

Leisure Pool Schedule

	Sunday	Mon - Fri	Saturday
Pool Opens	12:30p	5:30a	8:30a
Pool Closes	7:00p	8:30p	7:30p

The pools occasionally close due to necessary maintenance, special events, swim meets, weather or unforeseeable circumstances. Indoor pool slide will close when lightning is detected. We recommend calling 721-5259 to check on the status of the pools prior to your visit.

Open Swim

Sun	12:30p-7p
Mon - Thur	5:30a-5p 6:45p-8:30p
Fri	5:30a-8:30p
Sat	8:30a-9:30a 11:15-7:30a

Swim Lessons

(The Leisure Pool will be closed during swim lessons offered 2/1-4/28 see page 12-13 for details)

Quiet Hours

(Intended for families with kids ages 9 & under)

Mon - Fri	11a-1p
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Water Slide

The Water Slide and spray features are on during these times. Must be 48" to use slide.

Sun	2-6p
Mon-Thu	7-8p
Fri	4-8p
Sat	2-6p

Sauna & Steam Room

	Sunday	Mon-Fri	Sat
Open	12:30p	5:30a	8:30a
Close	7:00p	8:30p	7:30p

The Steam Room and Sauna are available for use by ages 16 & up. Please observe the 15 minute limit on use.

Pool Policies & Rules

Children 5 and under must be accompanied by an adult* in the water and within arm's reach at all times.

Children under 8 must be accompanied by an adult* in the water actively supervising at all times

Children 8-12 years must be directly supervised by an adult* in the pool area.

*Adults who are supervising must be 18+

Children under 3, or who are not toilet trained must wear a swim diaper

8 Lane Pool Schedule

	Sunday	Mon - Fri	Saturday
Pool Opens	12:30p	5:30a	8:30a
Pool Closes	7:00p	8:30p	7:30p

Swimmers under 48" must pass a swim test to swim in the 8 Lane Pool.

Aqua Challenge

At least 1 lap lane available

1/9 & 2/13	3-6p
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Fun Run

4 lap lanes available

1/16 & 3/19	1-4p
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Limited Lap Swim

Only 2 lap lanes available

Mon-Thu	5p-7:30p
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8 Lane Closures

For additional closures please call 721-5269.

Every Tuesday, 10a - Noon

High School Swim Meets

12/28-29, 1/5, 1/12, & 1/15

Jr. High Swim Meets

3/10 & 4/7

Open Swim

At least 4 lap lanes available

Sun	12:30p-7p
Mon	5:30a-5p 7:30p-8:30p
Tue	5:30a-10a Noon-5p 7:30p-8:30p
Wed-Fri	5:30a-5p 7:30-8:30p
Sat	8:30a-7:30p

Diving Board

Forward dives only, no specialty dives allowed. Diving Board may be available upon request based on staffing.

Mon-Fri	7-8:30p
Sat & Sun	1-7:30p

Whirlpool Schedule

	Sunday	Mon	Tue	Wed-Fri	Sat
Open	12:30p	5:30a	5:30a	5:30a	8:30a
Close	7:00p	8:30p	10a	8:30p	7:30p

The Whirlpool is available for use by ages 16 & up. Please observe the 15 minute limit on use.

Groups of 25 or more please call Stuart Tapson at 721-5263 to ensure we can provide an appropriate number of lifeguards.

Childcare providers or specialty youth groups must provide 1 chaperone in the water for every 4 children for active supervision of the group.

The pools occasionally close due to necessary maintenance, special events, weather or unforeseeable circumstances. We recommend calling 721-5269 to check on the status of the pools prior to your visit.

Aquatics

Learn to Swim Lessons

Swim Lessons (8 classes) \$37.00 member / \$48.00 non-member

For questions about levels, private lessons or to schedule a FREE swim assessment; contact the Aquatics Coordinator at 307-721-5221.



The Aquatics division is proud to offer a new & up to date swimming lessons program including: two new levels and a re-structure of skills. Our new program has been adapted to fit the needs of younger swimmers while continuing to refine and encourage advanced swimmers. Missed the registration deadline? Don't worry you can always be added to the waitlist. Aquatic Staff will contact waitlisted participants Friday before lessons.

Aqua Tots A : Aqua Tots A builds swimming readiness by emphasizing fun in the water. Parents and children participate in guided sessions that help children learn elementary skills. For 6 months to 2 years old.

Aqua Tots B : Aqua Tots B builds on the skills learned in Aqua Tots A. Parents and children participate in guided sessions that help children learn the skills to continue into the preschool levels. Recommended for 2-3 years old.

Preschool Intro : Preschool Intro is the first level of skill building after Aqua Tots B. Students learn to feel comfortable in water and enjoy the water safely. Students begin floating and basic skills. Recommended 3 to 6 years old.

Preschool Basics : Preschool Basics is designed for children younger than 5 who have passed Preschool Intro and wish to develop swimming readiness. Skills from both Level I & II will be taught, just adapted for younger swimmers. Recommended 3 to 6 years old.

