



**RECREATIONAL SPORTS
OUTDOOR POOL**
A Division of the School of Public Health

OUTDOOR POOL SUMMER 2016

Purchase Season Memberships and Register for Swimming & Diving Lessons Starting April 1 at SRSC and WIC Member Services!



Have a blast at our Open House!
May 20, 5:30 - 7:30 PM



Even more group swim lessons!



Learn to Log Roll!



Fun for the whole family!



Lap lanes available 6AM - close
M-F! You'll love our heated pools!

**NEW THIS
SUMMER:**

FREE Family Battleship Tournament
"Toss Up Thursdays" Fitness Sessions
Swim to Rio Swim Incentive Program
Dive-In Movies
Log Rolling Wednesdays

YOUR SEASON PASS IS VALID MAY 9 TO SEPT. 25!



GENERAL INFORMATION

DATES AND HOURS

Warm Up Days • Monday, May 9 - Friday May, 20 (Tentative)
 Gear up for another great season at the IUORS Outdoor Pool! Swim laps and hang out on the deck daily from 11:30AM - 2:30PM.

Open House, Season Kick Off • Friday, May 20, 5:30 - 7:30PM
 Enjoy FREE swimming, food, and fun!

Regular Season • Saturday, May 21 - Sunday, August 7
 All Pools Open (See schedule below)

Adjusted Hours • Monday, August 8 - Sunday, August 21
 Due to opening of public schools, the IUORS Outdoor Pool will be closed from 9AM - 12PM daily, and will close at 9PM Monday - Thursday, and 6PM Friday. All other hours will be the same as Regular Season hours.

NEW EVENING HOURS ADDED!

Cool Down Days • Monday, August 22 - Sunday, September 25
 As the season winds down to a close, come out 12 - 2PM and 5:30 - 7PM Monday - Friday for lap swim and deck lounge. Visit Saturday - Sunday for open & lap swim from 11:30AM - 4PM.

ADMISSION FEES

Daily Admission	\$4.50		
Five-Visit Pass	\$21.50		
	Student	Faculty/Staff	Public
Season Pass†	\$70.00	\$95.00	\$130.00
Season Pass-Family*†	\$140.00	\$190.00	\$260.00

*Family includes all children under 18 in household and one baby sitter age 18 or above if escorting household children.
 † Season pass valid May 9 - September 25.

AGE POLICY

Children under the age of 16 must be accompanied and supervised by a designated adult who is age 18 or older and who has a valid membership or day pass.

Swim Test: A swim test is required for participants 15 and under wishing to use the diving boards/platforms. Ask an Assistant Manager to help your child take the swim test! After successful completion, your child will receive a green wristband.

If your child is not ready to take the swim test, no problem! We have plenty of fun things to do in the shallow area of the lap pool and the shallow instructional pool. For safety, please stay within arm's reach of your child at all times, especially in the water.

POOL SCHEDULE: MAY 21 - AUGUST 7

Chilly day? Our pools are heated! *The lap pool is set at minimum of 80°; instructional & dive pools at a minimum of 84°!*

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00AM - 9:15AM	Lap Swim Deck Lounge	Lap Swim Deck Lounge	Lap Swim Deck Lounge	Lap Swim Deck Lounge	Lap Swim Deck Lounge		
9:15AM - 12:00PM	Lap Swim Deck Lounge Group Lessons	Lap Swim Deck Lounge Group Lessons	Lap Swim Deck Lounge Group Lessons	Lap Swim Deck Lounge Group Lessons	Lap Swim Deck Lounge		
12:00PM - 1:30PM	Lap Swim Deck Lounge Triathlon Swim Training (12:15 - 1PM)	Lap Swim Deck Lounge Shallow Water Ex (12:15 - 1PM)	Lap Swim Deck Lounge Triathlon Swim Training (12:15 - 1PM)	Lap Swim Deck Lounge Shallow Water Ex (12:15 - 1PM)	Lap Swim Deck Lounge	Lap Swim Deck Lounge	Lap Swim Deck Lounge
1:30PM - 6:00PM	Lap Swim Deck Lounge Open Swim	Lap Swim Deck Lounge Open Swim	Lap Swim Deck Lounge Open Swim	Lap Swim Deck Lounge Open Swim	Lap Swim Deck Lounge Open Swim	Lap Swim Deck Lounge Open Swim	Lap Swim Deck Lounge Open Swim
6:15PM - 8:00PM	Group Lessons Deck Lounge Lap Swim	Group Lessons Deck Lounge Lap Swim	Group Lessons Deck Lounge Lap Swim	Group Lessons Deck Lounge Lap Swim			
8:00PM - 10:00PM	Lap Swim Deck Lounge Deep Water Ex (8:15 - 9PM)	Lap Swim Deck Lounge swimFIT (8:15 - 9PM)	Lap Swim Deck Lounge Deep Water Ex (8:15 - 9PM)	Lap Swim Deck Lounge swimFIT (8:15 - 9PM)			

MORE LAP SWIMMING!
 LAP LANES AVAILABLE M-F, 6AM-CLOSE!

