

# Pool Pass Options

2011 - 2012 Polar Bear Pass INDOOR AQUATIC FACILITY		
Indoor Season (October 2011 - April 2012)	Resident	Non-Resident
1 Person	\$200	\$220
2 Person	\$220	\$242
3 Person	\$240	\$264
4 Person	\$260	\$286
5 Person	\$280	\$308
6 Person	\$300	\$330

Blue 10-Month Pass INDOOR & OUTDOOR AQUATIC FACILITY		
Memorial Day 2012 - April 2013	Resident	Non-Resident
1 Person	\$275	\$302.50
2 Person	\$310	\$341
3 Person	\$345	\$379.50
4 Person	\$380	\$418
5 Person	\$415	\$456.50
6 Person	\$450	\$495

Summer Sun Pass OUTDOOR AQUATIC FACILITY (Includes New Providence, Beachaven, Swan Lake, Smith, Bel-Aire Pools)		
Summer 2012 (May - Aug)	Resident	Non-Resident
1 Person	\$60	\$66
2 Person	\$100	\$110
3 Person	\$110	\$121
4 Person	\$120	\$132
5 Person	\$130	\$143
6 Person	\$140	\$154
Slide Pass (Swan Lake and Bel-Aire Pools Only)	\$20/person	

**Ask about our convenient  
Scan & Swim Key Tag!**

### Daily Admission

**Monday-Friday - \$3.00**

**Saturday-Sunday - \$5.00**

# Indoor Aquatic Center New Providence

**(931) 552-6199**

**166 Cunningham Lane  
Clarksville, TN  
37042**

## Hours of Operation

**Monday - Friday**

**7:00 am - 12:00 pm**

**3:00 pm - 8:00 pm**

**Saturday**

**10:00 am - 6:00 pm**

**Sunday**

**1:00 pm - 6:00 pm**

[www.cityofclarksville.com/parks&rec/swimming.php](http://www.cityofclarksville.com/parks&rec/swimming.php)

INDOOR AQUATIC CENTER  
NEW PROVIDENCE



# PROGRAM GUIDE

# 2011-12

Enjoy the opening day of The Dome - for FREE!

10% off all Polar Bear or 10-Month Passes sold October 1-7

# New Providence Indoor Aquatic Programs

Swim Lessons with pass \$15 per session  
Swim Lessons without pass \$35 per session

We offer five comprehensive course levels that teach you, your child or other family members how to swim skillfully and safely. The prerequisite for each level is the successful demonstration of the skills from the preceding level- except Level 1 in which there is not a prerequisite.

Swim Lessons Monday-Thursday	November 7-17	December 5-15	January 16-26
Mommy & Me	10 - 10:45 am	10 - 10:45 am	10 - 10:45 am
Pre-School	10 - 10:45 am 6 - 6:45 pm	10 - 10:45 am 6 - 6:45 pm	10 - 10:45 am 6 - 6:45 pm
Levels 1 - 5	6 - 6:45 pm	6 - 6:45 pm	6 - 6:45 pm
Adult	6 - 6:45 pm	6 - 6:45 pm	6 - 6:45 pm

Swim Lessons Monday-Thursday	February 13-23	March 19-29	April 16-26
Mommy & Me	10 - 10:45 am	10 - 10:45 am	10 - 10:45 am
Pre-School	10 - 10:45 am 6 - 6:45 pm	10 - 10:45 am 6 - 6:45 pm	10 - 10:45 am 6 - 6:45 pm
Levels 1 - 5	6 - 6:45 pm	6 - 6:45 pm	6 - 6:45 pm
Adult	6 - 6:45 pm	6 - 6:45 pm	6 - 6:45 pm

## Mommy/Daddy & Me

Get your child accustomed to the water at an early age with our Mommy/Daddy and Me class. You will learn how to be safe in and around the water with your little one while getting them accustomed to the water at an early age. This class is for Mommy/Daddy and Me (or any other adult who is interested in learning to swim with their child). Recommended for children 6 months to 36 months.

## Pre-School Level

This program is geared towards preschool age children, ages 4 to 5 years old, who are ready to learn to swim. Lessons are broken into three distinct skill levels created to teach the basics of water safety and swimming skills.

### Level 1: Introduction to Water Skills

Enter and exit water safely; submerge mouth, nose, and eyes; exhale underwater through mouth and nose; open eyes underwater, pick up submerged object; float on front and back; explore arm and hand movements; swim on front and back using arm and leg actions; follow basic water safety rules; and use a life jacket.

### Level 2: Fundamental Aquatic Skills

Enter water by stepping or jumping from the side; exit water safely using ladder or side; submerge entire head; open eyes underwater, pick up a submerged object; float on front and back; perform front and back glide; roll over from front to back, back to front; tread water using arm and leg motions; swim on front and back using combined strokes; swim on side; and move in water while wearing a life jacket.

### Level 3: Stroke Development

Jump into deep water from the side; dive from kneeling or standing position; submerge and retrieve an object; bob with head fully submerged; use rotary breathing in horizontal position; perform front and back glide; perform survival float; change from horizontal to vertical position on front and back; perform front and back crawl; butterfly-kick and body motion; perform the HELP and Huddle position; perform a reaching assist; and use Check-Call-Care in an emergency.

### Level 4: Stroke Improvement

Perform shallow dive or dive from stride position; swim underwater; perform feet-first surface dive; perform open turns on front and back using any stroke; tread water using sculling arm motions and kick; perform the following: front and back crawl, breaststroke, butterfly, elementary backstroke, swim on side using scissors-like kick; use safe diving rules; perform compact jump into water from a height while wearing a life jacket; and perform a throwing assist; care for conscious choking victim.

### Level 5: Stroke Refinement

Tread water with two different kicks; learn survival swimming; perform rescue breathing; perform the following: Standing dive, shallow dive, glide two body lengths and begin any front stroke, tuck surface dive, pike surface dive, front flip turn, backstroke flip turn, front and back crawl, butterfly, breaststroke, elementary breaststroke, and sidestroke

# Specialty Classes

Specialty Classes	Day/Times
Water Aerobics with pass \$2 per class	MWF - 10 am 3 pm 5 pm
Water Aerobics without pass \$4 per class	MWF - 10 am 3 pm 5 pm
Aqua Zumba \$3 per class	Friday - 6 pm
Silver Splash with pass \$2 per class	MWF - 10 am 3 pm 5 pm
Silver Splash without pass \$4 per class Friday	MWF - 10 am 3 pm 5 pm
Lap Swim FREE with pool pass or \$3 daily	Monday - Friday 7 - 9 am

## Basic Water Aerobics

This class is aimed at improving tone, strength and mobility all in 45 minutes for ages 18 and up. The main advantage of exercising in the water is that it offers resistance in all directions, compared to land exercises where you work only against gravity.

## Aqua Zumba

Enjoy all the benefits of Zumba Fitness, while in the pool! Zumba is all about having fun while getting fit.

## Lap Swim

The Indoor Aquatic Center is open two hours Monday through Friday specifically for lap swimmers.