

TRUCKEE POOL INFO

TRUCKEE DONNER COMMUNITY SWIMMING POOL

The District's 15 x 25 yard pool is located behind Tahoe Truckee High School at 11725 Donner Pass Road. Our indoor facility is open year 'round and kept at 83°. There is a 1 meter diving board, easy entry ladders, training equipment, and a hydraulic lift **For the pool & hotline call : 582-7725**

For additional information or for rentals, call the District Office at 582-7720.

**Enter at West End of High School Parking Lot east of Northwoods BLVD, drive to rear of parking lot, turn left
Drive around to the back and look for pool entrance on back of High School building.**

POOL SCHEDULE

Valid: September 1, 2009-June 20, 2010

Adult Lap Swim:

Morning:	Monday-Friday	6:00-9:00 am
	Saturday & Sunday	7:00-10:00 am
Noon:	Tuesday & Thursday	12:00-2:00 pm
Evening:		
Monday:	6-8 pm	
Tuesday & Thursday:	6-9 pm	
Wednesday:	6-8 pm	(1/2 pool all evening)
Friday:	6-8 pm	

Combination Swim (3 lanes for Lap & Recreation):

Evening:	Tues. & Thurs.	7:30-9:00pm
Weekends:	Sat. & Sun.	2:00-6:00pm

Children 7 and under must be accompanied by a swimming adult in the water at all times.



Swim Fees:

Drop In:	Adults	\$3
	Child (17 & under)	\$2

Discount Passes:

Photo passes required. Pay and get a photo pass at Community Center, 10046 Church Street. If you already have a photo pass, then they can be updated via phone. For a resident discount, please provide PHYSICAL address on a current legal document (such as a TDPUD bill)

	<u>Resident</u> (proof required)	<u>Non-Resident</u>	
Annual	Adult	\$210	\$280
	Child	\$105	\$140
	& Senior (65+)		
Quarterly	Adult	\$60	\$80
	Child	\$30	\$40
	& Seniors (65+)		
Monthly	Adult	\$30	\$40
	Child/Senior	\$15	\$20

POOL RENTALS



Are you planning a party, company gathering, or a family get-together? Locker rooms with showers are available. Rental rates include a two hour rental with two lifeguards.

Extra guards are needed for groups larger than 40 people.
A minimum of two weeks advance application is required for all pool rentals.

Rental Package:	Residents (must show proof)	\$100
	Non Res	\$130

Additional Guards: \$20 /hour per guard
Lifeguard Ratio: 1 guard/20 patrons
(A minimum of two guards is required.)

There must be 1 swimming adult per child under the age of 7 in the pool

Times available: Saturdays 5:30-7:30 pm
Sundays 11:30 am-1:30 pm or 5:30-7:30 pm



Add a TREAT BOX BAKERY cake to your rental for \$30 more!!!

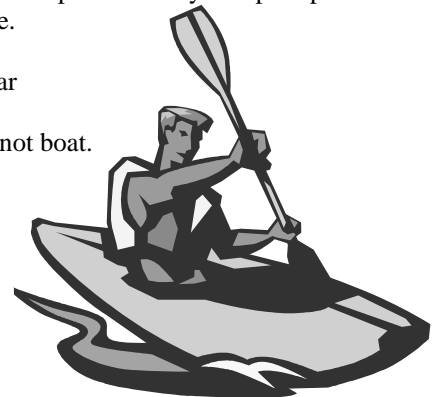
**RESERVATION FOR POOL RENTALS
MUST BE MADE AT LEAST 2 WEEKS IN ADVANCE**

OPEN KAYAK ROLLS -YEAR 'ROUND

This is an open session. Bring your own boat and cruise around the Community Pool. *NO INSTRUCTION PROVIDED. Lifeguards will be on deck. Drop in fees only- no pool passes accepted. 1/2 pool available.

DATES: Fridays, all year
TIME: 6:30-8:00 pm
FEES: \$4 per person, not boat.

***Look for Kayak Roll INSTRUCTION starting in February on Fridays**



CHILDREN'S WINTER GROUP SWIM LESSONS

Our fall and winter sessions meet 2 days a week for 4 weeks. Lessons are 30 minutes in length and instructor to swimmer ratio is 1:6. Registration is taken at the District Office during regular business hours. Payment is due upon registration.

Session Dates:

Session 1	September 7-Oct 1	M/W or T/Th
Session 2	October 5-29	M/W or T/Th
Session 3	November 2-25 (7x)	M/W or T/Th

All classes meet **Mon/Wed or Tue/Thur**. If class is canceled by TDRPD for any reason, the make-up class will be rescheduled, or payment refunded. No classes will be held on holidays, classes will be pro-rated.

