

Pool Happenings

**BOULDER CITY PARKS & RECREATION
Pool and Racquetball Complex
March 2016 - August 2016**



**861 Ave B
Boulder City, Nevada
702-293-9286 ~ www.bcnv.org**

FACILITY INFORMATION

The Recreation Department operates the swimming pool & racquetball complex. The facility consists of 3 pools: a year-round recreation/lap pool, and, during the summer months, a wading pool & a diving pool. The Diving pool includes a 1 meter diving board, and 2 16' high 4' wide climbing walls available for public use. New this year is an ADA accessible ramp leading to the wading pool deck, and into the wading pool. There are 3 racquetball or wallyball courts & a cross-training room to complement pool programs. We are an authorized provider for Senior Dimensions!

POOL FEES & HOURS

AGES	Youth 0-17 / Adult 18-59 / Senior 60+	
DAILY	Youth & Senior	\$2
DAILY	Adult	\$3
15-PUNCH PASS	Youth & Senior	\$27
30-PUNCH PASS	Youth & Senior	\$51
15-PUNCH PASS	Adult	\$41.50
30-PUNCH PASS	Adult	\$76.50
INDIVIDUAL ANNUAL		\$175
FAMILY ANNUAL		\$300
FAMILY SUMMER	5/2-9/1	\$150

FALL-SPRING—MAIN POOL ONLY

ADULT LAP SWIM	M-F	6:30-10am
	M-Th	12-1:30pm
*OPEN SWIM	M-Th	5:15-7:30pm
	F	4:45-7:30pm
	Sat	7:30am-2pm
	Sun	closed

SUMMER 2016

Monday - Friday	6:30 am - 9:00 am	**Adult Lap swim
	11:00 am - 12:00 pm	Adult Lap swim (M-TH)
	1:00 pm - 5:00 pm	Open Swim
	5:00 pm - 6:00 pm	Family Hour
Saturday	6:00 pm - 7:00 pm	Adult Lap Swim (M-TH)
	6:30 am - 9:00 am	Adult Lap Swim
	1:00 pm - 5:00 pm	Open Swim
Sunday (5/29-8/28)	5:00 pm - 6:00 pm	Family Hour
	1:00 pm - 5:00 pm	Open Swim

**The "OPEN" section of the pool is not available for use prior to 1:00pm during adult lap swim Monday – Thursday due to classes being held in the area.

~ Special holiday hours are posted at the complex ~

~Dates and times subject to change ~

~POOL CLOSED for maintenance May 14–27, 2016 ~

~ Check for office and court availability ~

COURT & FACILITY OFFICE HOURS

FALL-SPRING COURT & OFFICE HOURS

Monday - Thursday	6:30am - 8:00pm
Friday	6:30am - 10:00am
	2:00pm - 8:00pm
Saturday	7:30am - 2:00pm

SUMMER COURT & OFFICE HOURS

Monday - Thursday	6:30am - 8:00pm
Friday	6:30am - 11:00am
	1:00pm - 6:00pm
Saturday	6:30am - 9:00am
	1:00pm - 6:00pm
Sunday (5/29-8/28)	1:00pm - 5:00pm

POOL POLICIES

During all pool hours, including swim class times, children under 8 years of age cannot be left unattended at the pool and facility.

Parents or a responsible individual age 12 or older must be present at all times. In addition, children who are under 8 and who cannot pass the swim test, must be accompanied by an individual 12 or older who is in the water within an arm's reach of them.

Rules include, and are not limited to:

- * No diving in shallow water
- * No running
- * No extended breath holding
- * All children under 4 must wear a swim diaper! No exceptions
- * Please read all rules before entering our facility

CLASS POLICIES

It is the Pool's policy to try and hold classes as much as possible for the community of Boulder City. However, we ask that patrons sign up before the class starts so we can schedule the appropriate class space and instructors. Classes can be cancelled due to low registration numbers. ***If a class lacks the required registrations before noon on the day of the class, the class that day will be cancelled and will start the next scheduled day. If the class lacks required registrations within a week of original start date, the class will be cancelled for the month.***

We apologize for any inconvenience this causes.