Lap Swim
 During lap swim times, our 50 M pool is open with lanes designated for lap swim.

Open Swim
 Five lap lanes, a recreational area without lanes, our instructional pool, and diving boards are all open for swimming and play.

Deck Lounge
 Wander over to the concession stand for snacks, or do some sunbathing and relaxing on the pool deck before or after your swim!

Pool not available during these times.

GET CONNECTED!
 Receive up to the minute updates on Outdoor Pool hours and weather changes.

TEXT "IUOP" TO 313131 FOR GENERAL UPDATES



IU OUTDOOR POOL @IUOUTDOORPOOL

SWIMMING & DIVING LESSONS

EVEN MORE LESSONS!

	SERIES 1 May 31 - June 3 (Register by 5/26)	SERIES 2 June 6 - June 16 (Register by 6/2)	SERIES 3 June 20 - June 30 (Register by 6/16)	SERIES 4 July 5 - July 14 (Register by 6/30)	SERIES 5 July 18 - July 28 (Register by 7/14)	SERIES 6 Aug. 1 - Aug. 11 (Register by 7/28)	SERIES 7 Aug. 1 - Aug. 4 (Register by 7/28)	SERIES 8 Aug. 8 - Aug. 11 (Register by 8/4)	SERIES 9 Aug. 15 - Aug. 19 (Register by 8/11)
9:15AM - 10AM		Youth Group Swim Log Rolling Swim Team Prep	Youth Group Swim Log Rolling Swim Team Prep	Youth Group Swim Log Rolling Swim Team Prep	Youth Group Swim Log Rolling Swim Team Prep				
10:15AM - 11AM		Youth Group Swim Swim Team Prep Youth Diving Parent/Toddler	Youth Group Swim Swim Team Prep Youth Diving Parent/Toddler	Youth Group Swim Swim Team Prep Youth Diving Parent/Toddler	Youth Group Swim Swim Team Prep Youth Diving Parent/Toddler		Youth Group Swim Swim Team Prep Youth Diving	Youth Group Swim Swim Team Prep Youth Diving	
11:15AM - 12PM		Youth Group Swim Swim Team Prep Parent/Toddler Junior Lifeguarding	Youth Group Swim Swim Team Prep Parent/Toddler Junior Lifeguarding	Youth Group Swim Swim Team Prep Parent/Toddler Junior Lifeguarding	Youth Group Swim Swim Team Prep Parent/Toddler Junior Lifeguarding		Youth Group Swim Swim Team Prep Parent/Toddler Junior Lifeguarding	Youth Group Swim Swim Team Prep Parent/Toddler Junior Lifeguarding	
6:15PM - 7PM	Youth Group Swim Parent/Toddler Swim Team Prep	Youth Group Swim Swim Team Prep Parent/Toddler Adult Group Swim	Youth Group Swim Swim Team Prep Parent/Toddler Adult Group Swim	Youth Group Swim Swim Team Prep Parent/Toddler Adult Group Swim	Youth Group Swim Swim Team Prep Parent/Toddler Adult Group Swim	Youth Group Swim Swim Team Prep Parent/Toddler Junior Lifeguarding			Youth Group Swim Swim Team Prep Parent/Toddler
7:15PM - 8PM	Youth Group Swim Swim Team Prep Youth Diving	Youth Group Swim Swim Team Prep Youth Diving Junior Lifeguarding Adult Group Swim	Youth Group Swim Swim Team Prep Youth Diving Junior Lifeguarding Adult Group Swim	Youth Group Swim Swim Team Prep Youth Diving Junior Lifeguarding Adult Group Swim	Youth Group Swim Swim Team Prep Youth Diving Junior Lifeguarding Adult Group Swim	Youth Group Swim Swim Team Prep Youth Diving Adult Group Swim			Youth Group Swim Swim Team Prep Youth Diving
	\$30	TWO WEEK SESSIONS, \$60				ONE WEEK SESSIONS, \$30			

 **Bad Weather Happens. Text "LESSONS" to 313131 for swim lesson weather-related changes.**

REGISTRATION

All swimming & diving instruction follows the American Red Cross Format. Participants must register for programs in person; no refunds or exchanges will be considered. Our group lessons consist of four 45-minute lessons per week, Mon. to Thurs. Lessons cancelled due to weather will be made up on Fridays. Pool Membership is not required to enroll in lessons.

