

## SWIMMING LESSONS

Registration is online & in person for Group & Individual Lessons.

Lessons for all skill levels are available!

Group Lessons are offered Tuesdays and Thursdays

afternoon - evening times. Please view our Lesson Schedule online.

Each session runs for 3 weeks, for a total of six, 30-minute lessons.

Starfish Swim School®	Ages 6 ½+	\$45.00
PreSwim School®	Ages 4 - 6	\$48.00

StarBabies™ (6m-18m) and StarTots™ (18m-3 yrs) with a parent/guardian in the water are \$35.00 per session.

\*Registration & class info found at

<https://secure.rec1.com/CA/crescent-city-ca/catalog>

Individual Lessons are available for all ages and abilities. We offer

25-minute lesson for \$20, or 55- minute lesson for \$35. We also have

2 students to 1 instructor options! Lessons are on Monday & Wednesday afternoons and Saturday mornings.

All sessions are subject to teacher availability. Registration is in person & online; available Monday- Friday at open program times as shown on the schedule. All registration must be accompanied by payment and be made before the first day of the session.

## POOL POLICIES

### 1.) RULES

\*Swimmers must obey posted rules, policies & lifeguards' instructions.

\*Lifeguards may clear the pool at any time or eject a swimmer to enforce safety concerns. \*All parents/guardians must maintain a 1 parent/guardian -2 youth ratio for all youth non- swimmers.

\*The Pool & Hot tub will be cleared in between programs.

\*Guest will not be admitted when there is 10 minutes left in the current program session.

### 2.) MASKS/FINS

Masks, fins and snorkels are allowed ONLY during lap swims and fitness programs, not during open recreation swims or family swims.

### 3.) CLEARING THE POOL

Lifeguards will clear the pool during emergencies, drills, extreme inclement weather (lightning and thunder), and at the end of the program. Or if there are less than 5 participants in a program. The signal is one long whistle blast from the guards.

Children must be picked up promptly at the end of all programs.

### 4.) BELONGINGS

Do not leave your clothing and other belongings in the locker rooms. We are not responsible for lost or stolen articles. Place your items in a locker, or bring them out on deck.

### 5) AGE/HEIGHT REQUIREMENTS

Children 10 & under must be accompanied by an adult in the facility. Children 10 & under must be able to pass a swim test to be in the pool without an adult.

### 6.) WATER SLIDE

The slide will be open during recreation swims. The slide will 1) open after more than 5 people are in the water for the program. 2) close 15 mins. prior to the end of the program. There is a height requirement of 4 ft to ride the slide.

### 7.) SWIM WEAR

Swimsuits are required, do not wear T-shirts, cut-offs or denim jean shorts. We do not allow cotton materials in the pool.

### 8.) STREET SHOES

Shoes worn outside carry bacteria, dirt and other contaminants, and are not allowed on the pool deck, or locker rooms.

### 9.) PAYMENT

Please wait for a lifeguard to wait on you before you enter the locker rooms. Payment for swim lessons must be made at the time of registration.

### 10.) FOOD AND DRINKS

Food and drinks are not allowed in the locker rooms or pool area. Glass containers are not allowed anywhere in the facility.

### 11.) SHOWERS

Swimmers must shower before swimming.

### 12.) COMMUNICABLE DISEASES

No one with a communicable disease, diarrhea, open sores or bandages will be allowed in the pool.

### 13.) SWIM TEST

Swimmers 10 yrs or under or any swimmer that a lifeguard has concerns about their swimming ability, may be asked to take the facility Swim Test when swimming in water deeper than chest level. *Testing includes-Swimming on top of the water (over arm or strong doggy paddle, the width of the pool and back, with consistent forward progression and Treading water OR floating on back for 15 seconds.*

### 14.) WATCHING SWIM LESSONS

Parents and other spectators are welcome to sit inside to watch from outside or inside at the bleacher area.

### 15.) BIRTHDAY PARTIES

Birthday parties and other groups may attend open recreation swims or rent the pool. **Parties and groups are not allowed at family swims.** Please call ahead if you are bringing a group to an open swim so we can schedule extra staff.

# Fred Endert Municipal Swimming Pool



## Summer Schedule

[crescentcitypool.com](http://crescentcitypool.com)

