

Swimming Pool 2010



Memorial Day Weekend
Open May 29th – August 22
June 1st thru 4th –Hours: 3:30 to 7:30
Closed Aug. 23rd thru 27th
Open Aug. 28th thru 29th
Closed Aug. 30 thru Sept. 3rd

Labor Day Weekend
Open September 4th thru 6th

<u>Hours:</u>	
Mon. – Fri.	11am - 7:30 pm
Saturdays	12pm - 7:30 pm
Sundays	1pm - 7:30 pm

Lockheed Martin Recreation Assn.
 3400 Bryant Irvin Road
 Fort Worth, Texas 76109
 817.737.3559
www.lmra.org

2010

2010 LMRA Swimming Pool Fees

LMRA Members (ID required)

1. Daily Ticket – Member \$ 4.00
 2. Discount Card (20 visits) \$ 66.00
 3. Season Pass \$125.00
- Must have photo ID with season pass
4. Family Pass (up to 5 persons) (\$20/wk) \$240.00

Season passes are pro-rated.

Guests

1. Daily Ticket- Picnic Guest \$ 4.50
2. Daily Ticket – Member Guest \$ 4.25
3. Guest Card \$ 80.00
(20 visits, sponsored by member)
4. Season Pass \$150.00
(\$12.50/wk, sponsored by member)

Must have photo ID with season pass

5. Family Pass (up to 5 persons) \$288.00
(\$24/wk, sponsored by member)
- Season passes are pro-rated.

**Private Party
(Two Hours)**
 Member-Sponsored (personal party)
 \$3 per person, (\$250 minimum)
\$100 deposit required for all parties
 Non-Member or Organization
 \$4 per person, (\$250 minimum)

- No Alcohol at Anytime
- Lined Swimsuits Required
- No Smoking Facility

**12 yrs & under must be
 accompanied by an adult.
 Three Years Old & Under Free With Paid
 Adult Admission.**

LMRA once again offers the American Red Cross “Learn to Swim” program, which benefits all ages. The Red Cross program is a proven success throughout the nation. We are proud of our 40 year program. We try to group students according to skill level rather than age alone. **An American Red Cross Water Safety Instructor will teach your child.** The children will receive certificates according to his/her individual level. The first day of classes for each session will be for assessment of skills. Children will be put in the class that will benefit him/her the most. Each series of lessons is for eight days (Monday through Thursday), and each lesson will take approximately 45 minutes.

Early Registration
May 22, Gym 1 in the Fitness Center
 11AM – 12PM- **LMRA Members Only**
 12PM – 1PM Members & Sponsored Guests
Registration
May 29th thru July 16th,
 At Swimming Pool Office(During Open Hours)
***Cut off for registration is Friday before
 Session starts* • No Refunds •**

Cost per Class:
LMRA member \$57*
Guests \$69*

Sessions Weeks of:
I. June 7 & June 16
II. June 21 & June 28
III. July 5 & July 12
IV. July 19 & July 26

*** Free admission to the pool, Monday thru Friday for the student enrolled in the class and only for the session in which they are enrolled.**

The American Red Cross “Learn To Swim” Program Lessons Offered

(Bring previous year’s certificate to registration for proper placement if possible)

A. IPAP Infant (6 mos. – 3 yrs.) 30-45 Minute parent/child class.

B. Preschool (3-4 yrs.) – Water adjustment (Not Red Cross) 30-35 Minutes

C. Level I & II –Water exploration/primary skills. (5-6 yrs.)

- Designated for children beginning swim lessons for the first time, or afraid of the water.

- No prerequisites.

D. Level II & III – Primary skills/stroke readiness.

- 2 classes: (6-8 yrs.) and (8-9 yrs.).

- Designed for children on an

Intermediate-Beginner or Advanced- Beginner level.

- Must be able to complete Level I skills

E. Level III & IV – Stroke readiness/stroke development.

- Designed for children who have a good

foundation and no fear of putting face in water.

Must be able to prone/supine float.

- 2 classes: (7-9 yrs.) and (7-10 yrs.).

- Must be able to complete Level II skills.

F. Level IV & V – Stroke development / Refinement. (9-12yrs)

- Improve previous strokes.

- Introduce breast stroke and side stroke

- Introduce Butterfly (Level V)

- Must be able to complete

Level III skills.

G. Level VI – Swimming and Skill Proficiency

- Completed Levels I thru V

- 3 different classes

- Lifeguard Readiness (Session II)

- Personal Water Safety (Session III)

- Fitness Swimming (Session I & IV)

**Class Rain Policy – Decision will be made
30 minutes prior to class.**

Want to be a “WSA” (Water Safety Aid)?

For children 12-15 yrs.

Assists instructors with students during lessons.

Call for details or talk to a swim instructor.

No fee / No pay Volunteer position,
pretest required.

Instructors are certified through the Red Cross

As: Water Safety Instructors

Tarrant Co. Red Cross (817) 336-8710

SWIMMING LESSONS – SUMMER 2010

Morning Schedule

10 a.m.

1. Infant – 3 yrs (parent/child)

2. Preschool (3-4 yrs)

3. Level I & II (5-6 yrs)

4. Level II & III (6-8 yrs)

5. Level III & IV (7- 9 yrs)

6. Level IV & V (9-12 yrs)

7. Level VI (9 & up)

11:15 a.m.

1. Infant -3 yrs (parent/child)

2. Preschool (3-4 yrs)

3. Level I & II (5-6 yrs)

4. Level II & III (6-8 yrs)

5. Level III & IV (7-9 yrs)

Afternoon Schedule

4 p.m.

1. Preschool (3-4 yrs)

2. Level I & II (5-6 yrs)

3. Level II & III (6-8 yrs)

4. Level II & III (8-9 yrs)

5. Level III & IV (7-10 yrs)

6. Level IV & V (9-12 yrs)

5 p.m.

1. Infant – 3 yrs (parent/child)

2. Preschool (3-4 yrs)

3. Level I & II (5-6 yrs)

4. Level II & III (6-7 yrs)

5. Level II & III (8-9 yrs)

6. Level III & IV (7-8 yrs)

6 p.m.

1. Infant –3 yrs (parent/child)

2. Preschool (3-4yrs)

3. Level I & II (5-6 yrs)

4. Level II & III (6-7 yrs)

5. Level III & IV (9-11 yrs)

6. Level IV & V (9-12 yrs)

7. Level VI (9 & up)

For More Information

Call (817) 737-3559

(All Classes subject to instructor availability)

Private Swim Lessons

All lessons are taught by ARC instructors and done on a one on one basis. Contact pool office for scheduling and payment.

One 30 minute lesson..... \$25

Take 5 lessons and receive ARC certification