

ORCA

Summer ORCA (Oak Ridge City Aquatics) is a summer swim team for children ages 5-18. Swimmers must be able to swim 100 yards unassisted to participate. A swim test will be given the first day. The fee is \$120* per swimmer. Swimmers will participate in workout sessions Monday - Friday from 11:30 a.m. to 1 p.m. and/or 6:30-8:00pm on Mondays and Wednesdays at the outdoor pool. Swimmers will also participate in GKAIISA league swim meets. Swimmers must have a signed release and fees paid to participate. For further information call the Recreation and Parks Department at 425-3450. The packet of forms can be found at www.orrecparks.org. They may be printed, filled out, and returned with applicable fees beginning Monday, May 2nd.



Guard Start



The American Red Cross' Guard Start program includes a week-long session for children from 11-12 year olds and another week long session for 13-14 year olds. In the sessions, children will develop lifeguard

knowledge, attitudes and skills, and will learn about such things as fitness, leadership and professionalism. Sessions are July 18-22 for ages 11-12 and July 25-29 for ages 13-14. The time is from 10a.m.- 4p.m. and the cost is \$85*. You will need to send a packed lunch with your child each day as well as have him or her wear tennis shoes and socks . Don't forget your swim suit!

Water Exercise

The Oak Ridge Recreation and Parks Department will start a new water exercise session on June 6th. The classes run for six weeks and meet indoors Mondays, Wednesdays, and Fridays, from 1:00pm-2:00pm. The fee is \$37.50* for the six week session or \$3.25 per visit.



Aqua Power

This program is geared toward people who wish to receive a workout in the water; individuals will be encouraged to work at their own pace. Participants do

not have to swim or get their hair wet. Classes are held Monday & Wednesday evenings 7:30-8:30pm. The fee is \$42 for a six-week session or \$5 per class. Summer sessions run May 2-June 13 & June 15-July 27.

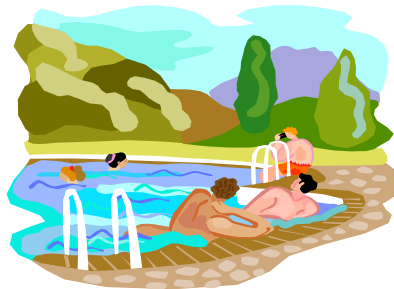
**Non-Resident Fees of \$20 (adult) \$10 (child) may apply!*

Swim Sessions

Public Lap Various lanes are available depending on other activities. The cost is \$3.00 for adults and \$1.50 for children. Lap time is from Noon-1pm at the outdoor pool on the 100 meter course. Indoor lap swim is 11:00 am- 1:00pm and 4:00 pm-6:30pm.

Public Swim Fun for All Ages! Public swim is a relaxed environment for both individuals and families. The only floatation devices that are allowed must be attached to the body and are allowed only in the shallow water. The cost is \$3.00 for adults and \$1.50 for children. There is always public swim at the outdoor pool, Monday-Friday Noon-8pm, Saturday 10:00am- 8:00pm, and Sunday 10:00pm-7:00pm.

Senior Swim - Lap swim session open to swimmers, who are fifty-five years old and older. Admission is half price during this swim session which is \$1.50. Senior swim sessions are at the Indoor swimming pool from 10:00am-11:00am Monday-Friday.



OUTDOOR POOL OPERATING HOURS



Monday-Friday-12p.m.-8p.m.
Saturday-10 a.m.-8 p.m.
Sunday-10 a.m.-7 p.m.

GENERAL ADMISSION

Adults (18 yrs. & over).....\$3.00
Children (4-17 yrs.).....\$1.50

SEASON PASSES

*Must be an Oak Ridge Resident
(Season passes good at Outdoor Pool only)*

Children (4-17 yrs)\$47.50
Adults\$105.00
Family\$187.50

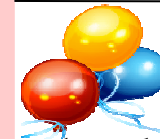
*Season Passes may only be purchased at the
Civic Center Front Desk*

BOOK OF 25 TICKETS

*Must be an Oak Ridge Resident
(Good at both pools)*

Children.....\$29.00
Adults\$58.00

ANNUAL PASSES \$337.50



Come Party With Us!!!

