

## Swim Times

**Public Lap** Various lanes are available depending on other activities. Lap time is from Noon-1pm at the outdoor pool on the 100 meter course. Indoor lap swim is 11:00am- 1:00pm and evenings will be available, depending on scheduling.

**Public Swim** 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 at the Indoor Pool. There is always public swim at the outdoor pool; see outdoor pool schedule. Indoor hours vary; check online schedule for current availability.

**55 & Up Swim** - Lap swim session open to swimmers 55 years old and older. Admission is \$2 during this swim session. Senior swim sessions are at the Indoor swimming pool from 10:00am-11:00am Monday-Friday.

### PRIVATE POOL PARTIES

The OUTDOOR POOL is available everyday for 2 hours beginning 30 minutes after closing (8:30 to 10:30pm Mon thru Sat & 7:30 to 9:30pm Sun). Food & drinks are allowed in certain areas around the pool. The rental fees begin at \$300.

The INDOOR POOL is available on Sat evenings from 6-8pm for private rentals. NO food & drink are allowed in the pool area; rental rooms can be added for an additional fee. There is a limit of 50 people in the pool area. The rental fee is \$100.

## 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

Senior (65 & over) .....	\$2.00
Adults (18 –64 yrs.) .....	\$3.75
Youth (12-17 yrs.) .....	\$3.00
Child (3-11 yrs.).....	\$2.00
Toddler (2 & under) .....	FREE

### SEASON PASSES

*Must be an Oak Ridge Resident*

*(Season passes good at Outdoor Pool only)*

Senior (65 & over) .....	\$57.00
Adults (18 –64 yrs.) .....	\$126.00
Youth (12-17 yrs.) .....	\$91.00
Child (3-11 yrs.).....	\$57.00
Family.....	\$225.00

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

### BOOK OF 25 TICKETS

*(Good at both pools)*

Oak Ridge Residents

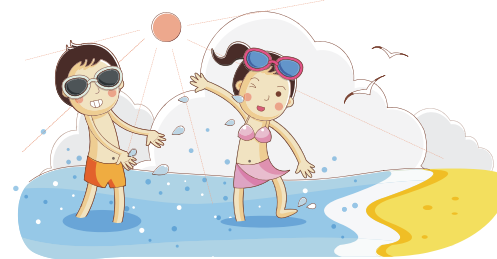
*(Must show proof of address)*

Senior (65 & over) .....	\$35.00
Adults (18 –64 yrs.) .....	\$70.00
Youth (12-17 yrs.) .....	\$50.00
Child (3-11 yrs.).....	\$35.00

Non-Residents

Senior (65 & over) .....	\$40.00
Adults (18 –64 yrs.) .....	\$80.00
Youth (12-17 yrs.) .....	\$60.00
Child (3-11 yrs.).....	\$40.00

# City of Oak Ridge Summer Aquatics Programs 2014



## Recreation & Parks Department

Swimming Lessons  
Water Exercise  
Aqua Power  
ORCA  
Private Parties  
Adult Swim Lessons  
Private Lessons

**Aquatic Registration Begins:**

**May 5, 2014**

**Oak Ridge Civic Center**

You can check schedules and print paperwork @  
[www.orrecparcs.oakridgetn.gov](http://www.orrecparcs.oakridgetn.gov)

\*Please Register at least 1 week prior to the session

## ORCA

Summer ORCA (Oak Ridge City Aquatics) is a summer swim team for **children ages 5-18**.

Swimmers must be able to swim 50 yards unassisted to participate. A swim test will be given the first day. The fee is \$120\* per swimmer.

Swimmers will be assigned to a workout session Monday - Friday between 9:30am & 11:00am and/or 6:30 to 8:00pm on Mondays and Wednesdays at the outdoor pool.

Swimmers will also participate in GKISA 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.orrecparcs.oaridgetn.gov](http://www.orrecparcs.oaridgetn.gov). They may be printed, filled out, and returned with applicable fees beginning Monday, May 5th.



## Water Exercise

The Oak Ridge Recreation and Parks Department will start a new water exercise session on June 2nd. The classes run for six weeks and meet at the indoor pool Mondays, Wednesdays, and Fridays, from 1:00pm-2:00pm. The fees are as follows:

Adult (18-64 yrs) ... \$4.25 per class ... \$42 6-wk session\*

Senior (65 \$ up) ... \$2.25 per class ... \$37.50 6-wk session\*

## 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 \$38.50\* for this session or \$5 per class.



**Summer session run May 28th thru July 2nd!**

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

## Summer Swim Lessons

The Oak Ridge Recreation and Parks Department offers Swim Lessons for swimmers age 6 months or older and 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. The cost is \$65\* for 8 thirty minute sessions. American Red Cross Classes are held four days a week for 2 weeks at the Civic Center Indoor Pool. For further information please call the Recreation and Parks Department, 425-3450 or email [swimlessons@oakridgetn.gov](mailto:swimlessons@oakridgetn.gov). Enrollment is limited so register early.



## 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 3 to 5 years old. The levels are similar to our regular Youth Program, but are separated by age.** Please see level descriptions to ensure your child is correctly placed.

## Youth Aquatics

The Youth Aquatics program is recommended for **children ages 5 and up**. Children should be placed in appropriate levels, depending on skill level. Please see level descriptions to ensure your child is correctly placed.

## Private Lessons

In addition to class instruction, one on one lessons will be available for \$120\*. It will include 4- 30 minute lessons over four days. For more information please contact 425-3450.

## Adult Swim Lessons

Enrollment is limited to those **13 years and older**. The cost is \$65\* 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.



## Oak Ridge Recreation & Parks American Red Cross Swimming Lessons Program

### LEVEL 1

**(Offered for both Pre-School & Youth Aquatics)**

\*For children who have a desire to learn and can separate from parent, but have little or no experience around the water

### LEVEL 2

**(Offered for both Pre-School & Youth Aquatics)**

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

\*Comfortable maintaining front/back float

\*Swim on front/back; attempts arm/leg action for at least 5 ft with support

### LEVEL 3

**(Offered for both Pre-School & Youth Aquatics)**

\*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 & Up

**(Offered for Youth Aquatics ONLY)**

\*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

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

\*Registration will CLOSE on the first day of each session



## Session Dates are as follows:

**Session 1\* June 2 thru June 12**  
(5:30 & later classes @ Muny Pool on June 10th & 12th)

**Session 2\* June 16 thru June 26**

**Session 3\* July 7 thru July 17**

**Session 4\* July 21 thru July 31**