

Classess

Adult Water Exercise Class

Shallow water 3-foot depth. A 50-minute complete aerobic workout!

Starting with warm up movements to get the heart pumping, followed by a complete cardio workout designed to target all your major muscle groups and burn off fat.

Ending up in a cool down period of stretches and breathing exercises which all will leave you feeling fit and with that "runner's high".

All this to great music while making friends to share the experience.

11:00 Am to 12:00 Noon Saturdays @ Holiday Park Pool

June 10, June 17, June 24, July 1, July 8, July 15, July 22, & July 29

\$40.00 for 8-Week Session or \$5.00 per class

Instructor: T.B.A.

Introduction to Water Polo

This is a fun 2 hour per Saturday Introduction to Water Polo Camp taught by local youth coaches. Participants will learn the fundamentals and game strategy. Kids 8 & up will have a blast while learning this fast-paced game and having an opportunity to play in local scrimmages and tournaments!

11:00 AM to 1 PM Saturdays @ Oak Park Pool

June 10, June 17, June 24, July 1, July 8, July 15, July 22, & July 29

\$40.00 for 8 Week Session or \$5.00 per class.

Coach Dominique "Nikka Simoni" will be on deck to motivate your kids!

Baby & Me

This is an introduction to the water for infants and toddlers 0-3 years, and their parents. 12:00 Noon - 1PM Saturdays @ Holiday Park Pool

June 10, June 17, June 24, July 1, July 8, July 15, July 22, & July 29

\$40.00 for 8 Week Session or \$5.00 per class.

Water Safety Carnival Events

We will work with local non-profits to provide (3) special H2O Safety Days to bring awareness to the importance of becoming water safe. We will have CPR and Lifeguard demonstrations, partner with other agencies, and offer family fun with inflatables, music, games and prizes. These events will be free to the public.

June 19 Monday 4:00-8:00 PM Oak Park Pool Free Admission

June 26 Monday 4:00-8:00 PM Sousa Park Pool Free Admission

July 10 Monday 4:00-8:00 PM Holiday Park Pool Free Admission

PUBLIC SWIMMING

Tuesdays-Sunday 1:00-6:00 PM Open Swim

6:00-8:00 PM Family Swim

Pool Fees: Oak Park, Sousa Park, & Brooking	\$3.00 per person
Season Family Pass (4 Adults & 4 Children)	\$50.00 per year
Family Swim Period	\$3.00 per person
Holiday Park	\$3.00 per person/\$1 for Neighborhood Residence

Public Swimming Sessions

Open to the public any age. Participants Must be accompanied by an adult over the age of 18 if they are under the age of 8 years old.

Family Swimming Sessions

Families will be encouraged to enjoy the pool. No unaccompanied minors under the age of 18 will be able to participate in this session

- Oak Park Pool - 3537 Alvarado Ave.
- Sousa Park Pool - 2829 Yellowstone Ave.
- Holiday Park Pool - 5710 Kermit Ln.
- Brooking Park Pool - 4505 Nugget Ave.