

POOL INFORMATION & HOURS

CACTUS AQUATIC & FITNESS CENTER

7202 E. Cactus Road • 480-312-7665

ELDORADO AQUATIC & FITNESS CENTER

2301 N. Miller Road • 480-312-2484

MCDOWELL MTN. RANCH AQUATIC & FITNESS CENTER

15525 N. Thompson Peak Parkway • 480-312-6677

POOLS ARE HEATED!

LAP SWIM HOURS (NOV '09 - APR '10):

M-F: 6am - 1pm, and 5 - 8pm (Cactus 6-8pm)

SAT: 8am - 12pm, (MMR & Eldorado)

SAT: 1pm - 5pm, Cactus ONLY

SUN: 10am - 2pm, Cactus ONLY
(MMR & Eldorado closed on Sundays)

LAP SWIM (ALL POOLS):

ADULT RESIDENT: \$2 **NON RESIDENT** \$3

LAP SWIM & FITNESS PASSES:

ADULT RESIDENT:
10 punch \$20, 30 punch \$60

ADULT NON-RESIDENT:
10 punch \$30, 30 punch \$90

GENERAL SCOTTSDALE POOL HOURS:

Pool hours subject to change. Please call ahead for more information. Call or visit www.scottsdaleaz.gov/Sports/Aquatics/ for specific hours of operation.

HOLIDAY HOURS

November 26 and 27 — Closed

December 24, 25, 26 — Closed

December 31 6am-1pm

January 1 Closed

January 18 8am-12pm (MMR & Eldorado)
1pm-5pm (Cactus ONLY)

February 15 8am-12pm (MMR & Eldorado)
1pm-5pm (Cactus ONLY)

May 29 & 30 1pm-5pm (MMR & Eldorado)
Cactus is Closed

May 31st 1pm-5pm (MMR & Eldorado)
2pm-5pm (Cactus)

WATER SAFETY CLASSES

AMERICAN RED CROSS LIFEGUARD TRAINING CLASS

The American Red Cross Lifeguard Training class is offered to those interested in becoming a certified lifeguard. The class includes certifications in First Aid, CPR for the Professional Rescuer, and AED (Automated External Defibrillation).

COURSE PREREQUISITES: Must be 15 years old, swim 300 yards (non-stop), retrieve 10lb. weight and swim timed. Participants must attend all classes. Refunds are not permitted.

FEES: \$100 Residents, \$150 Non-Residents

CLASS 1 CODE: 79136

LOCATION: Eldorado Aquatic Center
Please register by January 23

DATES & HOURS: 1/25-2/13
Mon & Wed 5-9pm, Saturdays 8am-2pm

CLASS 2 CODE: 79137

LOCATION: MMR Aquatic Center
Please register by February 12

Dates & Hours: February 16 - March 6
Tuesdays & Thursdays 5-9pm, Saturdays 8am-2pm

CLASS 3 (SPRING BREAK) CODE: 79612

LOCATION: Eldorado Aquatic Center
Please register by March 5

DATES & HOURS: March 8 - 12
Monday-Friday, 9am-5pm

CLASS 4 CODE: 79308

LOCATION: MMR Aquatic Center
Please register by March 12

DATES & HOURS: March 15 - April 3
Mon & Wed 5-9pm, Saturdays 8am-2pm



AMERICAN RED CROSS WATER SAFETY INSTRUCTOR CLASS

The Water Safety Instructor Course provides instructor candidates the training needed to teach courses in the American Red Cross Swimming and Water Safety Program. Students will develop an understanding of how to use course materials, how to conduct training sessions and how to evaluate participants' progress.

COURSE PREREQUISITES: Must be 16 years old. Participants must attend all classes. Refunds are not permitted.

