

COTTONWOOD AQUATICS GUIDE SUMMER 2021



CRC INDOOR POOL

150 S 6TH STREET

CAC OUTDOOR POOL

100 BRIAN MICKELSEN PKWY



"Inspiring a Vibrant Community"

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WELCOME TO THE 2021 SEASON OF COTTONWOOD AQUATICS!

The Cottonwood Aquatic Center Outdoor Pool will open on Memorial Day, May 31st, 2021! The indoor pool at the Recreation Center is open year round! Please see the following information for detailed scheduling and programs we have to offer this summer!

Cottonwood Recreation Center Rates

	<u>Per Visit</u>	<u>10 Visits</u>	<u>1 Mo Pass</u>	<u>3 Mo Pass</u>
Youth (5-17)	\$5	\$25	\$25	\$60
Adults	\$8	\$35	\$35	\$95
Adult Couple	\$15	-	\$50	\$135
Family	\$20	-	\$65	\$178
Seniors (55 & over)	\$5	\$25	\$25	\$60

Children under age 5 are free with paid adult.



Cottonwood Aquatics Center (Outdoor Pool) Rates

Use of the outdoor pool is included in all CRC memberships. Day passes and 10-Visit Passes are available for the Outdoor Pool at the following rates:

	<u>Per Visit</u>	<u>10 Visits</u>
Youth (5-17)	\$2.00	\$15.00
Senior (55 & over)	\$2.00	\$15.00
Adults	\$3.00	\$25.00

Children under 5 are free with paid adult.



1 APPLY FOR LIFEGUARD/SWIM LESSONS INSTRUCTOR
Go to cottonwoodaz.gov/jobs

2 GET CERTIFIED
Certifications provided through American Red Cross at the Cottonwood Recreation Center

3 BECOME A PROFESSIONAL LIFEGUARD!
Start working, earn a professional certification, and have fun at your job while making a difference!

For more information contact Josh Frewin
at jfrewin@cottonwoodaz.gov



"Inspiring a Vibrant Community"

COTTONWOOD AQUATICS

CRC INDOOR POOL

	Sunday	Monday through Friday	Saturday
POOL OPEN HOURS	8 am - 6 pm	7 am - 7 pm	8 am - 6 pm
Recreational Swim (with play structures)	12 pm - 6 pm	12pm - 7pm	12pm - 6pm
Lap Swim Reserve lane online Cottonwoodaz.gov	8am - 6 pm	7am - 9 am 10 am - 11 am 12 pm - 7 pm	8 am - 6 pm
Learn to Swim Classes Water Aerobics		10 am - 12 pm 9am - 10am (M&W) 11 am - 12 pm (M-F)	

Indoor Pool Lap Lanes

The Indoor Leisure Pool contains a lazy river, young child play area, hot tub, 180-foot slide, water spray features and 19-yard long lap lanes.

Lap Swim: Users may reserve use of one-half of the lap lane area for 30 minute increments during set Lap Swim hours. Reserve online at Cottonwoodaz.gov up to 48 hours in advance or call Guest Services at 639-3200 for same-day reservations.

SUMMER SWIM SCHEDULE

CAC/OUTDOOR POOL (OPENS MAY 31)

	Sunday	Monday through Friday	Saturday
Learn to Swim Classes		8:15 am - 10:30 am 5 pm - 6 pm	
Lap Swim	11 am - 12 pm	10:30 am - 12:30 pm 4 pm - 6 pm	11 am - 12 pm 5 pm - 6 pm
Water Aerobics		10:30 am - 11:30 am	
Recreational Swim (all ages)	12 pm - 5 pm	12:30 pm - 4 pm	12 pm - 5 pm
Swim Club		6 am - 8 am 4 pm - 5 pm 6 pm - 8 pm	
Rental Availability		Fridays: 8 pm - 10 pm	6 pm - 9 pm

Lap Lanes for both the indoor and outdoor pool can be reserved online at Cottonwoodaz.gov in advance, or by calling (928)639-3200 for same-day reservations.

Please follow Cottonwood Parks & Recreation on Facebook or visit Cottonwoodaz.gov for the most up to date schedule information and changes.

ADULT AQUATICS CLASSES

MAY SCHEDULE

CRC INDOOR POOL

SILVER\$NEAKERS SPLASH

Monday - Friday, 11am - 12pm

Activate your urge for variety! Splash offers lots of fun, shallow-water moves to improve agility and flexibility while addressing cardiovascular, strength and endurance conditioning. No swimming ability required. A SilverSneakers kickboard or other aquatic equipment is used to improve strength, balance and coordination. **Linda Weisberg**

POOL PARTY

Mondays & Wednesdays 9am - 10am

This workout will rev up the heart rate, increase endurance, flexibility, and balance! Enjoy a total body toning while relieving stress, tension, and stiffness! The combination of water resistance along with kickboards, noodles, bands, and the lazy river will provide and invigorating challenge. Participants control their own intensity. No swimming experience required. All ability levels will benefit from this refreshing “Pool Party”.

Karen Runyon



2021 Dates to Remember

FREE DIVE-IN MOVIES AT THE OUTDOOR POOL!

Eat pizza and relax in or by the pool while watching a great family movie! Gates open at 7:45 pm for all Dive-In Movies! Please follow Cottonwood Parks & Recreation on Facebook or visit Cottonwoodaz.gov for any movie date or movie selection changes.

June 26th:

Dolittle (2020): A physician who can talk to animals embarks on an adventure to find a legendary island with a young apprentice and a crew of strange pets.



