# Pella Aquatic Center Winter & Spring 2020 Program Guide



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> 602 East 8th St, Pella IA, Phone: 641-628-1882 www.cityofpella.com

### **Passes and Pricing**

Passes	Resident	Non Resident
Family Year (12 months)	\$319	\$383
Individual Year (12 months)	\$165	\$198
Youth/Senior Year (12 months)	\$137	\$164
Family 3 Month (Indoor Only)	\$120	\$144
Individual 3 Month (Indoor Only)	\$80	\$96
Youth/Senior 3 Month( Indoor Only)	\$60	\$72
Family Summer	\$199	\$239
Individual Summer	\$88	\$106
Youth/Senior Summer	\$75	\$95
Daily Rates • Fall/Winter/Spring	Admission	
Individual (Ages 13-59)	\$6	
Youth (Ages 3-12)	\$5	
Senior (Ages 60+)	\$5	
Daily Rates • Summer	Admission	
Individual (Ages 13-59)	\$7	
Youth (Ages 3-12)	\$6	
Senior (Ages 60+)	\$6	

All passes are non-refundable and non-transferable, year passes will expire one year from purchase date.

Senior - 60 years of age or older. Youth - 12 years of age or younger. Those 2 years and under are admitted at no fee.

Family – Immediate family only. Does not include grandparents or babysitters/nannies. Children must be considered dependents under IRS standards.

Resident – resides within the City Limits of the City of Pella.

Passes are for consecutive months.

Year (12 month) passes allow for admittance into the outdoor and indoor facility. \*3 month passes are for INDOOR USE ONLY.\*

Summer passes allow for admittance into the outdoor facility, and expire on the last day of summer season. Page 2

## Indoor Pool Rules

- Swimming is not permitted without a lifeguard on duty.
- Swim at your own risk!
- Follow lifeguard instructions at all times. Failure to follow instructions will result in removal from the facility
- The City of Pella is not responsible for lost or stolen items. Use lockers provided.
- No diving in the shallow end of the swimming pool and in other areas marked "No Diving."
- No rough play in or around the swimming pool. No horseplay, fighting, towel snapping or shoving.
- No running on deck.
- No sitting or standing on edge of ramp
- Anyone 12 years old or younger must pass a swim test to use the deep end areas.
- No inflatables allowed. Only those flotation devices made to be worn on the body may be used. Flotation devices must be Coast Guard approved.
- Any child 8 or younger must be accompanied by a caregiver who is at least 14 years in age. Caregiver must be within arm's reach of the child/children.
- Anyone who is not toilet trained must use a swim diaper.
- Report all injuries to staff immediately.
- No food or drink on the deck.. No foul language or gesturing. Profanity will not be tolerated
- No gum, No spitting,
- No nicotine including e-cigarettes,
- No alcohol, No weapons.
- Use trash cans to dispose of garbage.
- No glass containers or coolers allowed.
- Please see staff prior to entering the water if you are wearing any type of band aid or bandage.
- Proper swim attire must be worn. No metal grommets allowed. No cut-offs.
- Basketball Rules: No rough play, dunking or tackling. No hanging on the rim, nets, or backboards. All shots must be taken from the water

## Diving Board & Deep End Rules

- Only one person will be allowed on a diving board at a time. Alternate use of diving boards if outside.
- Please wait for the previous diver to safely reach the side before going off the diving board.
- Only one bounce on the diving board is allowed; no double bouncing.
- No reverse or inward dives.
- Anyone 12 years or younger must pass a swim test to use the diving board or deep end.
- No life-jackets or inflatables allowed when using the diving board or deep end.
- No one may catch a person going off the board.
- Only jumping or diving straight off the end of the diving board is permitted.

### **Lesson Information**

First... Children enrolling in Pre-School lessons must be ages 3-6. Younger children ages 6 months-2 years old may be interested in our Aqua Tots swim class. Those ages 7 and older need to register for the Level classes. Second... Review the skills listed for each class. The skills needed in order to pass the class. Can your child complete all the skills listed? YES = advance to the next level NO = enroll in that class.

#### **Aqua-Tots**

The "Aqua-tots" class is designed to familiarize 6 months to 36 months in water with help from a parent or guardian. The sessions are not intended to teach how to swim, but rather to get the child acquainted with the water.

#### Preschool Level 3: Ages 3-6 (Tadpoles)

The skills taught in this class consist of: jumping into deep water, head first entry, bobbing with the head submerged, rotary breathing, front and back glide, front and back crawl, and breast stroke. Child must be certified in Preschool Level 2 to register.