FEES: \$120 Residents, \$180 Non-Residents

CLASS I CODE: 79611

LOCATION: Eldorado Aquatic Center
Please register by February 12

DATES & HOURS: February 15 - March 6
Mon & Wed 5-9pm, Saturdays 8am-2pm

CLASS II (SPRING BREAK) CODE: 79312

LOCATION: MMR Aquatic Center
Please register by March 5

DATES & HOURS: March 8-12
Monday-Friday 9am - 5pm





| LEARN TO SWIM | | SESSION 1 3/1-3/25 | | SESSION 2 3/29-4/22 | | SESSION 3 4/26-5/20 | |
|--------------------------------|-----------|-----------------------|---------|------------------------|---------|------------------------|---------|
| Class | Time | Mon/Wed | Tue/Thu | Mon/Wed | Tue/Thu | Mon/Wed | Tue/Thu |
| MCDOWELL MOUNTAIN RANCH | | | | | | | |
| Parent/Child | 2:45-3:15 | 79411 | 79413 | 79287 | 79289 | 79291 | 79293 |
| | 3:20-3:50 | 79412 | 79414 | 79288 | 79290 | 79292 | 79294 |
| Preschool | 3:20-3:50 | 79314 | 79379 | 79316 | 79380 | 79432 | 79433 |
| | 3:55-4:25 | 79315 | 79378 | 79317 | 79381 | 79318 | 79382 |
| | 2:45-3:15 | 79416 | 79397 | 79430 | 79431 | 79239 | 79240 |
| Level 1 | 3:20-3:50 | 79396 | | | | | |
| | 3:20-3:50 | 79393 | 79417 | 79236 | 79237 | 79241 | 79242 |
| | 3:55-4:25 | | 79399 | | | | |
| | 3:55-4:25 | | 79394 | | 79238 | 79243 | 79244 |
| | 4:30-5:00 | 79398 | | | | | |
| Level 2 | 4:30-5:00 | 79395 | | 79234 | 79235 | 79245 | 79246 |
| | 2:45-3:15 | 79404 | | | 79247 | 79251 | 79252 |
| | 3:20-3:50 | | 79405 | | 79249 | 79253 | 79258 |
| | 3:55-4:25 | 79403 | | 79248 | | 79254 | 79255 |
| Level 3 | 4:30-5:00 | | 79406 | | 79250 | 79256 | 79257 |
| | 2:45-3:15 | | | | | 79262 | 79270 |
| | 3:20-3:50 | 79420 | 79421 | 79422 | 79259 | 79263 | 79271 |
| | 3:20-3:50 | 79418 | 79419 | 79423 | 79265 | 79267 | |
| | 3:55-4:25 | | | | | 79274 | |
| | 3:55-4:25 | 79407 | 79424 | 79261 | 79260 | 79268 | 79275 |
| | 4:30-5:00 | | | | | 79273 | |
| Level 4 | 4:30-5:00 | 79425 | 79408 | 79426 | 79266 | 79272 | 79277 |
| | 4:30-5:00 | | | | 79264 | 79269 | 79276 |
| | 3:20-3:50 | 79427 | | | | 79286 | |
| | 3:55-4:25 | 79428 | 79409 | 79429 | | 79284 | 79285 |
| Adult Learn-to-Swim | 3:55-4:25 | | | | 79283 | 79279 | 79281 |
| | 4:30-5:00 | 79410 | | | 79278 | 79280 | 79282 |
| Rec Swim Team | 7:00-8:00 | 79415 | | 79383 | | 79384 | |
| | 3:30-4:15 | | | | | 79295 (M-Th) | |

LEARN TO SWIM CLASSES: M/W or T/TH, \$22.00 Resident/\$33.00 Non-Resident
REC SWIM TEAM: M-Th, \$41.00 Resident/\$62.00 Non-Resident

SWIM LESSON PROGRAM GENERAL INFORMATION

- Spring swim lessons are conducted Monday/Wednesday or Tuesday/Thursday for four weeks
- Each class is 30 minutes in length.
- Swim lesson fee:
 Residents \$22/session per participant
 Non-Residents \$33/session per participant