LIGHTNING POLICY

For our patron's safety, the pool will close for 30 minutes if thunder is heard within 30 seconds of lightning being seen. If this occurs, please exit the pool deck immediately. Patrons are not to shower before they exit the locker rooms, as lightning can travel through waterlines. If the lightning ceases within 30 minutes, the pool will re-open. We encourage our patrons to call the facility during poor weather conditions if they are unsure if the pool will be open! ***One pool admittance will be granted if paid admittance has been received within 30 minutes of closure.***

RACQUETBALL INFORMATION

Open play racquetball & racquetball leagues are available for the general public. New leagues begin periodically throughout the year, based on interest. Call 293-9286 for more information.

OPEN PLAY FEES:

PRIME	M-F	4-8pm	\$8
PRIME	Sat, Sun & holidays	business hours	\$8
NON-PRIME	M-F	6:30am-4pm	\$6
YOUTH	Sat / fall-spring	business hours	\$5
	M-Sun/summer		

RESERVATIONS are taken up to 2 weeks in advance by calling 293-9286. Walk-ins accepted. Racquets are available for a \$1 rental fee. Protective eyewear is strongly recommended.

WALLYBALL

Enjoy the fun & excitement of wallyball in a temperature-controlled racquetball court. Similar to volleyball, but court walls are used to keep the ball in play which provides interesting strategy & longer play periods. A great activity for 4, 6 or 8 players. Please call 293-9286 to reserve a court. Specify that you want to play wallyball! Equipment provided.

fee per court \$11 per hour

Youth Learn to Swim Grant

Thanks to SNICC, Copper Mountain Solar, and SDGE we are proud to offer a Learn to Swim Grant to some of our children. If your child is four years old or younger and are enrolled in Parent Baby Tot class or a Level One Learn to Swim class they are eligible to receive the grant

How it works: Come in, sign up for the class and pay for the class. After the student attends 70% of the class, they are eligible to receive a refund!!

SWIM LESSONS

PARENT-BABY/TOT

Introduction to basic swimming & water safety skills. Children learn fast in a group environment with 1-on-1 attention. Songs & games make the water a fun place to be & enhance parent/child relationships. The goal is for the tots to become swimmers.

age	6 months to 4 years		
monthly class	\$38 per month/average fee		
day/time			
fall-spring	M,W	12:15-1:00pm	
summer	M,W	11:00-11:45am	
	M,W	6:00-6:45pm	

PRIVATE SWIM LESSONS

All ages: \$25 per 1/2 hour, per person. Please inquire at the front desk

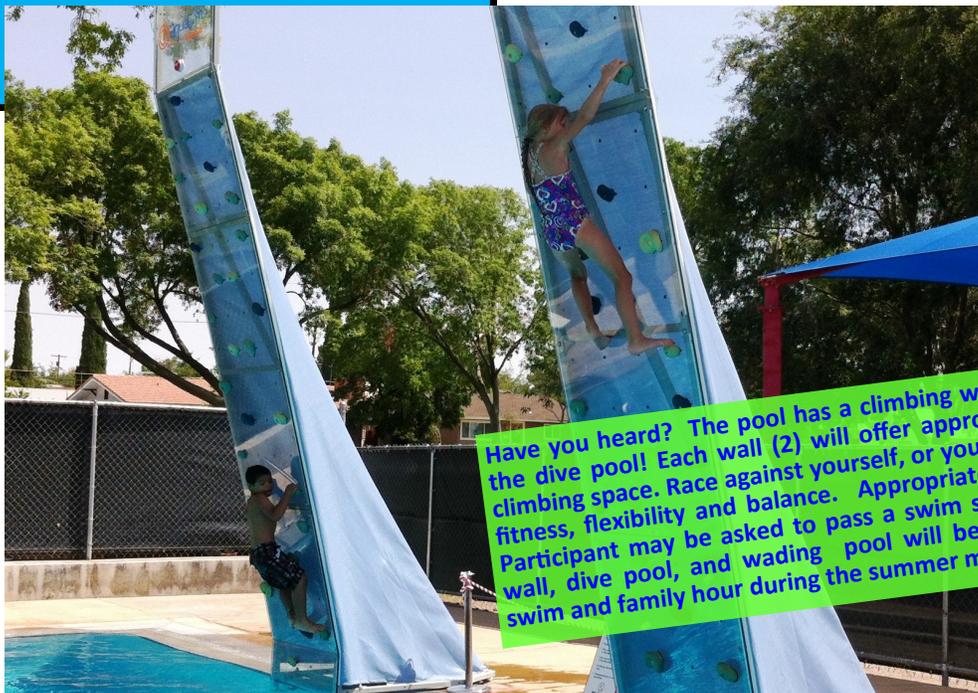
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YOUTH LEARN-TO-SWIM