July 31st:

The War With Grandpa (2020): A young boy fights in a prank war with his grandfather (Robert De Niro) to get his grandfather to move out of his room after he moves in with his family.



August 21st:

Tom & Jerry (2021): The film follows Jerry taking refuge in a fancy hotel, which has a young employee teaming up with Tom to exterminate Jerry before an important wedding takes place.



Learn To Swim Program

The Cottonwood “Learn to Swim” program provides youth ages 3 to 15 with four levels of swim instruction. Levels are mandated by the American Red Cross and are taught by trained and certified Water Safety Instructors. All four levels are offered during each of the four sessions. Classes are 30 minutes long. Sessions are two weeks each, Monday through Friday.

2021 SESSION SCHEDULE

Session #1	Monday, June 7 - Friday, June 18
Session #2	Monday, June 21 - Friday, July 2
Session #3	Monday, July 5 - Friday, July 16
Session #4	Monday, July 19 - Friday, July 30

**Level I is offered at the following times at the Indoor Pool:
10:00 - 10:30 am; 10:45 - 11:15 am or 11:30 - 12 pm**

Levels II - IV are offered at the following times in the Outdoor Pool: 8:15 am, 9 am, 9:45 am, and 5 pm

REGISTERING FOR A “LEARN TO SWIM” CLASS

Registrations are accepted at the Cottonwood Recreation Center or online at Cottonwoodaz.gov. Please complete a separate registration form for each child and for each specific session. Fees are due at time of registration. Phone-in registrations are not accepted, please come into the Cottonwood Recreation Center or register online through the city website. **Parents determine which level to place their child in by reading the descriptions on the following page.** Student level may be adjusted if deemed necessary by the instructors. No Refunds. A \$5 transfer fee will apply to all changes made by parent.

PARENT AND TOT CLASS

Ages 6 months - 3 years

2nd & 4th Wednesday of each month at 5 pm (beginning June 9th)

Cost is \$7 per parent/child couple per class date

You and your baby are in the Outdoor pool together. You'll both learn to enjoy the water and have a safe aquatics experience. Goals for baby include changing body position, some arm and leg action, and breath control. Pre-registration, including fee, is required at the CRC front desk.

LEVEL ONE - MINNOWS - Introduction to Water Skills

Your child is introduced to basic skills as the foundation for future skills and the development of water competency. The milestones necessary for successful completion of Level 1 include: Entering the water independently using the ramp, steps or side; traveling at least 5 yards, bobbing 5 times and then safely exiting the water; opening eyes under water and retrieving submerged object; gliding on front with assistance at least 2 body lengths; rolling to a back float for 5 seconds with assistance; recovering to a vertical position with assistance; combined arm and leg actions on front and back with assistance; alternating and simultaneous arm and leg actions on front and back with assistance. It is common for children to participate in several sessions of Level 1 before they successfully demonstrate each skill. That is okay! It is not important how quickly they move through a level, but that they acquire each skill.

LEVEL TWO - GUPPIES - Fundamental Aquatic Skills

This class builds on skills learned in Level 1. Children begin to perform skills at a slightly more advanced level and begin to gain rudimentary propulsive skills on both front and back. This level marks the beginning of independent aquatic locomotion skills. Some of the milestones necessary for successful completion of Level 2 include: stepping from the side into chest-deep water; fully submerging and holding breath; pushing off the bottom, moving into a treading or floating position for 15 seconds, swimming on front and/or back for 5 body lengths and then exiting the water; moving into a back float for 15 seconds, rolling to front and then recovering to a vertical position; pushing off and swimming using combined arm and leg actions on front for 5 body lengths, rolling to back, floating for 15 seconds, rolling to the front and then continue swimming for 5 body lengths.

LEVEL THREE - GOLDFISH - Stroke Development

New swimming and water safety skills are introduced while swimmers build on previously learned skills. Children learn to swim the front crawl and elementary backstroke at rudimentary levels, are introduced to the scissors and dolphin kicks, learn the survival float and increase the time duration for treading water. Children also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside (if the water is 9 feet deep or deeper). Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim and help your child develop water competency.

LEVEL FOUR - SEALS - Stroke Improvement

New swimming and water safety skills learned and previously learned skills emphasized, improving the swimming stroke proficiency and swimming for longer distances. Each class is loaded with fun, engaging and challenging activities that motivate children to want to perform and learn to swim. Some of the milestones in Level 4 include: swimming the front crawl for 25 yards; swimming the elementary backstroke for 25 yards; swimming the breaststroke for 15 yards; swimming the butterfly for 15 yards; swimming the back crawl for 15 yards; swimming the sidestroke for 15 yards; headfirst entry from a stride position in deep water; open turns on the front and back.

Registration for “Learn to Swim” classes begins Monday, May 3rd, 2021.

Cost is \$40.00 per child per session. Ask about discounts for additional children within the same family when you register.

Cash, Checks, Credit and Debit cards accepted.

Register online at Cottonwoodaz.gov or at the Recreation Center by filling out the registration form and payment at the Recreation Center. Registrations will be accepted through the Thursday prior to each session or until each session is full, whichever comes first. *No Refunds. A \$5 transfer fee charged for all changes made by parent.*

**For more information, please phone or e-mail the
Cottonwood Parks and Recreation Department**

“Learn to Swim” Registration Form

Previous participant in a CRC program? _____

Child's Name _____

Age as of 6/1/21 _____ DOB _____

Level #/Name _____

Session # _____ Time _____

Special Needs Accommodations? _____

Parent's Name _____

Address _____

City _____ Zip _____

Email _____

Phone No. (home) _____ Other _____

Parent/Guardian Signature _____

Date _____