707-464-9503

1000 Play Street Crescent City, CA

July 1st- August 17th 2024

# City of Crescent City

## Fred Endert Municipal Swimming Pool

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
C L O S E D  S U N D A Y S	<b>Lap Swimming 5:30-7:30 AM</b>						
	<b>Exercise 7:45-10:15 AM</b>	<b>Exercise 7:45-10:15 AM, 1 Lap Lane &amp; Aerobics (7:45-8:45)</b>	Exercise 7:45-10:15 AM & Shallow Aerobics (7:45-8:45)	Exercise 7:45-10:15 AM, 1 lap lane & Aerobics (7:45-8:45)	Exercise 7:45-10:15 AM & Shallow Aerobics (7:45-8:45)	<b>Lap Swim 6:30-9:00 AM</b>	
	Closed for private Rentals 10:30-12:30 PM						<b>Exercise, individual Lessons &amp; Tots Time 9:15 AM-12:45 PM</b>
	<b>Lap Swimming 12:30 PM-1:45 PM</b>						
	Exercise 2-4 PM	Exercise 2-4 PM	Closed for County Recreation Swim 1:45-4 PM	Exercise 2-4 PM	Exercise 2-4 PM	<b>Family Recreation Swim 1-2:30 PM</b>	
		StarBabies/Tots 3:20-3:50 PM & Drop in *Tots		StarBabies/Tots 3:20-3:50 PM & Drop in *Tots			
	Recreation Swim 4:15- 6:15 PM	<b>Closed for Group Swim Lessons 4-6:40 PM</b>	Exercise 4:30-6:40 PM	<b>Closed for Group Swim Lessons 4-6:40 PM</b>	Recreation Swim 4:15-6:15 PM	<b>*Recreation Swim 3:00-4:30 PM</b>	
	Aerobics, Exercise & 2 Lap Lanes 6:45-8 PM	Exercise & 2 lap Lanes 6:45-8 PM	<b>Aerobics, Exercise &amp; 2 Lap Lanes 6:45-8 PM</b>	Exercise & 2 lap Lanes 6:45-8 PM	Exercise & 2 lap Lanes 6:45-8 PM	<b>Rentals 5-7 PM</b>	
	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

**\*Schedule is subject to change based on staff availability.**

	Admission	Daily	10 Visit	Monthly	Annual
<b>Youth (7 - 17)</b>		\$4.00	\$36.00	\$40.00	\$360.00
<b>Senior ( 64+)</b> *Check out our low-income options!		\$5.00	\$45.00	*\$50.00	\$450.00
<b>Adult (18 - 63)</b>		\$6.00	\$54.00	\$60.00	\$540.00
<b>Family (of 4, at least 1 Adult)</b>		N/A	N/A	\$120.00	\$1,080.00

# Pool Programs



<p><b>RECREATION SWIM</b>- These are open swims for all ages. Only USCG flotation devices are allowed. Children 10 &amp; under must be accompanied by an adult in the facility. 10 &amp; under must be able to pass a swim test to be in the pool without an adult. *Saturday Rec Swims are currently sponsored for free to all ages, thanks to the Del Norte Healthcare District</p>
<p><b>FAMILY RECREATION SWIM</b>- These are recreational swims for families, so all children 10 &amp; under must be accompanied by an adult in the facility. Children 10 &amp; under must be able to pass a swim test to be in the pool without an adult. USCG approved lifejackets and other approved floatation devices are allowed, except for water wing arm bands.</p>
<p><b>Aerobics/Deep Water (DW)</b>- Exercise to music in these organized 45 min. classes. Water adds resistance to movements and cushions impact to knees, hips and backs. Great for non-swimmers. Instructor led classes need to have a minimum of 5 students. Shallow end classes: Wed. &amp; Fri. 7:45 AM. DW: 8 AM Tues. &amp; Thurs. Combo: Mon. &amp; Wed. 6:45 PM</p>
<p><b>EXERCISE</b>- Walk or jog against the water's resistance at your own pace. Great for non-swimmers. Width lap swimming is also available during these programs. Children are welcome to this program to practice swimming, 1 adult to 2 NON SWIMMERS.</p>
<p><b>Drop in Tots</b>- Tuesday &amp; Thursday afternoons Drop in Babies and Tots class 3:20-3:50 PM \$6.50 per class. 4 spaces (1 Adult and 1 Child) available during Group Lesson sessions.</p>
<p><b>Tots Time</b>- This time is a recreation open swim time for babies and tots! Come and swim with your little one in a less chaotic environment! A Parent or guardian must be in the water with their child. This program is meant for children ages 6 months- 5 years. The water slide is not on for this swim. Floaties are allowed, except for water wing arm bands.</p>
<p><b>SPA &amp; SAUNA</b>- The spa and sauna are <b>open during lap &amp; exercise times only</b>. You must be at least 16 years of age, and in good health to use the spa &amp; sauna. The Spa is closed in between program switches. The Sauna is closed at the end of lap &amp; exercise times.</p>
<p><b>MASTER'S SWIM</b>- This is a club for adults (18+) who want to improve their fitness through organized work-outs. Held Tues. AM &amp; Thurs. AM in 4 lanes. For more info contact the pool</p>
<p><b>Lap Swimming</b>- Swim with lap lanes in the water. Children are allowed if they can swim 25 yards continuously. When there is 3 + people in a lane, please circle swim!</p>
<p><b>RENTALS</b>- The pool may be rented at designated times for birthday parties, groups, organizations, etc. Prices for pool rentals range from \$100 to \$200 per hour. There is an extra charge for the slide.</p>
<p><b>Pool Closures</b>- Closing at 1:45 PM July 3rd and CLOSED July 4th.</p>

\*All parent/guardians must maintain a 1 parent/guardian-2 youth ratio for all youth non-swimmers.

**The City of Crescent City does not discriminate on the basis of handicap status in the admission to; access to, treatment of, or employment in its programs and activities.**

The pool is located at 1000 Play Street, near the Cultural Center

Please go our website at [crescentcitypool.com](http://crescentcitypool.com) to view schedules & pricing. Visit our online

catalog to register for classes, events, rentals and more at <https://secure.rec1.com/CA/crescent-city-ca/catalog>