Classes are designed to teach progressive swimming techniques for the non-swimmer to the advanced. Children learn water safety & develop coordination, strength, and skill.

age	4+		
monthly class	\$36 per month/average fee		
fall-spring	M,W	4:05-4:50	level 1
		5-5:45pm	level 2
	T,Th	4:05-4:50	level 3
summer	M,W	5:05-5:50pm	levels 1 & 2
*summer	M-TH	9:00-9:45am	levels 1 - 4
		10:00-10:45am	levels 1 - 4

*two-week session classes meet M -Th



Have you heard? The pool has a climbing wall amenity, located in the dive pool! Each wall (2) will offer approx. 16.4' x 4' of vertical climbing space. Race against yourself, or your friends, improve your fitness, flexibility and balance. Appropriate for ages 5 and older. Participant may be asked to pass a swim skills test. The climbing wall, dive pool, and wading pool will be operating during open swim and family hour during the summer months.

POOL SPECIAL EVENTS**POOL PARTY/RENTAL PACKAGES**

Packages start at just \$75

Not sure where to have your next special event? How about at the pool! Rent the main pool for a private party or join us during our open swim hours; your guests are sure to have a SPLASH! Packages also include use of the Multi Use Building in the adjacent Broadbent Park! Use of the dive tank and/or wading pool, available in the summer months only, will require additional fees. Please call the pool ahead of time if you plan to bring a party during our open swim times!

SUNSET SWIM SUMMER KICK-OFF**Friday, June 17 6-7:30pm**

~ All ages welcome ~ Admission: Price to Pool ~

Schools out for summer ! Why not enjoy a little extra time playing in the pool as the sun goes down! Participate in pool relay games. During this event only, you may bring your own inflatable toys. Established age policy will be observed. Call for details.

DAMBOREE CELEBRATION POOL COIN TOSS**July 4th 12:00pm**

Admission: price to pool *Ages 1-15

Children who have the ability to swim independently can participate in the "COIN TOSS" starting at 12 pm. Rules will be explained and age divisions clarified. Goggles and suits with pockets, or something to stash coins in, are recommended. At the same time, younger, non-swimmers will have the opportunity to find fake coins in the wading pool for them to redeem for a prize. Parent supervision and participation required. Dive for extra cash at the coin toss where treasures await you at the bottom of the pool! **Established age policy will be observed. Call for details.*

SECOND ANNUAL**SOGGY DOGGY POOL PAWTY****Saturday, September 10th 9am-Noon**

Come and enjoy an end of season celebration for your pooch. This new outdoor event features canine swim time and a whole lotta doggone fun as the Boulder City Pool turns into an aquatic dog park. The pool closes to humans for the summer season and the water opens up for dogs only to enjoy!

Please call the pool for registration information, costs, participation policies and details on the event.