Registration at SRSC and WIC Member Services:
Starting April 1: During Normal Hours of Operation

Registration Dates at the Outdoor Pool:
May 9 - 19: Daily 11:30AM - 2:30PM
May 20: 11:30AM - 2:30PM; 5:30-7:30PM
Starting May 21: During Normal Hours of Operation

YOUTH GROUP LESSONS

PARENT/TODDLER LESSONS *Ages 6 mo.-3 yr.*
Parent/guardian must accompany child in the water. 10-15 participants per instructor.

YOUTH GROUP SWIM LESSONS *Ages 3-13*
Levels 1-5 offered at all group swim lesson times. 5-7 participants per instructor.

NEW! **SWIM TEAM PREP** *Ages 5-13*
Offered at all group swim lesson times. 5-7 participants per instructor.

YOUTH DIVING LESSONS *Ages 7-13*
Participants must be able to swim the length of the pool and tread water for 1 min. prior to enrolling. 5-7 participants per instructor.

NEW! **LOG ROLLING** *Ages 5-13*
Participants must have passed level 3 or higher of American Red Cross swim lessons. 4-8 participants per instructor.

JUNIOR LIFEGUARDING *Ages 10-14*
Participants must have passed level 4 or higher of American Red Cross swim lessons.

ADULT GROUP LESSONS *Ages 18+*

ADULT GROUP SWIM LESSONS
Participants choose beginner or intermediate lessons. 5-7 participants per instructor.

NEW! **TRIATHLON SWIM TRAINING - \$60**
This program is designed for fitness minded swimmers training for a triathlon or open water swim race. Participants must be able to swim 100 meters continuously using freestyle or breaststroke. 5-7 participants per instructor.

swimFIT - \$60
Want a challenging lap swim workout? swimFIT provides a 45-minute instructor-led customized workout. All fitness levels welcome. 5-7 participants per instructor.

	SERIES 1	SERIES 2
Triathlon Swim Training M/W 12:15 - 1PM	June 7 - 30 Register by 6/2	July 6 - Aug. 1 Register by 7/1
swimFIT T/Th 8:15 - 9PM	June 7 - 30 Register by 6/2	July 5 - 28 Register by 7/1

PRIVATE & SEMI-PRIVATE LESSONS

Our 45-minute Private & Semi-Private lessons are available from May 31 to Aug. 10, and are open to swimmers of all ages and abilities. Private & Semi-Private lessons are available daily 12-6PM and M-Th 8-10PM. **Lessons expire Sept. 5, 2016. No exceptions.**

PRIVATE SWIMMING OR DIVING LESSONS
One Lesson \$30; Five Lesson Package \$135

SEMI-PRIVATE SWIMMING OR DIVING LESSONS
Find a friend of the same ability level. Maximum two people per semi-private lesson.
One Lesson \$45; Five Lesson Package \$202
(Prices listed for semi-private lessons are total amount due)
All fees must be paid in full at time of registration.

For registration forms & more info on swimming & diving lessons visit indiana.edu/~iuop.



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MORE FUN IN THE SUN!

WATER FITNESS PROGRAMS

MEMBERS – TWO OPTIONS:

1. Purchase a \$40 Water Fitness Season Pass, valid for Deep Water & Shallow Water Exercise, and Toss Up Thursdays*
**Must have season pass to purchase*
2. Pay \$2 per session for Deep Water & Shallow Water Exercise;
\$4 for Toss Up Thursdays

NON-MEMBERS:

\$6.50 per session for Deep Water & Shallow Water Exercise^;
\$8.50 for Toss Up Thursdays^
^Pricing includes day pass

Water Fitness (Deep Water & Shallow Water Exercise)

Enjoy this low impact, 45-minute workout with our professionally trained and nationally certified instructors! See schedule on page 2 for days & times.

Toss Up Thursdays

Every other Thursday, enjoy a fun and unique Group Exercise experience! Sessions include: Sunrise Yoga, CycleFit on deck, Sunset Yoga, TRX Suspension Training, Aquatic Boot Camp, Log Rolling, Stand Up Paddle Board (SUP) Yoga.

Dates: June 2 , 16 , 30, July 14, 28, and August 11 (times will vary)



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