

# Winter 2020

## Daily Rates

Adult	\$6.00
Senior	\$5.00
Youth	\$5.00
Family (4 people in the same household)	\$18.00
Additional family	\$3.00
Wading pool only	\$2.00

## Water Aerobics Pass

This pass is valid for 3 months and has no limit on how many aerobic classes you can attend.

Adult/Senior	\$100
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## 20 Punch Card

20 non-expiring day use admission

Adult	\$105
Senior	\$80
Youth	\$80

## Annual Memberships

One year commitment is required. Monthly payment plan is available.\* This pass grants unlimited use during Lap, Recreation, and Water Aerobic class times.

Dallas Residents get a 10% discount (must live within city limits).

### Monthly payments

**Pay in Full** \*(additional \$5 charge per month) accounted for in this price

<b>Adult</b>	\$275	\$335 total - \$27.92 per month
<b>Senior (60+)</b>	\$225	\$285 total - \$23.75 per month
<b>Youth (under 18)</b>	\$225	\$285 total - \$23.75 per month
<b>Two Person</b>	\$425	\$485 total - \$40.42 per month
<b>Family (4 people in one household)</b>	\$500	\$560 total - \$46.67 per month
<b>Additional Family Member</b>	\$75	\$75 - Additional \$6.25 per month

### Additional Benefits of Membership —

5 free day passes a year — 10% off any swim suit in stock — 10% off swim lessons — 10% off facility rentals — Discounts on Special Events

## Recreational Swims

Swim includes use of the slide, water fountain, river, diving board, and rope swing!

<b>Tuesday</b>	7:00-9:00pm
<b>Thursday</b>	7:00-9:00pm
<b>Friday</b>	3:00-5:00pm 7:00-9:00pm
<b>Saturday</b>	1:30-5:00pm 7:00-9:00pm
<b>Sunday</b>	1:30-5:00pm

Monday, January 20th	1:00—4:00 p.m.
Monday, February 17th	1:00—4:00 p.m.
Spring Break - 3/23 to 3/27	1:00-4:00 p.m.

## Health Insurance Fitness Benefit Programs

Insurance plans accepted here! Ask front desk for more information.

Silver & Fit  
Active & Fit  
Renew Active  
Silver Sneakers  
Prime

Other insurance reimbursement programs available. Contact your insurance company for details.

## Moonlight Swims:

Come join us for an adults-only (18+) recreational swim time, where the lights are turned down low and music is playing.  
Friday, January 10th 9:00-10:00pm  
Saturday, February 8th 9:00-10:00pm  
Monday, March 9th 8:00-9:00pm  
Annual Members: Free  
Non-Members: \$3.00

## Water Aerobic Classes

1: Beginner    2: Medium    3 Advanced

All Classes are for adults 18 and older.  
Daily admission or membership covers cost.

<b>1: Joint Efforts</b>	M/W/F	8:00-8:55am
	M-F	9:00-9:55am
	M/W/F	11:00-11:55am
Therapy pool will be closed to other swimmers when there are 15 or more participants in the class.		
<b>2: Aquacise</b>	M/W/F	6:00-6:55am
	M-F	8:00-8:55am
	M-F	9:00-9:55am
	Sat.	9:05-10:00am
<b>2: Deep Water</b>	M/W/F	8:00-8:55am
	T/TH	6:00-6:55pm
<b>3: Raging River</b>	M/W	6:00-6:55pm

Pool is closed at this time unless you are in the class

### Additional Adult Activities

Water Joggers	M-F	9:30-11:00am
Stair lane is reserved for water joggers at this time		
Adult Diving	Tu	7:15-8:00am
Adult Volleyball	F & S	10:00-10:30am

## Lifeguard Class

Our Spring Break lifeguard course will be held March 23rd through March 26th from 9:00 a.m. to 5:00 p.m. The cost for this class is \$150 (financial assistance is available). You must pass the prerequisites in order to join the course.

The prerequisites are a 2 minute tread without hands, 300 yard swim (breaststroke and freestyle), and a timed brick retrieval. If you would like to practice these skills, join our pre-guard class and the cost of that class will apply to the cost of the lifeguard course.

More information can be found on the Lifeguard Course flyer or from the front desk staff.

## Youth Activities

**Swim Lessons:** Winter lessons began January 7th! Registration for session A and B is open for members and nonmembers!

**ARC Wednesdays:** We open early (4:15 pm) every Wednesday for adults and children with disabilities. \$4.00 per swimmer and caregivers swim for free! Price is good 4:15-5:15, but swimmers are welcome to stay until we close at 8:00pm.

**Tot Time:** Friday mornings moms and tots (or grandmas, grandpas, and dads too) can come swim from 11:00am-1:00pm. Adult and child together is \$3.50 additional children or adults are \$2.00.

**Jr. Lifeguards:** Youth ages 11-16 participate in this volunteer program. Call for more information. Supervisor: Kiley Yost

**Blue Dolphin Swim Team:** This fun swim team activity is for youth swimmers of all abilities. This is an all year long competitive swim team that travels and competes with other local clubs. For more information, Contact coach Mark Maxwell at 503-538-6862 or [www.bluedolphinsswimteam.org](http://www.bluedolphinsswimteam.org)

**Birthday Party Packages:** We offer two different birthday party packages; check out our birthday party flyer. We would love to celebrate with you!

## Special Events

**Wednesday Night Volleyball:** Please join us on Wednesday for volleyball. We offer intergenerational volleyball also on Saturdays and adult only volleyball on Friday mornings. Youth must have an adult in the water with them per adult swim rules. Times are as follows—All Ages: Wednesday—7:00-7:50pm & Saturday 10-10:30am—Adults Only: Friday—10-10:30am

**Dive In Movie:** Come enjoy 101 Dalmatians in the pool! The Friends of the Dallas Aquatic Center will be hosting their 2nd annual Dive In Movie here on February 22nd from 5-7pm. Tickets available Feb 1st.

**Laps for Life:** February 1st from 5:00—7:00 pm we are home to this annual Relay for Life fundraiser! For more information on pledging or participating contact Kay Graven via email at [gkr@q.com](mailto:gkr@q.com)

## Extended Hours

### No School Recreation Swims

**Monday, January 20th**

Recreation swim 1:00 to 4:00pm

**Monday, February 17th**

Recreation swim 1:00 to 4:00pm

### Spring Break

**Monday, March 23rd through**

**Thursday, March 26th**

Recreation swim 1:00 to 4:00pm

**Friday, March 27th**

Recreation swim 1:00 to 4:00pm

## Friends of the Dallas Aquatic Center

Friends of the Dallas Aquatic Center is a nonprofit organization formed to increase awareness of the pool and to raise funds to support specific projects and defray the costs of operations of the Dallas Aquatic Center.

For more information please find them on Facebook or email them at [fdac503@gmail.com](mailto:fdac503@gmail.com)

To donate contact them or bring donations directly to the Aquatic Center

## Weather Closures

If we are closed, opening late, or closing early the best way to get that information will be to call and check the phone recording. We will also post on our Facebook page so be sure to follow us there.

Happy Winter!