Level I : Introduction to Water Skills - Designed for the non-swimmer who wishes to develop swimming readiness. Skills taught: balance, breath control, supported floating, alternating arm action, proper body positioning, underwater comfort, kicking on

front & back. Recommended for ages 5 and up who have never had a swim lesson.

Level II - Fundamental Aquatic Skills : Designed for the beginner who is comfortable in the water and ready to swim. Skills taught: breath control, floating front/back, combined stroke on front, supported stroke on back, proper body positioning, supported gliding, retrieving sub-merged objects. Must pass Preschool II or Level I and be 5 years or older to register.

Level III - Stroke Development : Designed for those who have completed Level 2 (or equivalent), and swimming on their own. Skills taught: side breathing, changing directions, introduce front crawl, elementary backstroke, breaststroke, treading water & dives.

Level IV - Stroke Improvement : Designed for those who have completed Level 3 (or equivalent) and are ready to develop strokes and stamina. Skills taught: alternate breathing, open turns, scissor kick, treading water, back crawl, butterfly, breaststroke and dives.

Level V - Stroke Refinement : Designed for those who have completed Level 4 (or equivalent) and are ready to refine their six strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke/sidestroke) and increase endurance.

Level VI - Swimming & Skill Proficiency : Designed for those who have completed Level 5 (or equivalent) and ready for more advanced aquatic activities such as competitive swimming or diving. Skills taught include spring board diving, circle swimming, using a pace clock and personal water safety.

Weekday Swim Lessons

		Session 1 Feb. 1 - Feb. 25 Registration open: Dec 28-Jan 23		Session 2 April 4 - April 28 Registration open: Jan 2-Mar 26	
		Level	Activity #	Level	Activity #
Monday & Wednesdays	5:05-5:50p	Pre-K Intro	116101-05	Pre-K Intro	116115-05
		Pre-K Basics	116101-06	Pre-K Basics	116115-06
		Level 1	116102-01	Level 1	116116-01
		Level 2	116102-02	Level 2	116116-02
		Level 3	116102-03	Level 3	116116-03
	5:25-5:55p	Aqua Tots A	116103-01	Aqua Tots A	116117-01
		Aqua Tots B	116103-02	Aqua Tots B	116117-02
	6:00-6:45p	Pre-K Intro	116104-05	Pre-K Intro	116118-05
		Pre-K Basics	116104-06	Pre-K Basics	116118-06
		Level 1	116105-01	Level 1	116119-01
Level 2		116105-02	Level 2	116119-02	
Level 3		116105-03	Level 3	116119-03	
Tuesdays & Thursdays	5:05-5:50p	Level 4	116105-04	Level 4	116119-04
		Pre-K Intro	116106-05	Pre-K Intro	116120-05
		Pre-K Basics	116106-06	Pre-K Basics	116120-06
		Level 1	116107-01	Level 1	116121-01
		Level 2	116107-02	Level 2	116121-02
	5:25-5:55p	Level 3	116107-03	Level 3	116121-03
		Level 4	116107-04	Level 4	116121-04
	6:00-6:45p	Aqua Tots A	116108-01	Aqua Tots A	116122-01
		Aqua Tots B	116108-02	Aqua Tots B	116122-02
		Pre-K Intro	116109-05	Pre-K Intro	116123-05
Pre-K Basics		116109-06	Pre-K Basics	116123-06	
Level 1		116110-01	Level 1	116124-01	
Level 2		116110-02	Level 2	116124-02	
	Level 3	116110-03	Level 3	116124-03	
	Level 5/6	116110-04	Level 5/6	116124-04	

Half Price Lessons
courtesy of USA Swimming Foundation
(*while space is available)



The USA Swimming Foundation's Make a Splash initiative is a national child-focused water safety campaign, which aims to provide the opportunity for every child in America to learn to swim. Through Make a Splash, the USA Swimming Foundation partners with learn-to-swim providers and water safety advocates across the country to provide swimming lessons and educate children and their families on the importance of learning how to swim. The USA Swimming Foundation has invested millions of dollars to provide grants to qualified Local Partner learn-to-swim programs, to spread national awareness, and to bring together strategic partners to end drowning. To date, more than 2 million children

have received the lifesaving gift of swim lessons through the USA Swimming Foundation Make a Splash Local Partner network, comprised of more than 600 qualified lesson providers across the nation. Thanks to Make a Splash, we are pleased to announce that the Laramie Recreation Center is offering Swim Lessons at a discount of 50%! Swim lesson fees are: 18.50(members) and 24.00(non-members).

Aquatics



Private Swim Lessons

Private Lessons are customized to each swimmer's abilities and comfort level. Your instructor will develop a lesson plan focused on a specific skill set from multiple levels. If you have never learned to swim or need extra help private lessons can help you. Private lessons are available for all lesson levels depending upon instructor availability and are set up based on your availability. Ask for the private lesson form at the front desk. Each private lesson is 30 minutes long.

Adult Private Lessons – Are customized to each swimmer's ability and comfort level. Your instructor will develop a lesson plan focused on a specific skill set based around your interests and needs. If you have never learned to swim or need help with skill building, private lessons can help you.