"SPLASH & DASH" Grand Prix Race

The City of Boulder City, Parks and Recreation Department is proud to present this fun summer race. The race will consist of a 200 yard swim, followed by a 1 mile run. The race will have an overall winner prize, and top 3 in each age group. Bring your own swimsuit, goggles, running shoes and a good attitude. Level 4 or pre-swim team skills required to participate. Pre-register at the pool front desk a minimum of 48 hours in advance.

race date June 18

time 7am

cost \$20 per person

age All (swim skills required as noted above)

**FREE
CARDBOARD
BOAT RACES****Wednesday****July 20th****6:00 pm**

Cardboard Boat Race 2015



Damboree Coin Toss July 4th, Noon

It's the 16th Annual Cardboard Boat Races. This year we invite participants to bring a Star Wars captain! (Captain cannot be "living"). Prizes are awarded for most historic, funniest, most original & fastest sinking ship! There will also be an adult age group! Established age policy will be observed, call for details.

POOL GAME DAY**Wednesday, August 10th 1:30-3:00pm**

All ages

Admission: Free (if registered prior to Aug 11)
(price to pool if registering that day)

Haven't been to the pool much this summer? Come one come all to our pool game day as the summer winds down. Register at the pool front desk prior to Aug 10, and your admittance to the event is free! All who participate will get a prize. Children under 8 must be accompanied by an Individual 12 or older. Non-swimmers will also require adult participation/supervision in the water during the games.

SWIM TEAM

BCH HEATWAVE SUMMER LEAGUE SWIM TEAM

age 6 years and older
 M-TH 7:00-pm - 7:55pm
 June 6 - Aug 5, 2016

\$120/child,\$110/child (2 or more siblings)
 \$38 per child additional USA swim registration fee
 This recreational swim team experience teaches basic competitive swimming skills, builds self-esteem, and improves strokes. It's a great way to meet new friends, stay active, and explore the BCH swim team program. Register early, space limited!

PRE-SWIM TEAM

A great class for the child who swims like a fish but is still learning coordinated strokes. Focus is on learning strokes, competitive skills, & techniques to prep for Swim Team.

Required level III swim skills & evaluation prior to registration

age 6+
 monthly class \$51 per month/average fee
 fall-spring M, W, Th 4:30-5:15pm
 summer M, W, Th 11:00-am11:45am

CROSS TRAINING BCH/non - aquatic:

Session dates are the same as Swim Team - training will be coordinated with the BCH practice! The program is designed to specifically improve swimming skills & also benefits any other physical activity or sport. Instructors are certified personal trainers. A \$5 material fee may be collected by the instructor twice/year.

age BCH adv elem, sec. & novice groups
 required evaluation before registration

monthly class	\$16 \$24	BEGINNER ADVANCED
fall-spring	4:10-4:30pm 4:45-5:15pm	(BEG) M,W (ADV) M,W,F
summer	tba	

BCH SWIM TEAM This year-round USA Swimming registered program focuses on building an all-around competitive swimmer by developing technique and endurance. Swimmers must be able to swim 1 pool length freestyle & backstroke, and kick 1 pool length breaststroke and butterfly. Practice may be cancelled when coaches are attending swim meets.

age	6+
* location	*during seasonal pool maintenance, practice is held at a Henderson pool
required	evaluation prior to registration
coaches	Mike Polk, Sara Fecteau, Linda Estes
	USA Swim \$60 annual registration fee
	per month/average fee:
	\$65 Novice
	\$75 Adv Primary
	\$80 Adv Secondary
	\$200 Family max (3 or more)
fall-spring	M-F 2:45-4:30pm
summer	M-F 9:00-11:00am, 7:00-7:55pm (novice)





THE BOULDER CITY POOL IS HIRING!

Are you 16 or older and seeking a fun and rewarding part time job? Are you retired and seeking a rewarding hobby and job? If you are certified to lifeguard, teach water safety, fitness, or racquetball related programs,

WE WANT YOU!

Call 293-9286 for more information.