SESSION DATES

- SPRING SESSION 1:** Mar 1 - Mar 25 (MMR ONLY)
SPRING SESSION 2: Mar 29 - Apr 22 (MMR ONLY)
SPRING SESSION 3: Apr 26 - May 20

REGISTRATION DATES

- SESSION 1, 2 & 3:**
 Resident registration begins 2/2
 Non-Resident registration begins 2/9

SWIM LESSON ASSESSMENT DATES: Certified instructors will conduct a swim test to determine the child's current level. All participants will receive a skill checklist and recommended level to assist with lesson registration. Swim Assessments are scheduled every 30 minutes on the following dates:
 March 27 - from 8am-12pm @ MMR and Eldorado
 March 27- from 1-5pm @ Cactus
 May 1- from 1-5pm @ MMR, Eldorado and Cactus

LEARN TO SWIM LESSONS

All City of Scottsdale Instructors are certified by the American Red Cross. The Learn-to-Swim program teaches swimming and safety skills in a logical progression. It is important for the student to be registered in the proper level. Please use the age guidelines and the class descriptions to help determine the appropriate level for your child. Detailed information can be provided by the aquatic staff. Swim Lesson Assessments are also offered by the staff to help determine the child's current level. Please call if you have questions.

“PARENT & CHILD” AQUATICS

(1:10 ratio) ages 6 mo to 3 yrs. Parents (or caregiving adults) are taught techniques and positions to enhance their child’s comfort level in the water. Basics include water adjustment, body positions, and breath control. This class introduces infants and toddlers to aquatics with parental presence in the water. Note: this class is water acclimation, not swimming lessons.

PRESCHOOL AQUATICS: “ORIENTATION TO BASIC SKILLS”

(1:6 ratio) ages 3-4 years and should be able to enter the water and participate without parental presence. Objective: gives young children a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Helps participants feel comfortable and safe in the water.

LEVEL 1: “INTRODUCTION TO WATER SKILLS”

(1:6 ratio) ages 4-5 years and should be able to enter the water and participate without parental presence.

Objective: learning elementary skills and helping students feel comfortable in the water. Includes breath control, bobbing, floating and gliding, fully submerging head, retrieving underwater objects, and safety skills.

LEVEL 2: “FUNDAMENTAL AQUATIC SKILLS”

(1:6 ratio) ages 4-6 years and be able to enter & exit unassisted and float on front & back for 3 seconds. Objective: success with fundamental skills. Includes floating and gliding without support, introduction to arm and leg actions on the front and back, treading water, and safety skills.

LEVEL 3: “STROKE DEVELOPMENT”

(1:6 ratio) ages 4-7 years and be able to float on front & back for 5 seconds and swim 15 yards using arm & leg movements on front & back. Objective: build on skills in Level 2 through guided practice in deeper water. Includes coordination of the front and back crawl, introduction to elementary backstroke, dolphin kick, treading water, diving from pool-side and safety skills.

LEVEL 4: “STROKE IMPROVEMENT”

(1:8 ratio) ages 7 and older and be able to swim freestyle for 15 yards using rhythmic breathing, tread water or float for 30 seconds and swim back crawl for 15 yards. Objective: develop confidence and builds endurance by swimming lengths of front crawl and back crawl for greater distances. Builds on elementary backstroke, introduces breaststroke, sidestroke and butterfly, and safety skills.

RECREATIONAL SWIM TEAM

TIMES: Mon-Thu for 4-weeks. (Each practice is 45-minutes in length)

SWIM TEAM FEE: Residents \$41/participant, Non-Residents \$62/participant

Offered at Cactus and MMR Aquatic Centers, this program focuses on enhancing and improving swimming strokes, while maintaining a recreational environment. Swimmers will focus on proper stroke, start and turn techniques. Participants must be able to swim 25 yards across the pool in all of the four competitive strokes (freestyle, backstroke, breaststroke and butterfly); level 4 proficiency.