#### Preschool Level 1: Ages 3-6

#### (Guppies 1)

The skills taught in Guppies I consist of: exiting the water safely, submerging the face, blowing bubbles, picking up a submerged object, maintain a front float position, swim on front and back. Each child must be at least 3 years old before the first class to register.



#### Preschool Level 2: Age 3-6 (Guppies 2)

The skills taught in Guppies II consist of: exiting the water from the side, submerging entire head, blowing bubbles, picking up a submerged object, front and back float, back glide, front and back crawl. Child must be certified in Preschool Level I to register.

#### Preschool Level 4 Ages 3-6 (Moonfish)

The skills taught in Moonfish consist of: diving,

swimming underwater, treading water, front and back crawl, breast ,stroke, butterfly kick with body motion, sidestroke, and rotary breathing, Child must be certified in Preschool Level 3 to register.

#### Level 1 (Ages 7 & Up)

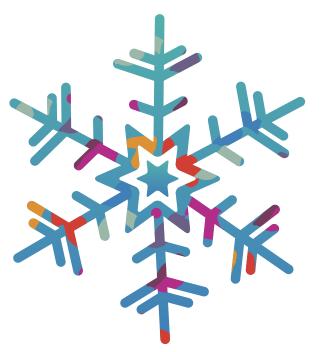
The skills taught in Level I consist of: exiting the water safely, submerging entire head, bobbing, front and back float, front crawl, front and back glide. Each child must be at least 7 years old before the first class in order to register.

#### Level 4 (Ages 7 & Up)

The skills taught in Level IV consist of: diving, surface diving, treading water, front crawl, back crawl, breaststroke, butterfly kick with body motion, sidestroke, and rotary breathing, Child must be certified in Level 3 to register

#### Level 2 (Ages 7 & Up)

The skills taught in Level 2 consist of: front and back float, front and back glide, change direction while swimming, front and back crawl, and elementary back stroke. Child must be certified in Level 1 or Pre-school level 2 or 3 to register.



#### Level 3 (Ages 7 & Up)

The skills taught in Level III consist of: jumping into deep water, head first entry, submerge and retrieve an object, rotary breathing, front and back glide, tread water, front and back crawl. Child must be certified in Level 3 or Preschool Level 4 to register.

#### Level 5-Swim Team Prep (Ages 7 & Up)

The skills taught in Level V consist of: diving, surface diving, swimming underwater, treading water, front and back crawl, breaststroke, butterfly, sidestroke, and rotary breathing, Child must be certified in Level 4 to register.

Some children may be able to skip levels. If you have questions about what level your child should be placed in please contact the Aquatic Manager.

### Swimming Lesson Registration

Resident with a Pass \$24 Non-Resident with a Pass \$30 Resident without a Pass \$44 Non-Resident without a pass \$54

Registration for Session 1: Friday December 20 Class Dates: January 7-January 30

Registration For Session 2: Friday January 31 Class Dates: February 4-February 27

Registration for Session 3: Friday February 28 Class Dates: March 3 - April 2 (No classes March 17 & 19)

**Registration for Session 4: Friday April 3** Class Dates: April 7 - April 30

Aqua Tots Registration Friday December 20 Monday Evenings 5:45-6:30pm : January 4- February 24

Early registrations are not accepted. Patrons who have a conflict and cannot register the day that registration starts should contact the Aquatic Manager.

- Registation begins at the Indoor Pool at 5:45am.
- · All registrations are on a first come, first served basis.
  - · We do not take over the phone or IOU registrations.
- · Classes are limited to 6 swimmers, with one instructor.
- There will be a waiting list for anyone not able to register for the class of their choice. \*Wait list is dependent on staff availability
- Winter Weather Information: If the Pella Community School District has a Late Start due to winter weather (not cold temperatures) there will be NO morning lessons. If the Pella Community School District has a early out due to winter weather there will be NO evening lessons. If Pella Community School District Cancels school due to winter weather there will be No Lessons that day. Cancellations will be posted on KNIA KRLS, The Pella Aquatic Center Facebook Page as well as Cityofpella.com. No make-up lessons will be held but you will recive a credit to your account good for 1 year if the Aquatic Center cancels lessons.

• Attempts will be made to accommodate reasonable requests.

Passes must be purchased at the time of, or before, registration. Refunds will not be given if registration is paid without a pass and a pass is later purchased.

Please arrive to class early so the lessons may begin on time.

• The Pella Aquatic Center does NOT offer private swim lessons.

