

# CITY OF **Ammon** Swimming Pool 2010

612-4044 - Pool    821-1489 - Pool Manager    [www.ci.ammon.id.us](http://www.ci.ammon.id.us)

Pool Opens: June 7<sup>th</sup>  
Pool Closes: Aug. 21<sup>st</sup>

## Open Swim Information

SESSION TIMES	TICKET PRICES	ANNUAL SEASON PASSES
LAP SWIM      Mon - Fri    7:00-8:00 AM	CHILDREN 3 AND UNDER FREE W/ ADULT	(50) SWIM FAMILY PASS <b>\$85.00*</b>
MONDAY - SATURDAY	CHILDREN 4-11                      \$2.75*	INDIVIDUAL CHILD 4-11 PASS <b>\$80.00*</b>
SESSION 1                      1:00-2:30 PM	ADULT                                      \$3.25*	INDIVIDUAL ADULT PASS <b>\$90.00*</b>
SESSION 2                      2:45-4:15 PM		
SESSION 3                      4:30-6:00 PM	SENIOR CITIZENS (60 & OVER)    \$2.00*	
SESSION 4                      7:00-8:30 PM		
SESSION 5 (Age 12 and older) 8:30-10:00 PM		

## Swimming Lesson Information

Ammon Residents \$30.00\*                      Non-Residents \$34.00\*

Register online at [www.ci.ammon.id.us](http://www.ci.ammon.id.us)



**\* Fees posted do not include the required 6% Idaho Sales Tax**

	Session 1 June 7 – June 18	Session 2 June 21 – July 2	Session 3 July 5 – July 16	Session 4 July 19 – July 30	Session 5 Aug 2 – Aug 13
<b>On-Line</b> Ammon Residents	June 1 – June 6	June 16 – June 20	June 30 – July 4	July 14 – July 18	July 28 – Aug 1
<b>On-Line</b> Non-Residents	June 4 – June 6	June 18 – June 20	July 2 – July 4	July 16 – July 18	July 30 – Aug 1
<b>Walk-In</b> Ammon Residents	June 2 – June 9	June 16 – June 23	June 30 – July 7	July 14 – July 21	July 28 – Aug 4
<b>Walk-In</b> Non-Residents	June 4 – June 9	June 18 – June 23	July 2 – July 7	July 16 – July 21	July 30 – Aug 4

Walk in registration will be at the Ammon City Building located at 2135 S Ammon Rd. Monday – Friday 8:00 a.m. – 5 p.m.  
The swimming pool is located at 3000 Southwick.

## Infant & Pre-School Program

Ages 6 months - 35 months

**Shrimp:** This class is a great bonding experience for baby, moms, and dads. This is NOT a drown-proofing class. Parents will be taught age-appropriate techniques and skills to prepare their babies to learn to swim on their own.

Ages 3 - 5

**Pike:** Children will be introduced to the water through games and skill building exercises. Students will learn to adjust to the water, float on their stomachs face down for 10 seconds, and float on their back by themselves.

**Eel:** Children will begin to move through the water independently using arm strokes and kicks on their stomachs and backs. They will be introduced to deep water and will learn to jump in and kick up to the wall for safety.

**Ray:** This class is our most advanced class for our 3-5 year olds. This class is held in water over their heads. Students must be comfortable with arm strokes and kicking on their front and back. Children will learn side-

breathing, elementary backstroke, breaststroke, and butterfly.

## Youth & Adult Program

Ages 6 - 12

**Polliwog:** This class is for beginners in this age group. Objectives include: water adjustment, independent floating, and kicking and arm stroke introduction.

**Starfish:** This level 2 class is for the students who know how to float independently on their fronts and backs. This class focuses on refining arm stroke and kicking techniques as well as introduction to side breathing.

**Guppy:** This level 3 class is a mastery class for side breathing during the front crawl stroke. They also learn back crawl and are introduced to the elementary backstroke kick. Students graduate from this class when they can swim across the entire width of the pool with an efficient side-breathing crawl stroke.

**Minnow:** Level 4 is held in a depth of five feet. Students will increase their

endurance both on their front crawls and back crawls. They will complete their elementary backstrokes and begin the breaststroke kick. Diving will also be introduced.

**Fish:** Level 5 is a sixty-minute class that focuses on stroke endurance. Skills include: breaststroke, surface dives, rotary kick, and intro to masks and fins.

**Flying Fish/Shark:** This sixty-minute combined Level 6/7 class builds endurance for all of the strokes. Skills include: butterfly, sidestroke, diving, and snorkeling. A one mile swim is our pool requirement for graduation.

## Swimming Instructor Aide

Ages 12 - 14

Ammon Pool likes to use trained instructor aides to help with swimming lesson instruction. These classes teach students the proper techniques to aide and teach basic swimming lesson skills to children. Pre-requisite: Teacher recommendation and Shark.