1ST ANNUAL SOGGY DOGGY

FITNESS CLASSES

*SENIOR DIMENSIONS APPROVED, funding limited * Water Aerobics Readiness Questionnaire to be completed prior to participating. Please, for your safety, be at class for the entirety of the class.*

***WATER AEROBICS** Improve your health, mobility & flexibility while enjoying an aerobic workout set to music in the refreshing & invigorating pool environment. Water provides the perfect medium to reduce the strain of exercise. Raise your heart rate & have fun!

age	13+
monthly class	\$55/ month/average fee
drop-in	\$4.50 / class (space available)
M-Th	7:00-7:55am

***SATURDAY WATER AEROBICS** Come in on Saturday mornings to improve your health, mobility & flexibility while enjoying an aerobic workout set to music in the refreshing & invigorating pool environment. Water provides the perfect medium to reduce the strain of exercise. Raise your heart rate & have fun! This class is perfect for the working professional who is unable to make a weekday class!!

age	13+
monthly class	\$13/ month/average fee
drop-in	\$4.50 / class (space available)
Sat.	7:30-8:25am

***LOW-INTENSITY WATER EXERCISE**

Also set to music, this class is designed for those who may be dealing with arthritis pain, recovering from surgery, or simply wanting to exercise at a slower pace than our water aerobics class. Water greatly reduces the effect that gravity has on the body and yet is about 12 times more resistant than air, providing more toning and calorie burning in less time with minimal stress on joints— a win win! Come join us for a low-stress/high-fun/full body workout!

age	13+
monthly class	\$55 per month/average fee
drop-in	\$4.50 / class (space available)
M-Th	8:00-8:55am

FITNESS CLASSES continued

SENIOR DIMENSIONS APPROVED, funding limited

***DEEP WATER EXERCISE Summer Only** This challenging aerobics class will take place in the deep water (12ft) of the diving pool. Noodles and kick boards will be used to aid in your aerobic workout set to music. Minimum swim skills required: Participants must be able to swim one length of the dive pool and tread water. Minimum enrollment set at 10 participants.

age	13+
drop-in	\$4.50/class (space available)
monthly class	\$26 per month/average fee
summer only	days tba 6:00-6:55pm

CROSS TRAINING EXERCISES

weekly class	\$15 per semi-private hour (2-4 persons)
	\$20 per private 1/2 hour

STRENGTH TRAINING /STRETCHING Come enjoy a core workout using therabands, stretchbands, medicine balls, dumbbells & relaxing wind down stretches! Call the pool for an appointment.

MORNING CIRCUIT TRAINING Come and enjoy a quick workout at the Pool using different exercises at stations within the Dryland room!

monthly class	\$39 per month/average fee
drop-in	\$5 / class (space available)
T, Th, F	9:00-9:30

MASTERS SWIM This program is perfect for those who want a good workout & learn proper stroke technique. This is a great way for swimmers to stay in shape and a great fitness program! Flexible workout days!

age	13+
monthly class	2x's week \$32.50/month
average fees	3x's week \$45.50/month
	4x's week \$55.25/month
	5x's week \$65.00
drop-in (space available)	\$5/class
fall-spring	M,W 9:10-9:55am
	T,Th 6:30-7:25pm
summer	M,W,F 8:00-8:55am
	T,Th 6:00-6:55pm

SWIM & TRIM Are you ready to have more energy and feel better? This free program is for you. All you have to do is get swimming and record your miles on a tracking poster located in the pool lobby. Swim a lot, or just a bit, it doesn't matter, just keep track. Once you have swum 100 miles, you become part of the 100 mile club, and are entitled to receive a free 15 pool punch pass. More details on the program available at the pool. The program runs January 1-December 31. Registration is ongoing.

age	18+
fee	Pool Entrance



Boulder City Parks and Recreation Department Mission Statement

To provide high-quality and cost-effective recreation activities for all residents of Boulder City. These programmed activities include workshops, labs, tournaments, camps and classes, as well as activities in aquatics, arts, golf, sports, and special events. We are striving to meet the community's recreational needs in all phases of our operation.