# Lessons Ages 3-6

Children enrolling in Pre-School lessons must be ages 3-6. Tuesday and Thursday Mornings or Evenings

#### Morning Classes

January 7– January 30				
Level	Times Offered			
Pre School Level 1	8:45-9:25			
Pre School Level 2	8:45-9:25			
Pre School Level 3	9:30-10:10			

#### **Evening Classes**

 January 7—January 30

 Level
 Times Offered

 Pre School Level 1
 5:45-6:25/6:30-7:10

 Pre School Level 2
 5:45-6:25 & 6:30-7:10

 Pre School Level 3
 5:45-6:25

 Pre School Level 4:
 5:45-6:25

#### **Evening Classes**

 February 4- February 27

 Level
 Times Offered

 Pre School Level 1
 5:45-6:25/6:30-7:10

 Pre School Level 2
 5:45-6:25 & 6:30-7:10

 Pre School Level 3
 5:45-6:25

 Pre School Level 4:
 5:45-6:25

#### **Evening Classes**

March 3—April 2 (No Lessons 17/19) Level Times Offered Pre School Level 1 5:45-6:25/ 6:30-7:10 Pre School Level 2 5:45-6:25 & 6:30-7:10 Pre School Level 3 5:45-6:25 Pre School Level 4: 5:45-6:25

#### February 4 –February 27 Level Tim Pre School Level 1

 Pre School Level 1
 8:45-9:25

 Pre School Level 2
 8:45-9:25

 Pre School Level 3
 9:30-10:10

**Times** Offered

Morning Classes

#### Morning Classes

March 3-April 2 (No lessons 17/19) Level Times Offered Pre School Level 1 8:45-9:25 Pre School Level 2 8:45-9:25 Pre School Level 3 9:30-10:10

# Session 1

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	Morning Cla	isses	Evenin	g Classes
4	April 7– A			-April 30
	Level	Times Offered	Level	Times Offered
.21	Pre School Level 1	8:45-9:25	Pre School L	evel 1 5:45-6:25/ 6:30-7:10
S	Pre School Level 2	8:45-9:25	Pre School L	evel 2 5:45-6:25 & 6:30-7:10
Session	Pre School Level 3	9:30-10:10	Pre School I	Level 3 5:45-6:25
Š			Pre School I	Level 4: 5:45-6:25

Registration begins at 5:45 am at the Indoor Pool located at 602 E 8th St. Registration is on a first come, first serve basis.

\*We do not take over the phone registrations.

Make-up classes will not be given . Credits will be given if the Aquatic Center cancels lessons, due to weather or maintenance.

 $\cdot$  Refunds will not be given for classes or passes for any other reasons.

• Credit may be given for medical reasons, but the Aquatic Manager must be notified before the third lesson in order to receive credit. After the third lesson, credit will not be given.

 $\cdot$  If a child is voluntarily removed from lessons for any other reason, a credit will not be given.

• Any instance of a patron who cannot attend classes because of the CDC recommendation concerning diarrhea should be brought to the attention of the Aquatic Manager.

	dren enrolling in	Ages 7 - Levels must be ages 7 + 'hursday Evenings	
Session I	Level 1 Level 2 Level 3 Level 4 Level 5	7 –January 30 Times Offered 6:30-7:15pm 6:30-7:15pm 7:15-7:55pm 7:15-7:55pm 7:15-7:55pm	
Session 2	February Level Level 1 Level 2 Level 3 Level 4 Level 5	4—February 27 Times Offered 6:30-7:15pm 6:30-7:15pm 7:15-7:55pm 7:15-7:55pm 7:15-7:55pm	
Session 3	March 3—Ap Level Level 1 Level 2 Level 3 Level 4 Level 5	ril 2 ( No Lessons March 17/19) Times Offered 6:30-7:15pm 6:30-7:15pm 7:15-7:55pm 7:15-7:55pm 7:15-7:55pm	
Session 4	April 7 – Level Level 1 Level 2 Level 3 Level 4 Level 5	April 30 Times Offered 6:30-7:15pm 6:30-7:15pm 7:15-7:55pm 7:15-7:55pm 7:15-7:55pm	

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• Credit may be given for medical reasons, but the Aquatic Manager must be notified before the third lesson in order to receive credit. After the third lesson, credit will not be given.

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• Any instance of a patron who cannot attend classes because of the CDC recommendation concerning diarrhea should be brought to the attention of the Aquatic Manager.