| LEARN TO SWIM | | SESSION 3 | | SESSION 3 | |
|---------------|-----------|--------------|---------|-----------|---------|
| | | 4/26-5/20 | | 4/26-5/20 | |
| Class | Time | Mon/Wed | Tue/Thu | Mon/Wed | Tue/Thu |
| | | CACTUS | | ELDORADO | |
| Parent/Child | 3:20-3:50 | 79209 | 79210 | 79386 | 79368 |
| | 3:55-4:25 | | | 79369 | 79367 |
| Preschool | 3:20-3:50 | | | 79387 | 79389 |
| | 3:55-4:25 | 79226 | 79227 | 79388 | 79390 |
| | 4:30-5:00 | 79228 | 79229 | | |
| Level 1 | 3:20-3:50 | 79161 | 79162 | 79353 | 79354 |
| | 3:55-4:25 | 79163 | 79164 | 79355 | 79356 |
| | 4:30-5:00 | 79165 | 79166 | | |
| Level 2 | 3:20-3:50 | 79175 | 79176 | 79357 | 79358 |
| | 3:55-4:25 | 79177 | 79178 | 79359 | 79360 |
| | 4:30-5:00 | 79179 | 79180 | | |
| Level 3 | 3:20-3:50 | 79181 | 79190 | 79362 | 79385 |
| | 3:20-3:50 | 79189 | 79218 | | |
| | 3:55-4:25 | 79191 | 79192 | | |
| | 3:55-4:25 | 79195 | 79225 | | |
| | 4:30-5:00 | 79193 | 79194 | 79364 | 79363 |
| Level 4 | 4:30-5:00 | 79219 | 79220 | | |
| | 3:20-3:50 | 79221 | 79222 | | |
| | 3:55-4:25 | 79203 | 79204 | | |
| | 4:30-5:00 | 79205 | 79206 | | |
| | 4:30-5:00 | 79223 | 79224 | 79365 | 79366 |
| Rec Swim Team | 3:30-4:15 | 79211 (M-Th) | | | |

LEARN TO SWIM CLASSES: M/W or T/TH, \$22.00 Resident/\$33.00 Non-Resident

REC SWIM TEAM: M-Th, \$41.00 Resident/\$62.00 Non-Resident

AQUATIC TEAM OPPORTUNITIES

SCOTTSDALE AQUATIC CLUB

A United States Swimming Team. The City sponsored Scottsdale Aquatic Club is a year-round competitive swimming team. For more info call (480) 951-5368 or visit scottsdaleswim.com.

CLAVADISTAS DEL SOL

A United States Diving Team. The City sponsored Clavadistas Del Sol is a year-round competitive diving program, open to divers of all abilities and ages. For more information contact: Josh Rusboldt 480-329-6035, Lia Fusaro 480-980-3505 or email: cdsdiving@yahoo.com or visit our website www.cdsdiving.org.

SCOTTSDALE SYNCHRO ARIZONA

A year round United States Synchronized Swimming program open to swimmers ages 7 & up. For more info please call 602.740.6486 or visit www.scottsdalesynchro.org.

SUN DEVIL MASTERS

A swim club for anyone interested in the benefits of swimming! For information call Suzanne Percy at 602-818-4790 or email suzanne@sundevilmasters.org.

AQUATIC INCLEMENT WEATHER POLICY

The Aquatic facilities will be closed during electrical storms and other inclement weather. If the pool is closed & lessons are cancelled, lessons will not be made up. If three or more days in a session are missed due to weather, a credit can be issued to each participant for each day missed over 3 days. The credit must be requested and is good for future programs. Always call ahead to verify pool closures.

SPECIALTY CLASSES

SEE CHARTS FOR SPECIFIC DAYS & TIMES

All classes are 50 minutes in length unless otherwise noted

AGES: 13 and older

FEES: Monthly pre-registration is recommended (fee varies)

DROP-IN FEE: \$4 Resident/\$6 Non-Resident, space permitting (Drop-in participation is limited due to class size. Drop-in may not be accommodated if class registration is full.)

