


Aquatics



ACTIVITY POOL SLIDES/LAZY RIVER	MON-THUR	FRIDAY	SATURDAY	SUNDAY
	10am – 9:45pm	10am-8:45pm	12-6pm 12-7:45p (Jun-Aug)	10am-7:45pm
ZERO DEPTH	8am – 9:45pm	8a-8:45pm	12-6pm 12-7:45p (Jun-Aug)	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-8:45pm	12-6pm 12-7:45p (Jun-Aug)	10am-7:45pm
WATER WALKING IN RIVER	5-10am	5-10am	6-10am	7-10am

LAP SWIMMING

LAP POOL (6/2-9/1)	5am-9:45pm	5am-8:45pm	6am-7:45pm	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 8:30-10a; 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 water at arms length at all times

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 is an introductory class for infants and toddlers where they can explore the wonderful world of water along with their parents.
- Toddler-Beginner is for participants 3 years of age.
- Preschool 1-Beginner is for 4 & 5 year olds.
- Preschool 2-Basic Strokes for 3-5 years.
- Preschool 3-Intermediate also for 3-5 years requiring higher level skills.
- Advanced Preschool-Advanced Skills for 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:

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.