Aerobics

Water Aerobics Class Description:

This water workout includes calisthenics style movements with variations of upper and lower body moves. You will march, jog, kick, and jump through the water to create resistance to improve cardiovascular fitness, muscular endurance and flexibility. As the participant, you determine your own intensity by deciding how hard to manipulate the water. (45 minutes)

Participants:

Appropriate for individuals who have moderate to good fitness levels, individuals with controlled medical conditions who can manage some impact, individuals who enjoy intense use of all muscle groups, athletes and swimmers looking for an aqua alternative. Class is held in the deep end of the pool. Must have a minimum of 4 participants to have class..

\*Tuesday and Thursday Evenings at the Indoor Pool

Fees:

Resident with a Pass \$24 Resident without a Pass \$44 Non-Resident with a Pass \$30 Non-Resident without a pass \$54

Registration for Session 1: Friday December 20 Class Dates: January 7-January 30 Registration For Session 2: Friday January 31 Class Dates: February 4-February 27 Registration for Session 3: Friday February 28 Class Dates: March 3 - April 2 (No classes March 17 & 19) Registration for Session 4: Friday April 3 Class Dates: April 7 - April 30

# Low Impact Aerobics

Low Impact Aerobics Class Description:

This recreational program includes exercises to improve the participant's overall function and performance of daily task, mobility, independence, flexibility, balance and coordination.(45 minutes)

Participants:

Appropriate for individuals with arthritis (moderate to severe joint involvement) and other related diseases as well as sedentary adults who are generally de-conditioned and cannot endure sustained activity. Class is held in the shallow end of the pool.

There is no registration needed. Class is held Monday -Friday From 8:00–8:45am. Class is \$2.50. Free to Members. There will be one class offered Monday - Friday

### 2019-2020 Winter Pella Swim Team Information

The Pella Dolphins swim team is a recreational swim team sponsored by the City of Pella Aquatic Center. Our head coach this winter will be Jennie Hedrick-Rozenberg.

Late registrations are accepted.

Swim team is designed to provide a competitive environment for the swimmers, so we do ask that all swimmers compete in at least one Meet during the season and attend at least one team practice per week. The competition does not have to be at a high level, but swimmers should at least try a Meet. This program is not designed to provide a lot of opportunity for individual stroke work; swimming lessons are available at the Pella Indoor pool.

#### COST OF PROGRAM

• Early Bird Rate (Sept.12- Oct. 19): \$90.00 for residents; \$100.00 for non-residents - Swimmers must have pool pass or pay daily admission at every practice

• Regular Rate (starting Oct. 20): \$117.00 for residents; \$127.00 for non-residents - Swimmers must have pool pass or pay daily admission at every practice

#### REQUIREMENTS

• Must be at least age 5 - high school senior o Age determined as of December 1, 2019 • 8 & Under must swim length of pool; 9 & Over must swim two lengths of pool o Front or Back Crawl

#### **POOL PASSES**

All swim team members must have or purchase a year pass to the Pella Pool.

If your pass expires before the end of the season, you will have to purchase another or pay daily admission. If you are unable to purchase a pass, you will need to pay daily admission every time that you come to practice. o If you forget your money, you will not be allowed to practice.

#### COST OF POOL PASSES

Year pass Youth (3-12 years): \$137 - Residents; \$164 - Non-Residents Year pass Individual (13-59 years): \$165 - Residents; \$198 - Non-Residents

#### PRACTICES

The season begins on Monday, November 4.

• Practices will be:

o Monday/Tuesday/Thursdays: 3:45-4:30: 11 & Up; 4:30-5:15: 10 & Under

o We understand other activities may conflict with the swim team schedule however participants should attend at least one practice during the week.

**MEET & ACITVITY SCHEDULE** November 5: First day of practice November 16: Meet @ Clarinda November 30: Meet @ Carroll December 7: Meet @ Perry December 28: Meet @ Carroll January 4-5: Meet @ South East Polk - \*USA meet January 11: Meet @ Grinnell January 18: Meet @ Brooklyn January 25: Meet @ Knoxville January 31-February 2@ Johnston Middle School - \*USA meet February 8 @ Grinnell February 15 @ Knoxville or \*USA Silvers meet February 22 @ **\*\***USA Age Group Championship Meet February 29 @ \*\*GISL Championship meet or \*\*USA Sr Championship Meet March 7 @ \*\*Grinnell – TBD \*Cost associated with meet entries \*\*Cost and qualification times associated with meet entries



ANYONE WISHING TO RENT THE FACILITIES MUST MAKE ARRANGEMENTS WITH THE AQUATIC MANAGER OR ASST. AQUATIC MANAGER AT LEAST TWO WEEKS IN ADVANCE. NO EXCEPTIONS!

