



DANIEL MEYER POOL — Opening Day June 21, 2010*

1705 Homes Ave, Ashland | 541-488-0313 | Daniel Meyer Pool is a seasonal, outdoor pool located in Hunter Park

*Mid-day lap swim begins June 15

Starfish Aquatic Institute (SAI)[®] SWIM LESSONS

REGISTRATION INFORMATION

Register On-Site at Daniel Meyer Pool or at the ASHLAND PARKS & RECREATION Office! Online registration is NOT available for Swim Lessons. **Participants may only register for one swim session at a time. Proof of swim level testing completion is required at the time of registration.**

**Registration at the Ashland Parks & Recreation Office (APRD)
340 South Pioneer Street in Ashland — 541.488.5340**

DAYS	DATES	SESSION/S	TIME	PLACE
Monday—Friday	June 1—17	A, B, or C	8am—5pm	APRD
Monday—Friday	June 1—July 8	B or C	8am—5pm	APRD
Monday—Friday	June 1—July 29	C	8am—5pm	APRD

On-Site Registration at Daniel Meyer (DM) Pool

DAY	DATE	SESSION/S	TIME/S	PLACE
Friday	July 2	B or C	9am—11am or	DM Pool
Friday	July 23	C	3:30—6pm	DM Pool

SWIM LEVEL TESTING INFORMATION

Swim Level Testing is **MANDATORY** for all **NEW** swim lesson participants. Testing is **FREE** and available only on the following dates and times.

Swim Level Testing Dates — 541.488.5340 / Additional dates and times available, please call

DAY	DATE	SESSION/S	TIME	PLACE
Tuesday—Friday	June 22—July 2	B & C	8:30—9am	DM Pool
Tuesday—Friday	July 13—23	B & C	8:30—9am	DM Pool

Categories & Classes

See Pool Schedule for Specific Times

Lap Swim

AGES 13 years and up — Must be able to swim continuous laps

Open Swim

AGES All ages welcome

Gentle Swim

AGES 18 years and up — Not a lap swim time, but for those wanting a gentle swimming experience in a designated lane

Senior Swim

AGES 50 years and up — A time for adults only

A.M. H₂O Aerobics

AGES 18 years and up — Staff-led training

Water Fitness

AGES 18 years and up — Instructor-led circuit training

Water Polo Pick-up Games

AGES 12 years and up — Come join the fun, no experience needed

P.M. Water Aerobics

AGES 18 years and up — Instructor-led training

Private Lessons

AGES All ages welcome —1-on-1 — Development and refinement of strokes and learn to swim skills.

Pre-registration required

StarBabies 1 and 2

AGES Class 1 is for ages 6—23 months, Class 2 is for ages 24—35 months

CLASS Parent participation required — Get comfortable with your baby in the water

Preschool

AGES 3-5 years, must turn 3 by the start of class

CLASS Four students per instructor. Takes place in the big pool

Swim School

AGES 6—8 years & 9 and up (ability-based—ages are approximate)

CLASS Learn water safety and swimming basics

Stroke School 1

Lower levels/colors white, red, lower yellow

AGES Ability based

CLASS Taught in a pre-swim team format. Works on new strokes — butterfly and breast stroke. Perfects freestyle and back stroke. Introduces students to new drills for all strokes. Begins to increase endurance. This class will have one meet (with ribbons)

Stroke School 2

Upper levels/colors upper yellow, blue, green

AGES Ability based

CLASS Taught in a swim team format. Perfects breast stroke and butterfly. Teaches students swim team vocabulary: disqualification, heats, personal records, and so on. Improves and consistently works on endurance. Introduces sprints and different workout sets incorporating all four strokes. This class will have two to three meets (with ribbons and record times)

Swim Lesson Schedule *July 11—August 15 only

SESSION A: June 22—July 2

SESSION B: July 13—23

SESSION C: July 27—August 6

(Wk 1: Tue—Fri) (Wk 2: Mon—Fri)

TIME	PROGRAM
9—10am	Stroke School (lower level colors)
10—11am	Stroke School (upper level colors)
3:30—4:10pm	Preschool/StarBabies
4:15—4:55pm	Swim School (Ages 6—8)
5—5:40pm	Swim School (all levels/colors) / Preschool
5:45—6:25pm	Stroke School (all levels/colors)
3:30—4:30pm	Private Lessons

Class Cancellations

Classes will ONLY be canceled in case of lightning. No make-ups or refunds for missed or canceled classes.

The SAI, Starfish Swimming, and Starfish Swim School word-marks are registered trademarks of the Starfish Aquatics Institute. The Starfish Stroke School and StarBabies word-marks are trademarks of the Starfish Aquatics Institute.

ASHLAND PARKS & RECREATION is an independent Authorized Provider of the Starfish Aquatics Institute.