Private Swim Lesson Prices

- 1 Refinement Lesson: \$18, (\$25 non-members)
- 4 Lessons: \$60, (\$72 non-members)
- 8 Lessons \$100, (\$124 non-members)

Semi-Private Swim Lesson Prices

- 1 Refinement Lesson: \$27, (\$30 non-members)
- 4 Lessons: \$90, (\$104 non-members)
- 8 Lessons \$160, (\$188 non-members)

****Increase your market exposure and help us continue to bring quality programs and events to our community! We are seeking sponsors for our Aquatic Easter Egg Hunt, Canoe Battleship, and other events. Align your business with positive activities for our community. Contact Blaise Grant, Aquatics Coordinator, 721-5221 for more info.***



Fundamentals of Water Safety

This is an adult class that teaches the fundamentals of staying afloat with the goal of increasing personal safety and confidence around water. Great for anyone who is a frequent outdoor aquatic enthusiast. Ages 16+. 3 participant minimum

Wed./

Thurs. Feb. 3-4 5:30-7:30p 126601-1

Open to ages 16+ Fee: \$37, (\$48 non-members)

Registration closes: 1/29 Location: 8 lane pool

Aquatic Easter Egg Hunt

Forget the lawn! Kids grab your swimsuits, we're hunting for eggs in the water! Grab as many floating, sunken, or hidden eggs as you can. Exchange your eggs for awesome prizes and don't forget the carnival games. Join us Friday, March 25th for our 6th Annual Egg Hunt. *Indoor leisure pool will be closed at 6:00pm to allow time to prep for the event.

Friday, March 25

Times: 4 & Under, 6:15-6:30p
5 to 7 years, 6:45-7:00p
8 to 10 years, 7:15-7:30p

Free with membership or purchase of a day pass



Kayaking & River Rafts

Gearing up for a trip down the river? Planning a fishing trip for this spring? Take advantage of this great opportunity to keep your kayaking and rafting skills sharp. Please make sure all gear is clean before it goes into the pool. Please bring someone to help spot you if you plan to practice rolls.

Sundays, Feb. 7- May 29

4-5:30p

Free with membership or purchase of a day pass

First Aid / CPR & AED

First Aid/ CPR & AED for Adult/Child/Infant
This course teaches you the skills and knowledge to immediately care for someone who has an injury, experiencing a cardiac or breathing emergency until advanced medical personnel arrive. This course will provide students the opportunity to confront the fear of providing care and gain the confidence to assist others in their communities, homes, schools & workplaces. 3 participant minimum.

Session 1	Feb. 13	9a- 6p	129000-01
Session 2	April 23	9a- 6p	129000-02
Open to ages 15+		Fee: \$75, (\$80 non-members)	

Lifeguard Training

This course is designed to provide lifeguard candidates with the skills and knowledge necessary to keep patrons of aquatic facilities safe in and around the water. Completion will lead to the American Red Cross Lifeguard Training certificate including: CPR/AED, water park & emergency oxygen administration. Certification is good for 2 years; recommended preparation: the student must possess swimming proficiency and strength. 4 participant minimum.

Session 1	Feb. 15-19	5 - 9:45p	126600-01
Session 2	March 14-18	5 - 9:45p	126600-02
Open to ages 15+		Fee: \$200, (\$225 non-members)	
Registration closes: 2/12 & 3/11			

Water Safety Instructor Certification

Learn how to teach swimming and water safety while further developing personal skills in these areas. Successful completion leads to an American Red Cross Water Safety Instructor (WSI) certification. Recommended preparation: proficiency in major strokes including front crawl & back crawl.

April 11-15 (3 participant minimum)			
Monday - Friday		5 - 9:45p	126602-01
Open to ages 16+		Fee: \$260, (\$285 non-members)	

Registration closes: 4/8

Register online at: cityoflaramie.org/parksandrec

Indoor Triathlon and Training

Give it a Tri! Our indoor triathlon will consist of a 10 minute swim, 30 minute stationary bike, and finish up with a 20 minute run around the track.

Saturday, April 9	9a-12p
Fee: Youth, \$20 (\$25 non-members)	
Fee: Adult, \$25 (\$30 non-members)	
Registration: 2/1 - 3/31	

Inflatables in the Pool

At various times during the winter and spring the pool inflatables will be in the water. For added pool fun the 8-lane pools will have either the Aqua Challenge or the Fun Run for youth and adult enjoyment. 2 Lap lanes will be available.

Aqua Challenge	1/9 & 2/13	3-6:00p
Fun Run	1/16 & 3/19	1-4:00p

Canoe Battleship

Bring the classic board game to real life. Teams will try to dump buckets of water to sink each others canoes until only one Team remains. Captains will meet prior to the event to go over rules and safety. Participants must provide their own Canoe. Teams will meet in the 8-lane pool to battle it out!



Sunday, February 21
Sunday, March 20
Sunday April 17

Time: 6:30-7:30p Captains meeting at 6:15p

Free with membership or purchase of a day pass

