCHEDULE 2017

3. **PARENT AND CHILD AQUATICS (Ages 6 months – 3 years old)**

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water. Age is determined by the age on the first day of class.

PARENT AND CHILD AQUATIC SWIMMING LESSON SCHEDULE

SESSION 1				SESSION 2			
DATES: June 14, 21, 28, & July 5		FEE: \$25		DATES: July 12, 19, 26, & August 2		FEE: \$25	
Registration #	Day(s)	Time(s)	Level	Registration #	Day(s)	Time(s)	Level
101.211	Wednesday's	12-12:50pm	1	101.221	Wednesday's	12-12:50pm	1
102.211	Wednesday's	12-12:50pm	2	102.221	Wednesday's	12-12:50pm	2

4. **RED CROSS JUNIOR LIFEGUARDING (Ages 11-14)**

Are you interested in lifeguarding – but not quite old enough yet? This course is designed to give 11 to 14 years old a sneak peek into what it takes to become a great lifeguard. We cover all the basics and get you ready to enter the American Red Cross Lifeguarding program when you turn 15: introduction to lifeguarding, lifesaving skills, leadership skills, fitness and professional development. Lessons are carefully constructed to ensure effective training. Class completion does not certify you as a lifeguard. Prerequisites: Proficient swimmer having passed at least level 5.

SESSION 1		
Dates: July 5-7, July 10-14		Fee: \$15
Registration #	Days(s)	Time(s)
113.011	Mon-Thurs	12:00-12:45pm

HOW TO REGISTER FOR ANY OF THE ABOVE SWIMMING LESSON SESSIONS:

- Register online at www.sheldoniowa.com. Click on “City Services” on the front page and then click on “Register Online” on the next page. This will bring you to our Active Net site where you can register your child and pay online from the comfort of your home. If you have already used this system, just login using your account information. If you are new to the system you will have to create an account.
- Each program has a Registration Number assigned to it on the activity schedule. Use this number when searching for the program that you would like to register for online. You can also search for a program by typing in the program name.
- Walk-in registration is also available at the City Office from 7:30am-4:00pm Monday – Friday. Our Office address is 416 9th St, located in the Community Building Downtown. All walk-in registrations will be charged a \$2.00 registration fee per child with a maximum of \$6.00 per family.
- Pay close attention to the registration deadlines above as late fees will be assessed to late registrations. On-time registration is very important for uniform orders as well as accurate program rosters and team schedules. Late registrations are not guaranteed a requested uniform size or entrance into the program.

IMPORTANT REGISTRATION DEADLINES:

- **In Person Swimming Lesson Registration Ends: Friday, May 5 at 4:00PM**
- **Online Swimming Lesson Registration Ends: Sunday, May 7 at 11:59PM**

Refund Policy: For all programs you have 3 business days before the program starts between the hours of 7:30am-4:30pm. Any requests made after are only granted for extreme family emergencies or health reasons (with a Dr. excuse).