

Aquatics

ACTIVITY POOL	MON-THUR	FRIDAY	SATURDAY	SUNDAY
SLIDES/LAZY RIVER	10am – 9:45pm	10am-7:45pm	12-6pm 12-7:45p (5/24-8/30)	10am-7:45pm
ZERO DEPTH	8am – 9:45pm	8a-7:45pm	12-6pm 12-7:45p (5/24-8/30)	10am-7:45pm
SWIM AREA 3 ¹ / ₂ - 5 feet	Mon-Thur: 8–9am M/W: 8am-4pm; 7:30-9:45pm T/Th: 11am-4pm; 6-9:45pm	8a-7:45pm	12-6pm 12-7:45p (5/24-8/30)	10am-7:45pm
WATER WALKING IN RIVER	5-10am	5-10am	6-10am	8-10am
LAP SWIMMING				
LAP POOL	5am-9:45pm	5am-7:45pm	6am-6pm 6am-7:45pm (5/24-8/30)	8am-7:45pm

*All times are subject to change & may be restricted during programming
*Limited lap lanes during programs; only 1 lane may be available at the following times:
T/W/Th/F 8:30-11a; M/W 4-9p; T/Th 4-7:30p; Sat 9a-12p

Aquatic Center amenities

18,000 sq. ft center includes:

- Lap pool, leisure area, 2 water slides, lazy river
- Hot tub, Steam Room, Dry Sauna
- Lap and Open Swim times
- Parent tot, preschool, school age, and adult swim lessons
- Private and semi private swim lessons

Aquatic Age Requirements

Activity Pool:

- 0-5 yrs must be accompanied by an adult in the pool
- 6-9 yrs must have an adult on deck

Slides:

Children must be 48" tall; single riders only

Lap Pool:

14 yrs & up may use the lap pool

Sauna and Steam Room:

16 yrs & up ONLY

Hot Tub:

- 16 yrs & up allowed
- 13-15 yrs olds must have adult supervision

continued on other side

Classes and Swimming Lessons

Welcome to the Trails where we provide an excellent Learn to Swim Program! Our classes are Red Cross based and all instructors are Red Cross certified. We offer a wide variety of group classes for all ages and ability levels. Classes are held at The Trails Recreation Center as well as Lookout Pool during the summer season.

Youth 6 months-5 years

Each class has set standards regarding skills necessary for placement and completion; please refer to the current Trails Recreation Center catalog for full descriptions.

- Parent & Tot; 6 months - 3 years
- Toddler-Beginner; 3 year olds
- Preschool 1-Beginner; 4-5 year olds
- Preschool 2-Basic Strokes; 3-5 year olds
- Preschool 3-Intermediate; 3-5 year olds requiring higher level skills.
- Advanced Preschool-Advanced Skills; 3-5 year olds.

Youth 6 – 12 years

Each class has set standards regarding skills necessary for placement and completion; please refer to the current Trails Recreation Center catalog for full descriptions.

For ages 6-12 years of age:

Level 1-Beginner

Level 2-Basic Strokes

Level 3-Advanced Beginner

Level 4-Intermediate

Level 5-Advanced Skills

Level 6-Expert

Youth Conditioning

6-18 years

Designed for swim team preparedness

Teen & Adult

13 years and up

Designed for Teens and Adults with little or no water experience

Our instructors also teach private and semi-private lessons. For more information or to schedule a private or semi-private lesson call 303-269-8430.