

Winter / Spring 2018 - Effective January 2, 2018



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 - 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 - 9:00 pm
Sat & Sun	1:00 - 4:00 pm

Masters Swim

Mon	12:00 - 1:00 pm
Tue & Thur	7:30 - 8:30 am & 8:30 - 9:30 am
Wed	8:30 - 9:30 am & 12:00 - 1:00 pm
Fri	6:15 - 7:15 am
Sun	8:00 - 9:15 am

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 30-45 minutes depending on the class. *Please check out the website for more specific times and registration.* \$49 per session.



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

- Session 1** Jan. 2 - 25
- Session 2** Jan. 30 - Feb. 22
- Session 3** Mar. 6 - 29
- Session 4** Apr. 17 - May 10

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

Summer Registration Opens May 10 at 8:00pm.

Adult / Triathlon Swimming

Geared for beginner - intermediate swimmers. The focus is on freestyle swimming for exercise or to compete in a triathlon. The instructor is Marcel Vifian.

- Tues. & Thurs. • Jan. 2 - 25 • 7:30 - 8:00pm • \$49
- Tues. & Thurs. • Jan. 30 - Feb. 22 • 7:30 - 8:00pm • \$49
- Tues. & Thurs. • Mar. 6 - 29 • 7:30 - 8:00pm • \$49
- Tues. & Thurs. • Apr. 17 - May 10 • 7:30 - 8:00pm • \$49

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.

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!

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 December - May

Jan. 1	New Years Day	Closed
Feb. 2	PCS Swim Meet	Closed at 2:00pm
Feb. 3	PCS Swim Meet	Closed
Feb. 19-23	Feb. Recess	Open Swim 1:00-3:00pm
Apr. 9-13	Spring Recess	Open Swim 1:00-3:00pm
Apr. 1	Easter	Closed
May 11	Summer Swim Lesson Registration Opens at 8:00pm	
May 28	Memorial Day	Open Swim 1:00-3:00pm

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)

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 \$5 per day.

Lifeguard class coming soon!

Call (435) 645-5617 and leave a message. Be sure to leave your name, birth date, phone number and email.

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Park City Swimming, PCS, is a year round USA Swimming sanctioned club that offers quality professional coaching to youth swimmers of all ages and abilities. The PCS Coaching Staff is dedicated to providing a fun, positive and safe environment that enables swimmers of all abilities 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 on to our team environment.

All interested new swimmers need to be at least age 7 for the competitive portion of the PCS and will need to attend a tryout out before joining the team. Please see the website for specific tryout dates. We also have a pre-comp team designed for new swimmers age 6 and up.

For more info, please visit parkcityswim.net or email our coaches at pcscoach@pcschools.us.

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



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.



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.



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.



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.



Spring Break Splash Camp (Ages 6 & above)

Join the fun and games in our camp. A must for energetic and active kids!

We provide the snacks, crafts, games and the water. All you need is a swimsuit and towel.

Sign up online at www.pcschools.us and click on "Aquatic Center" or call 435-645-5617 for more information.

Mon. - Thur. • Apr. 9- 12 • 9:00 - Noon • PCAC • \$75 or a drop-in fee of \$20 per day.



Swim Park City - Masters Swimming

All abilities are welcome! Join the Masters Swim Team and improve your stroke technique, increase your endurance and fitness and learn to swim with a purpose. Qualified and experienced coaches. For more information: www.swimparkcity.com or call 435-640-2223. Come try it out - *Your first workout is free!*