SCOTTSDALE AQUATICS OFFERS:

- SWIM LESSONS FOR ALL AGES (YOUTH & ADULT)
- WATER EXERCISE CLASSES
- LOG ROLLING CLASSES
- UNIQUE EVENTS

For more information, visit ScottsdaleAZ.gov and search 'Aquatics'

POOL LOCATIONS:

CACTUS AQUATIC & FITNESS CENTER (CACT)
7202 E. Cactus Road | 480-312-7665

ELDORADO AQUATIC & FITNESS CENTER (ELDO)
2301 N. Miller Road | 480-312-2484

MCDOWELL MOUNTAIN RANCH AQUATIC & FITNESS CENTER (MMRA)
15525 N. Thompson Peak Parkway | 480-312-6677

FALL POOL HOURS:
Call or visit ScottsdaleAZ.gov and search 'Aquatics' for specific hours of operation and entrance fees.

LAP SWIM FEES
Adult (R): $3 / Adult (N): $5
Child (R): $2 / Child (N): $3
CACT / CHAP / ELDO / MMRA

SWIM LESSON DATES:

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<th>Session 1</th>
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<th>9/4 - 9/25 *no class 9/2</th>
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<td>Session 2</td>
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<td>9/7 - 10/26 (MMRA only)</td>
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DUNKIN’ FOR PUMPKINS

Sunday, October 27 from 1-4 pm
Did you know that pumpkins can float? Come join us at the McDowell Mountain Ranch Aquatic Center for our floating pumpkin patch! The pool will be heated and there will be stations for decoration and other activities after you have picked your pumpkin. Cost is $10 per pumpkin (while supplies last)!
Register now to reserve your pumpkin!

Call 480-312-6677 for more information, or register at Recreation.ScottsdaleAZ.gov and search "pumpkin"

AQUATIC INCLEMENT WEATHER POLICY – The Aquatic facilities will be closed during electrical storms and other inclement weather. If the pool is closed & lessons are canceled, lessons will not be made up. If 4 or more days in a session are missed due to weather, a credit can be issued for each day missed, starting on the fourth day. The credit must be requested and is good for future programs. Always call ahead to verify pool closures.
YOUTH LEARN TO SWIM LESSONS

Use the age guidelines and the class descriptions to help determine the appropriate level for your child. Swim lesson assessments are offered by the staff to help determine the best class for the child. Please call the aquatic centers directly, if you have questions.

Fall 2019 Lessons | Sept. 4 - 25 / CACT, ELDO, MMRA | Sept. 7 - Oct. 26 / MMRA only

SEA BABIES
(6mo-3yrs / 1:12 ratio)
- Water acclimation class
- Water safety concepts for caregivers and students
- Introduction to swimming skills

OTTERS
(5-7yrs / 1:6 ratio)
- Students must be comfortable in deep water
- Survival float and treading water
- Head first entries
- Freestyle stroke concepts
- Introduction to backstroke

TADPOLES
(3-5yrs / 1:4 ratio)
- Students participate without caregiver presence
- Basic water safety skills (asking permission, putting on lifejackets)
- Blowing bubbles, underwater exploration, assisted and unassisted submersion
- Assisted streamlines & rolling from back to front and front to back
- Swim benchmarks in swim wear and regular clothes

DOLPHINS
(6yrs+ / 1:6 ratio)
- Students must be comfortable in deep water
- Water safety concepts and how to call 9-1-1
- Backstroke & butterfly concepts

GUPPIES
(3-5yrs / 1:4 ratio)
- Basic water safety skills (putting on a life jacket & kick 20 ft)
- Jump in, submerge, and recover for air assisted and unassisted
- Assisted and unassisted streamline, unassisted front and back floats
- Assisted and unassisted forward movement (kicking and pulling) on front and back
- Swim benchmarks in swim wear and regular clothes

ORCAS
(7yrs+ / 1:6 ratio)
- Students must be comfortable in deep water
- Breaststroke & side stroke concepts
- Endurance building

SEA TURTLES
(4-6yrs / 1:6 ratio)
- Students must be comfortable moving independently in water 4 feet deep
- Variations of side glide and streamline assisted and unassisted
- Jump in and move independently towards the wall
- Treading water
- Swim benchmarks in swim wear and regular clothes

SHARKS
(7yrs+ / 1:6 ratio)
- Students must be comfortable in deep water
- Survival floating and treading water for longer durations
- Refinement of all four competitive strokes
- Racing starts and endurance building

SWIM LESSON AND CLASS INFORMATION IS ALL ONLINE!

Search for swim lessons by class name or by location.
Recreation.ScottsdaleAZ.gov
ADULT SPECIALTY CLASSES

(13 yrs+ / 50 min) All classes are 50 minutes in length unless otherwise noted. Classes must meet minimum enrollment levels. Classes will be canceled one week prior to the start date if the minimum enrollment level is not met.

Fees: Monthly pre-registration is recommended (fee varies, check online).

Drop-in participation is limited due to class size and may not be accommodated if class registration is full.

ACHE AWAY EXERCISE
(13 yrs+): Back Ache? Joints hurt? Have arthritis? Try this specially designed class for any individual who needs gentler, slower paced water exercise. Emphasizes stretching and toning.

DEEP WATER EXERCISE
(13 yrs+): 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 and fitness. A variety of water equipment is used for conditioning and total body toning.

SHALLOW WATER EXERCISE
(13 yrs+): 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.

TONE AND TAI CHI
(13 yrs+): 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.

LOG ROLLING
(13 yrs+): Log rolling is an aquatic sport in which participants use foot work, core strength, and balance to stay on top of a spinning log in the water. It offers participants a fun balance challenge with strong fitness benefits.

Find what you're looking for.
Register for classes online at Recreation.ScottsdaleAZ.gov.

Search by class name and sort by location, time and day of week.