PLEASE NOTE: Classes must meet minimum enrollment levels. Classes will be cancelled one week prior to the start date if the minimum enrollment level is not met.

SHALLOW WATER EXERCISE

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down. Classes run M-F at MMR, Cactus and Eldorado.

MONTHLY REGISTRATION: \$30 R / \$45 NR

DEEP WATER EXERCISE

Challenge yourself to the next level of physical fitness! This class is performed in the deep end of the pool features aerobic exercise, treading water, and activities that improve swimming technique & fitness. A variety of water equipment is used for conditioning and total body toning. Classes run M/W/F at MMR and Eldorado.

MONTHLY REGISTRATION: \$19 R / \$29 NR

| WATER EXERCISE | | | | | | | |
|-------------------------|-------------|-------------|----------|----------|----------|-----------|-----------|
| Class | Time | DEC* | JAN** | FEB** | MAR | APR | MAY |
| | | 11/30-12/18 | 1/4-1/29 | 2/1-2/26 | 3/1-3/26 | 3/29-4/23 | 4/26-5/21 |
| MCDOWELL MOUNTAIN RANCH | | | | | | | |
| Shallow Water Exercise | 9am (M-F) | 78173 | 79319 | 79321 | 79299 | 79302 | 79301 |
| | 10am (M-F) | 78177 | 79320 | 79322 | 79300 | 79303 | 79304 |
| Arthritis | 11am (T/TH) | 78184 | 79341 | 79342 | 79305 | 79306 | 79307 |
| Deep Water Exercise | 11am (MWF) | 78133 | 79323 | 79324 | 79296 | 79297 | 79298 |
| CACTUS | | | | | | | |
| Shallow Water Exercise | 9am (M-F) | 78236 | 79151 | 79153 | 79214 | 79212 | 79216 |
| ELDORADO | | | | | | | |
| Shallow Water Exercise | 8am (M-F) | 77968 | 79391 | 79336 | 79374 | 79392 | 79370 |
| | 9am (M-F) | 77964 | 79334 | 79335 | 79371 | 79372 | 79373 |
| Tai Chi | 9am (MWF) | 77973 | 79337 | 79338 | 79375 | 79376 | 79377 |
| Ache Away | 10am (MWF) | 77924 | 79325 | 79326 | 79345 | 79346 | 79347 |
| Arthritis | 11am (MWF) | 77977 | 79339 | 79340 | 79400 | 79401 | 79402 |
| Deep Water Exercise | 11am (MWF) | 77933 | 79329 | 79328 | 79610 | 79348 | 79349 |
| | 6pm (MWF) | 77929 | 79331 | 79330 | 79351 | 79352 | 79350 |

* December classes prorated

** No classes on 11/18, 11/26, 11/27 & 2/15 due to holiday hours

ACHE AWAY EXERCISE

Back Ache? Joints hurt? Have arthritis? Try this specially designed class for any individual who needs gentler, slower paced water exercise. Emphasizes stretching & toning. Taught by a certified arthritis instructor. Classes run M/W/F at Eldorado.

MONTHLY REGISTRATION: \$17 R / \$26 NR

TONE & TAI CHI

This class combines water exercises with Tai Chi moves. It benefits students of all ages and abilities by using the water to increase strength, flexibility, balance and energy. A great way to start your day or prepare yourself for water exercise or lap swim. Classes run M/W/F at Eldorado.

Monthly Registration: \$17 R / \$26 NR

ARTHRITIS FOUNDATION AQUATIC PROGRAM

This class is designed to accommodate individuals living with arthritis. The class format will be a gentle, slow paced exercise class focusing on muscular strength, endurance and flexibility/stretching. Instruction is provided by a certified Arthritis Foundation Aquatic Program. Classes run M/W/F at Eldorado and T/Th at MMR.

MONTHLY REGISTRATION VARIES

Eldorado (M/W/F): \$17 R / \$26 NR

MMR (T/TH): \$13 R / \$20 NR