The outdoor pool is available for private party rental on most evenings during our summer operational period. Parties are scheduled to begin 30 minutes after the daily closing time and last for a two hour time period. Life-guards are provided and rental costs start at \$250. Food and drinks are allowed in specific areas surrounding the pool. Call (865) 425-3450 to check on availability, regulations, and/or to reserve a time.

Summer Swim Lessons

The Oak Ridge Recreation and Parks Department offers American Red Cross swimming classes. These classes are for swimmers in levels 1-6. Registration is at the Civic Center Front Desk and needs to be made a minimum of one week before the session begins. Payment is due at the time of registration. For further information please call the Recreation and Parks Department, 425-3450 or email us at swimlessons@corntn.org. Enrollment is limited. The cost is \$60* for 8 thirty minute sessions. Classes are held four days a week for 2 weeks.



Parent-Child Aquatics

We will be offering our Parent-Child Aquatics Classes for young children who are better served with parent participation during their beginning swim lesson experience. Ages 6 months to 4 years.

Pre-School Aquatics

The Pre-School Aquatics program is designed for children who are potty trained and ready to separate from the parent. Suggested ages 2 to 4 years old.

Private Lessons

In addition one on one lessons will be available upon request for \$100*. It will include 4- 30 minute lessons over four days. To schedule times please contact 425-3450.

Junior Swimming Instructors (JSI)

The JSI program is designed for those too young to lifeguard, but ready to volunteer and learn the responsibility of teaching. It is for children 12 years to 16 years to train and practice being swimming instructor assistants. Students should have achieved at least a level 4 in swimming skills. A swimming test the first day will include treading water, front and back floats, as well as general swimming abilities. The students will learn basic water safety around the pool and how to assist instructors in teaching swimming lessons. Hands on practice will ready the student to later become Water Safety Instructors. The program will be taught in 2 week sessions, June 20-June 30 1, July 5-14, and July 18-28, meeting Monday - Thursday 10am to 2pm at the outdoor pool. Cost is \$60* per session.

Adult Swim Lessons

Enrollment is limited. The cost is \$60* for 8 thirty minute sessions. Classes are held four days a week for 2 weeks, see our website or the Civic Center Front Desk for dates & times.



**Non-Resident Fees of \$20 (adult) \$10 (child) may apply!*



American Red Cross

Oak Ridge Recreation and Parks offers American Red Cross Swim Lessons

Parent-Child Aquatics (6 mo.—4 years)

*For young children who are more comfortable beginning lessons with parent participation

Pre-School Aquatics (2-4 years)

*For the young child who has a desire to learn and separate from the parent

Level 1-Introduction to water

*For children of all ages who have a desire to learn and can separate from parent

Level 2-Fundamental Aquatic Skills

*For the child who will submerge mouth, nose, and eyes

*Comfortable maintaining front / back

*Swim on front & back; explores arm & leg action for at least five feet with support

Level 3—Stroke Development

*For the child who will submerge head in rhythmic pattern (bobs)

*Open eyes underwater, pick up submerged object

*Push off from edge on front and back with glide

*Combine arm/leg action, using any combination of alternating and simultaneous action on front & back.

Level 4 -Stroke Improvement

*For the child who will jump into deep water, head first entry

*Submerge and retrieve object, bobs with head fully submerged

*Rotary breathing with the body in a horizontal position

*Swim front / back crawl 25 yards and comfortable in the deep water

Level 5 -Stroke Refinement

*Must have passed Level 4

Level 6-Fitness Swimmer

*Must have passed Level 5

Guard Start (11-14 years)

*see description on inside cover of brochure

*Please Register a minimum of 1 week before the session begins

*Registration will CLOSE on the first day of each session

City of Oak Ridge Summer Aquatics Programs 2011



Recreation & Parks Department

Swim Lessons
Water Exercise
Aqua Power
Guard Start
ORCA

Private Parties
Adult Swim Lessons
One on One Lessons
Junior Swim Instructors (JSI)

Aquatic Registration Begins:

May 2, 2011 at the

Civic Center Recreation Building

***Please Register a minimum of 1 week
before the session begins**

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