

Kiwanis Park Wave Pool

Come splash and play in Kiwanis' indoor, heated wave pool. Rent a tube and float the waves; enjoy an icy soda and hot pizza at Kiwanis Island Concession Stand. There are a few safety rules for your visit: children under age 8 must have an adult with them at all times, no water wings or other floatation devices permitted and the minimum height to use the water slide is 48".

Holiday Wave Pool Hours

December 26-30; 1-5 p.m.

Wave Pool Fees

General Admission (13 yrs+) \$7
Youth Admission (2-12 yrs) \$5

Discount Wave Pool Hours

3-5 p.m. (During Wave Days, Only)

General Admission (13 yrs+) \$5
Youth Admission (2-12 yrs) \$4

*No other discounts/coupons will be honored during discount wave hours

Fitness (Lap) Swim Hours*

Effective January 2 - March 8

Monday - Thursday	7-10 a.m.
Friday	7-9 a.m.
Monday - Thursday	11:30 a.m.-1:30 p.m.
Monday - Thursday	4:30-8 p.m.
Saturday	8-11 a.m.

*Except during private rentals

*Morning Lap Swim 7-9 a.m. January 13-16

*No mid-day Lap Swim January 13-16

*Call for December Lap Hours; 480-350-5201

*Lap Swim is for general admission, ages 13 yrs+, unless tested by the Aquatics staff

*Children must demonstrate an ability to swim continuously for 25 yards in order to participant in Lap Swim

Lap Swim Admission Fees

General (13 yrs+)	\$4
Youth (2-12 yrs)	\$3

Open Swim Hours

(Wave Pool is available for "Playtime" and Calm-Water-Swimming)

Monday - Thursday	11:30 a.m.-1:30 p.m.
Monday/Thursday	4:30-8 p.m.
Saturday	8-11 a.m.

*No mid-day Lap Swim January 13-16

Open Admission Fees

General (13 yrs+)	\$4
Youth (2-12 yrs)	\$3

Private/Semi-Private/Small Group Swim Lessons

Private, Semi-Private and Small Group Swim Lessons are available through the Kiwanis Recreation Center. For additional information, call 480-350-5732.

Rates Per Class Meeting	1/2-Hr	3/4-Hr	1-Hr
Private (One Individual)	\$20	\$25	\$30
Semi-Private (Two Individuals)	\$25	\$30	\$35

Special Interest Aquatics Classes

Kiwanis Pool Water Fitness Schedule

Register at Kiwanis Pool anytime; classes 60 minutes long and are on-going.

Shallow Water Exercise

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down.

Transitional Deep Water Exercise

Challenge yourself to the next level of physical fitness! This non-impact class is performed in the deeper water and incorporates muscular strengthening aerobic conditioning and abdominal training exercises. A variety of equipment is used for buoyancy and water resistance. Participants should be comfortable in deep water.

Class Title	Day	Time	Session
Transitional Deep Water	T/Th	6:40 p.m.	1/6-3/8
Shallow Water	M/W	8:30 a.m.	
	M/W	5:30 p.m.	
	T/Th	8:30 a.m.	
	Sa	9 a.m.	

*No class 1/20 or 2/17

*Morning class will meet at 8am on January 13-16

Program Card Fees - Water Fitness

6 Workouts	\$30
8 Workouts	\$40

Purchase cards at Kiwanis Front Desk; classes are on-going

* Drop in Fee of \$7 per class



Aquatics

Exercise; Aqua Zumba® (“Pool Party”)

Aqua Zumba® gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, laughing, hooting and hollering are often heard during a class. Aqua Zumba® is a safe, challenging, water-based workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Pay-as-You-Go for \$5 per class. 480-350-5200

36864	16 yrs+	T	1/7-1/28	5:30-6:30 p.m.	\$18	KRC
36865	16 yrs+	Th	1/9-1/30	5:30-6:30 p.m.	\$18	KRC
36866	16 yrs+	T	2/4-2/25	5:30-6:30 p.m.	\$18	KRC
36867	16 yrs+	Th	2/6-2/27	5:30-6:30 p.m.	\$18	KRC
36868	16 yrs+	T	3/4-3/25	5:30-6:30 p.m.	\$18	KRC
36869	16 yrs+	Th	3/6-3/27	5:30-6:30 p.m.	\$18	KRC

Lifeguard Training

A certification course for individuals who are interested in Lifeguarding. The course will include First Aid, CPR, as well as Lifeguard Training. Must be 15 years of age and able to perform swimming skills necessary to complete the course requirements. Fee: \$130. 480-350-5201

Class Dates: 2/21-3/8

32633	15 yrs+	F	2/21, 2/28, 3/7	5:30-9:30 p.m.		KRC
	15 yrs+	Sa	2/22, 3/1, 3/8	8 a.m.-5 p.m.		KRC

Class Dates: 3/10-3/14

32634	15 yrs+	M-F	3/10-3/14	8 a.m.-5 p.m.		KRC
-------	---------	-----	-----------	---------------	--	-----

Class Dates: 3/19-3/29

32635	15 yrs+	W	3/19, 3/26	5:30-9:30 p.m.		KRC
	15 yrs+	F	3/21, 3/28	5:30-9:30 p.m.		KRC
	15 yrs+	Sa	3/22, 3/29	8 a.m.-5 p.m.		KRC

Swim Lesson Instructor

Swim instructor candidates will receive the training needed to teach courses in the SAI Starfish Swim Instructor Program. Candidates will learn how to help students develop correct stroke technique; develop an understanding of how to teach students at different levels, and water safety techniques.

Course Prerequisites: Must be 16 years old and have a basic knowledge of the swimming strokes. Fee: \$130. 480-350-5201

Class Dates: 2/22-3/14

32636	16 yrs+	W	2/26, 3/5, 3/12	5:30-8:30 p.m.		KRC
	16 yrs+	F	2/28, 3/7, 3/14	5:30-10 p.m.		KRC
	16 yrs+	Sa	2/22, 3/1	8 a.m.-5 p.m.		KRC



Check out
Kiwaniis Recreation Center

We have the perfect location
to host your Family Reunion,
Corporate Picnic, Baby Shower
or other special events!

www.tempe.gov/kiwanis
480-350-5201