All scheduling will be done on a first come, first served, and one day less than a calendar year basis.

The Community Services Department reserves the right to decline a reservation to any organization or individual for any reason. Rental will only be made to an adult. Minor(s) access to the building without adult supervision during non-business hours is not allowed.

User fee is to be paid prior to use and received in the Aquatic Center Office within three (3) working days after the reservation is made. The reservation is not confirmed until the fee is paid.

Refunds of rental fees will not be made if a reservation is cancelled fewer than three (3) days prior to the reserved date. All fees may be refunded only in the event of the most extraordinary circumstances as determined by the City of Pella in lieu of death, serious injury, dangerous weather, etc.

The Pella Aquatic Center and Indoor Pool may be rented after regular scheduled hours Mondays though Saturdays. This schedule varies by the season. No rentals will be allowed past 8:00 pm for the outdoor Aquatic Center.

The rental of any Pella Aquatic facility includes the labor for all lifeguards and management staff required by the State of Iowa and Ellis & Associates. Lifeguards must always be present and on stand before any patrons may enter the water. Renting the facility without lifeguards and management staff present is not an option.

All rentals will be sent a rental contract that must be signed before rental is held.

The Pella Aquatic Center offers a 15% discount for groups of 75+ that would like to come during our open swim times. Please contact the Aquatic Manager or Asst. Aquatic Manager for more information.

# **Rental Information Continued**

### Splish Splash Host a Birthday Bash!

Have your next birthday at the Pella Aquatic Center where all the planning is done and you can have all the fun!

Must be booked through Aquatic Manager or the Asst. Aquatic Manager.

\* Must be booked at least 2 weeks in advance. No exceptions! \*

Private Party room available for 2 hours

12 individual admissions; \$3 for each additional youth, \$4 for each additional individual Cake from Vander Ploeg Bakery in Pella; Serves 16 (white or chocolate cake) Plates, silverware, and napkins provided

Must make reservation with 30% non-refundable deposit 2 weeks in advance Cost Residents \$80 Non-resident \$100

Available Fridays during Open Swim 3:30-5:30 or 4:00-6:00pm Available Saturdays during Open Swim 11:00-1:00pm or 12:00pm-2:00pm

### Rent the Whole Facility

Available August 21- May 16 Wednesday and Friday Evenings 6:00pm-8:00pm, Saturdays 2:00pm-8:00pm Please call 641-628-1882 for more information.

Rentals must be booked through the Aquatic Manager or Asst. Aquatic Manager.

\*Rentals must be booked at least 2 weeks in advance. No exceptions!\*

Rental Options	Resident (Priced Per Hour)	Non-Resident (Priced Per Hour)
After Hours Parties for 99 participates or less	\$100.00	\$120.00
After Hours parties for 100 or more participants	\$120.00	\$144.00
Meeting Room	\$22.00	\$27.00

# **Employment Opportunities**



Being a lifeguard may be the perfect job for you. The City of Pella is in need of more lifeguards to work at the Indoor Pool. In order to become a lifeguard you are required to take the Ellis and Associates training course. The training course is a 4 day course which includes a written test. Must be 15 years or older to apply. Cost of class is \$130 dollars. Scholarships available. For an application please visit www.cityofpella.com. For any additional questions please contact the Aquatic Manager Alex Meyers at 641.628.1882.

### Swim Instructors:



Have a passion for swimming? Want to help others learn? Then becoming a Swim Instructor is for you! You will need to take our Swim Instructor course. In this course you will learn different strokes, diving, and games to play with your students. Participants must be 15 years old, lifeguard certified, and be able to swim at the skill level they wish to teach. Swimming lessons are taught year round. For an application please visit www.cityofpella.com.

For additional questions please contact the Aquatic Manager Alex Meyers 641.628.1882.

# January Lifeguard Class Cost of class is \$130 dollars. Reimbursement for the class is possible if employee works the entire summer (end of May-Mid August) at the Pella Aquatic Center. Scholarships available. Monday, January 6: 3:45pm-6:45pm Tuesday, January 7: 3:45pm-6:45pm

### Wednesday, January 8: 2:00pm-6:00pm Thursday, January 9: 3:45pm-5:45pm

Classes will be held in February, March and April. Must attend All classes. Class will meet in the meeting room on the pool deck. Please bring a swim suit and towel, as well as any note taking materials. If one or more dates conflict please let Aquatic Manager know. Must be 15 years of age or

older.