

# Pool Pass Options

Indoor Season Family Pass Must reside in the same household		
Indoor Season	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

Indoor Season Group Pass		
Indoor Season	Resident	Non-Resident
1 Person	\$200	\$220
2 Person	\$320	\$352
3 Person	\$340	\$374
4 Person	\$360	\$396
5 Person	\$380	\$418
6 Person	\$400	\$440

Year-Round Family Pass Includes outdoor & indoor seasons. Must reside in same household.		
	Resident	Non-Resident
1 Person	\$250	\$275
2 Person	\$270	\$297
3 Person	\$290	\$319
4 Person	\$310	\$341
5 Person	\$330	\$363
6 Person	\$350	\$385

Year-Round Group Pass Includes outdoor & indoor seasons.		
	Resident	Non-Resident
1 Person	\$250	\$275
2 Person	\$370	\$407
3 Person	\$390	\$429
4 Person	\$410	\$451
5 Person	\$430	\$473
6 Person	\$450	\$495

**Daily Admission**  
**Monday-Friday - \$3.00**  
**Saturday-Sunday - \$5.00**

# Indoor Aquatic Center New Providence

**(931) 472-3380 ext 1458**  
**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**

[recpro.cityofclarksville.com](http://recpro.cityofclarksville.com)



# PROGRAM GUIDE

# 2011-12

# 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

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 6 pm
Water Aerobics without pass \$4 per class	MWF - 10 am 3 pm 6 pm
Aqua Zumba \$3 per class	M - 10:30 am W - 6 pm
Silver Splash with pass \$2 per class	MWF - 10 am
Silver Splash without pass \$4 per class Friday	MWF - 10 am
Lap Swim and Water Walking FREE with pool pass or \$3 daily	Monday - Friday 7 - 9 am
Adaptive Swim with pass \$35, without pass \$55	MTh - 6pm

## 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.

## Adaptive Swim Lessons

Adaptive Swim Lessons is a program designed to teach swim skills, increase swimmer's knowledge of safety around the water, maintain and increase physical fitness, achieve success, and receive recognition with an aquatic environment. This program is for children ages 5 – 18 with mental or physical disabilities.

The classes will follow The American Red Cross Learn to Swim Program Levels I & II. Each participant will be required to either have a parent or aide with them in the water at all times.

Session 1: January 2 - 19

Session 2: January 30 - February 16

Session 3: February 27- March 15

Session 4: April 2 - 19

**NEW!**  
Online registration for swim  
lessons and specialty classes can  
be completed at  
[recpro.cityofclarksville.com](http://recpro.cityofclarksville.com)

# What's New at the Dome!

## Wibit Wednesdays!

Enjoy floating inflatables each Wednesday! \$2 armband required.

## Teen Night at the Dome

Every 1st and 3rd Friday from 6-8 pm, the Dome will be open exclusively to teens! Teens can enjoy Wibits, games and just a fun time at the pool with their friends. Admission is \$3.

1st Fridays - Middle School Night

3rd Fridays - High School Night

## Instructional & Fitness Swimming

Instructional & Fitness Swimming is an instructional and exercise program that develops health, fitness and swimming skills for both children and adults. Instruction consists of the fundamentals of competitive swimming, including stroke instruction, starts and turns. Students will increase endurance and strength in an enjoyable and confidence building environment.

Each child and adult must be deep-water safe and able to swim 25 yards of unassisted freestyle with side breathing and backstroke; legal breaststroke kick and butterfly kick. Age groups 5-8, 9-12, 13-16 and adult (17 and up)

Mon & Thurs Oct 24-Dec 15		Pass Holder Price	Non Pass Holder Price
5-8 years	5:00 pm	\$100	\$145
9-12 years	6:00 pm	\$100	\$145
13-16 years	4:00 pm	\$100	\$145
Adult	7:00 pm	\$100	\$145

Saturdays Oct 22-Dec 19		Pass Holder Price	Non Pass Holder Price
5-8 years	9:00 am	\$85	\$130
9-12 years	10:00 am	\$85	\$130
13-16 years	8:00 am	\$85	\$130

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

The Scan & Swim tag is a reloadable card that can be used at the Dome for admission to the pool or specialty classes. The Scan & Swim tag is easy to use, just purchase classes or multiple admission at the Dome or the Parks & Recreation Main Office and you will be able to swipe your card and enjoy the benefits of the pool, all fall & winter! Keycards come in increments of \$30, \$60 and \$90. With a Scan & Swim tag, weekend admission is only \$3!