

Fall 2017 - Effective August 24, 2017

Park City Aquatic Center

(435)645-5617 • 2465 W. Kilby Rd. (at Ecker Hill Middle School)

Lap Swim

Mon, Wed & Fri	6:00 am - 2:00 pm
Tue & Thur	6:00 am - 9:30 am and 7:30 - 9:00 pm
Fri	7:30 - 9:00 pm
Sat & Sun	Noon - 4:00 pm

Open Swim

Tue & Thur	7:30 pm - 9:00 pm
Sat & Sun	1:00 pm - 4:00 pm

Private lessons available for all ages!

Please call (435) 645-5617 to register or for more information.

Swimming Lessons for Kids

Sessions run 4 weeks on Tues. and Thurs. evenings. Lessons for all ages and abilities are taught throughout the year. Lessons are 30 minutes per class. *Please check out the website at www.pcschools.us for more specific times and registration.* \$49 per session.



Tues. and Thurs. evenings. 5:00 - 8:00 pm

Session I	Sept. 5 - 28
Session II	Oct. 24 - Nov. 16

Note: Registration opens at 8:00pm on the last day of every session.

Adult / Triathlon Swimming

This class is geared for beginner through intermediate swimmers who wish to improve their swimming efficiency. The focus is on freestyle swimming for exercise or to compete in a triathlon. Instructor is Marcel Vifian.

Tues. & Thurs. • Sept. 5 - 28 • 7:30 - 8:00pm • \$49
Tues. & Thurs. • Oct. 24 - Nov. 16 • 7:30 - 8:00pm • \$49

Water Fitness Classes

For a great workout - just add water!

Build muscle, improve flexibility and boost stamina. Exercises performed in water create muscle resistance with little or no after-exercise stiffness. No swimming experience is needed to participate.

Taught by certified and awesome water fitness instructors.

M, W & F	6:45 to 7:45 am (Higher intensity)
M, W, & F	8:00 to 9:00 am (Arthritis)
T, Th	8:00 to 9:00 am (Higher intensity)

Prices

	<u>Open & Lap Swim</u>	<u>Water Fitness</u>	<u>20 Pass Lap</u>	<u>20 Pass Water Fitness</u>
Adult	\$5.00	\$6.00	\$80.00	\$90.00
Senior	\$4.00	\$5.00	\$70.00	\$80.00
Youth	\$4.00	\$4.00	\$60.00	N/A

Children 3 years and under are free!

Masters Swim \$5.00 drop in or \$45.00 for 10 punch pass

Annual Passes

\$250	Individual pass for lap or open swim
\$225	Senior Individual lap or open swim
\$275	Senior H2O Fitness
\$325	Senior lap and H2O Fitness
\$350	Individual pass for lap and H2O Fitness
\$450	Family pass for lap and open swim
\$550	Family pass for lap, open swim and H2O Fitness

Very Important Dates September through January

Oct. 13	PCS Swim Meet	Closed at 2:00pm
Oct. 14	PCS Swim Meet	Closed
Oct. 19-20	Fall Recess	Open Swim 1:00-3:00pm
Oct. 27	Spook 'n Swim	6:30 - 8:00pm
Nov. 4	PCHS Invite Meet	Open 1:00-4:00
Nov. 23	Thanksgiving	Closed
Dec. 2	PCHS Invite Meet	Closed
Dec. 24	Christmas Eve	Noon - 4:00pm
Dec. 25	Christmas	Closed
Dec. 26-30	Holiday Hours	Open Swim 1:00-3:00pm
Jan. 1	New Years Day	Closed

Tiny Tot Swim Time

Bring your little ones (up to age 4) to the "little pool" every Monday, Wednesday and Friday from 11:00 am to 2:00 pm. It's a quiet time to enjoy the pool. Use the new fish-shaped slide! Children must have an adult with them at all times. Cost \$4 per day.

Water Babies & Mom Swim Time

Enjoy playing in the small, warm pool with your child (up to age 4). The swimming instructor is in the water and guides your play experiences so that everyone is more comfortable. Get creative ideas on how to maximize your play time. This is a drop-in class; no registration needed. Fridays, 9:30 - 10:00am. Cost \$5 per day.

★ Try our pool exercise bike free! Great for re-hab! *Just ask a lifeguard.*

★ Adults can relax in our BIG hot tub!

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Park City Swimming is a year round USA Swimming sanctioned swim club which provides professional coaching to youth swimmers. The PCS Coaching Staff is dedicated to providing a fun, positive and safe environment that enables swimmers of all abilities the opportunity to achieve their ultimate goals and dreams.

Our swimmers learn proper stroke technique for all of the competitive strokes, and receive instruction on proper training methods and many other life skills. We have several levels to help new swimmers acclimate into our team environment.



All interested new swimmers need to be at least age 7 and will need to attend a tryout before being able to join the team. Tryouts are usually held during the first full week of the month, so please see our website for a list of tryout dates. Membership registration for new PCS swimmers is \$115 per swim and includes a team cap, fins and mesh equipment bag. Quarterly dues start at \$180 per quarter.

Come join the most popular sport in the Olympics and see if you have what it takes to become the next Michael Phelps or Katie Ledecky!

For more information, please visit our website at www.parkcityswim.net and email our coaches at pcsccoach@pcschools.us with any questions.

NEW! Starting in October of 2017, PCS will introduce our new Pre-Comp Swim Team program for young swimmers! Please see visit parkcityswim.net for all of the details about our exciting new program!



Birthday parties at the pool

Your party will be extra fun at our swimming pool. The weather is always good and the water is always warm. Enjoy our small pool (3-4 feet deep) and our large pool (5-13 feet deep) plus our low and high diving boards!

Everyone will have a blast swimming and playing in the water during our open swim time.

When you're done in the pool, your group gets private use of our party room where you can open presents and enjoy your refreshments. The room is decorated with streamers and balloons.

For more information or reservations, please call (435) 645-5617.



Learn to Scuba!

Learn scuba diving or get a scuba certification to turn your vacations into adventures, exploring the underwater world. Call PADI Master Scuba Dive Trainer Marc Larson at (714) 851-DIVE or email marc@cdscuba.com.

For more information see CDScuba.com.



Park City Water Polo Team

You watched it in the Olympics - Now come give it a try!

Park City Water Polo is a USA Water Polo sanctioned competitive club dedicated to teaching young athletes the fundamentals of water polo, and developing players' skills, fitness, and game sense toward advanced levels of play. Fall practice times are Monday, Wednesday and Friday at 6:30 pm. For more information please visit our website www.parkcitywaterpolo.com or email us at parkcitywaterpolo@gmail.com.



Indoor PC SUP Yoga & PC SUP Fit with Park City Stand-up Paddleboarding.

All levels welcome!

Gain balance, flexibility and strength through this great program. Your workout should be fun and challenging! All classes are done floating on a stand-up paddleboard. Classes include the use of a board. Space is limited you can register in advance to guarantee your spot. Use the code PCSUPDEAL at checkout and class is just \$10!

More information, class schedule and registration is at www.parkcitysup.com. For questions not answered on the website, please call 801-558-9878.



Spook 'N Swim Join us for a haunted house, swimming & fun!

Fri. • Oct. 27 • 6:30 - 8:00 pm • PCAC • \$10

Wear your swim suit and get spooky with us. Get bags of treats and have a howling good time. No re-registration required. Children under 9 must be accompanied by a swimming adult.