Pool Schedule

Limited Opening Schedule June 15—18.....	
TUESDAY—FRIDAY	
TIME	PROGRAM
11:15am—12:30pm	Lap

Holiday Hours			
DATE/TIME	4th of July	CLOSED	
		Labor Day Weekend (Sep 4—6)	
		10—11am	Senior Swim
		11:15am—12:30pm	Lap Swim
		12:45—4pm	Open Swim

Lap Swim	
JUNE 21—SEPTEMBER 3, MONDAY—FRIDAY	
7—8:30am	
11:15am—12:30pm	
6:45—7:45pm (Mon, Wed, & Fri ONLY)	
11:15am—12:30pm (Sat & Sun)	

Open Swim	
JUNE 21—SEPTEMBER 3, MONDAYS—FRIDAYS	
12:45—3:15pm	
JUNE 26—AUGUST 29, SATURDAYS & SUNDAYS	
12:45—3:15pm	
4:45—7:15pm (Sat ONLY — Evening Swim)	NEW

Gentle Swim	
JUNE 21—SEPTEMBER 3, WEDNESDAYS	
1—2pm, during Open Swim	NEW

A.M. H ₂ O Aerobics	
JUNE 21—SEPTEMBER 3, MONDAY—FRIDAY	
8—8:50am	NEW

Extended Open Swim	
AUGUST 16—SEPTEMBER 3, MONDAYS—FRIDAYS	
4:45—6:30pm	NEW

Senior Swim	
JUNE 26—SEPTEMBER 6, SATURDAYS & SUNDAYS	
10—11am	
AUGUST 16—SEPTEMBER 3, MONDAYS—FRIDAYS	
3:30—4:30pm	NEW

P.M. Water Aerobics	
JUNE 22—SEPTEMBER 2, TUESDAYS & THURSDAYS	
6:45—7:45pm	

Water Fitness/Private Lessons	
JUNE 27—AUGUST 15, SUNDAYS	
3:30—4:30pm	NEW

Water Polo Pick-up Games	
JUNE 26—AUGUST 28, SATURDAYS	
3:30—4:30pm	NEW

Private Lessons	
JULY 11—AUGUST 15, SUNDAYS	
3:30—4:30pm (Ending date dependent on staff availability.)	
Must pre-register 2 weeks in advance by calling 541.488.5340.	

Swim Instructor Mentorship

Do you like working with children? Ever wondered what it would be like to teach swim lessons? Here's your chance to find out. Gain experience working with a lead teacher/mentor and learn the basics of instructing a swim lesson. To complete this course you must commit to approximately 20 hours (Session C only). This schedule will be either morning or afternoons. All applicants must pass an interview. Deadline to apply is July 15 — space is limited. Cost, if selected, is \$50.

This opportunity is for ages 14 to 15 (must turn 14 by June 15, 2010). All enrollees must pass a swim proficiency test. Hours may be applied to fulfill school community service requirement.

Pricing

Daily Prices	
PROGRAM	COST
Open Swim/Gentle Swim	\$2.00
Lap Swim/A.M. H ₂ O Aerobics	\$2.50
Senior Swim	\$2.00
Water Fitness	\$2.00
Water Polo Pick-up Game	\$2.50
P.M. Water Aerobics (Tue & Thu)	\$3.25

Lesson Prices	
PROGRAM	COST
A.M. Stroke School (levels/colors 1 & 2)	\$63/Session (9, 1-hr lessons)
P.M. Stroke School (all levels/colors)	\$42/Session (9, 40-min lessons)
Swim School	\$42/Session (9, 40-min lessons)
Preschool	\$48/Session (9, 40-min lessons)
StarBabies	\$40/Session (9, 40-min lessons)
Private	\$18 (1, 30-min lesson)

Punch Card Prices		
PROGRAM	NO. OF ENTRIES	COST
Open Swim/Gentle Swim	20	\$30.00
Lap Swim/A.M. H ₂ O Aerobics	20	\$40.00
Senior Swim	20	\$30.00
Water Fitness	20	\$30.00
Water Polo Pick-up Game	20	\$40.00
P.M. Water Aerobics (Tue & Thu)	20	\$55.00
Lap Swim Season Pass	Unlimited in 2010	\$140.00

Swim Team Camp

This camp is designed to quickly introduce you to the sport of swimming, while improving your stroke and endurance, and learn team skills. Participants must be able to swim the length of the pool with ease.

AGES	8—16
DAYS	Monday—Friday
DATES	July 5—9
TIME	10—11am
COST	\$25.00

Wet & Wild Water Polo Camp

Learn the basics, cool off while having a hot time playing and practicing the skills needed to play the great game of Water Polo. All levels are encouraged to sign up.

AGES	10—14
DAYS	Monday—Friday
DATES	July 5—9
TIME	3:30—5:30pm
COST	\$50.00 (5 lessons)

Lifeguard

AGES	16 & up
DAYS	Saturday—Tuesday
DATES	August 7—10
TIME	TBA
COST	\$200 (Includes textbook; books must be read prior to class — must pass a swim test to be eligible.)

Rogue Valley Masters Swimming

Coached workouts on Mondays, Wednesdays and Fridays from 5:45 to 6:45 am. Start date TBA. Lap swim fee applies — club membership required after two-week trial. For more information call 541.482.1047.

ASHLAND PARKS & RECREATION
340 S PIONEER ST
ASHLAND, OR 97520

EMAIL: biancob@ashland.or.us
URL: www.AshlandParksandRec.org
TEL: 541.488.5340
FAX: 541.488.5314