Class Levels & Times:

Session 1	<u>Mon/Wed</u>	<u>Tue/Thur</u>
5-5:30 pm	Guppies	Guppy Grads
5:35-6:05 pm	Seahorses	Turtles
6:10-6:40 pm	Seal	Sharks/Dolphins
Session 2	<u>Mon/Wed</u>	<u>Tue/Thur</u>
5-5:30 pm	Guppy Grads	Guppy
5:35-6:05 pm	Guppies	Seahorse
6:10-6:40 pm	Turtles	Seal
Session 3	<u>Mon/Wed</u>	<u>Tue/Thur</u>
5-5:30 pm	Guppy Grad	Guppies
5:35-6:05 pm	Turtles	Seahorse
6:10-6:40 pm	Dolphin/Orca	Seal

FEE: \$44



More dates to follow!



SATURDAY MORNING LESSONS:

(*Offered to low income families first— opens to the general public 2 weeks prior to class start.)

Class Levels & Times:

10:15-10:45	Guppies / Guppy Grads
10:50-11:20	Guppies / Guppy Grads / Seahorses
11:25-11:55	Turtles / Seals / Seahorse

Session 1:	October 3-24
Session 2:	Nov. 7, 14, 28 & Dec. 5

Fee: \$20*

More dates to follow!

SWIM LEVEL DESCRIPTIONS:

Please read the skill level descriptions to assist us in placing your child in the proper level class.

Swimmers are evaluated the first class, to ensure correct

Guppies: Water Exploration (3 years & up)

This is a starting point for children with no prior experience in swim lessons. Children learn to relax & enjoy the water while acquiring beginning swim techniques. Ratio 1:4

Guppy Grads: Water Exploration (3 & 4 years)

This class is for children who have passed Guppies but are not old enough to begin Seahorses. Children will continue to develop beginning swimming techniques. Ratio 1:4

Seahorses: Primary Skills (5 years & up)

This class is for Guppy graduates and new swimmers.

Swimmers must be able to put their face in the water!

We introduce basic swimming skills and safety awareness.

Turtles: Stroke Readiness

For children who are already comfortable in the water and are able to float on their stomach and back. Introduces deep water swimming, back stroke, diving and rescue breathing.

Seals: Stroke Development

Reviews freestyle and backstroke. Introduces elementary backstroke, breaststroke, sidestroke, diving, treading water.

Sharks: Stroke Refinement

Begins to work on strength and endurance. Introduction to dolphin kick, open turns, shallow entries, and first aid.

Dolphins/Orca: Skill Proficiency

Swimmers work on stroke technique, surface dives, throwing rescues, plus learn the basics of butterfly. Intro to flip turns and approach stroke.

GUPPY & PARENT CLASSES

AGES 6m-3 YEARS

Now on Saturday mornings! This is a fun & educational introduction to the water for your child. This class meets for 4 weeks, but multiple sessions are recommended as a great way for water acclimation.

Saturdays 10:15-10:45 am

S1:	Sept. 5-26
S2:	Oct. 3-24
S3:	Oct. 31-Nov. 21

More dates to follow!

FEES: \$32 per session

INSTRUCTOR: Amanda Oberacker

AQUATIC CLASSES

PRIVATE SWIM LESSONS

Semi-private and private lessons are available for all ages and ability levels.



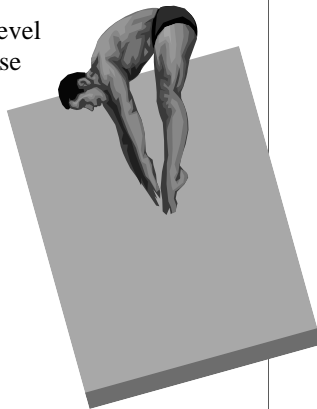
FEES: Private: \$30 per half hour lesson
Semi Private (up to 3):
Add \$10 for each additional person

DAYS & TIMES: Flexible

Call Amanda @ 582-2361 to sign up

SPRINGBOARD DIVING (All ages)

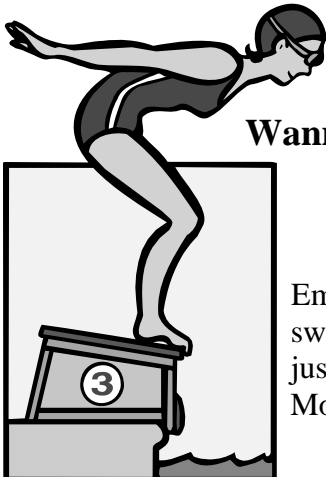
Flips? Pikes? Gainers? Our collegiate level dive instructors will teach it all in these wildly popular 6 week classes!



SESSION 1: Sept 9-Oct 14th
SESSION 2: Oct 21-Dec. 2

DAYS & TIMES: Wednesdays
5:30-7 pm

FEES: **Reduced!** - now just \$35/session
INSTRUCTOR: Dr. David Richie

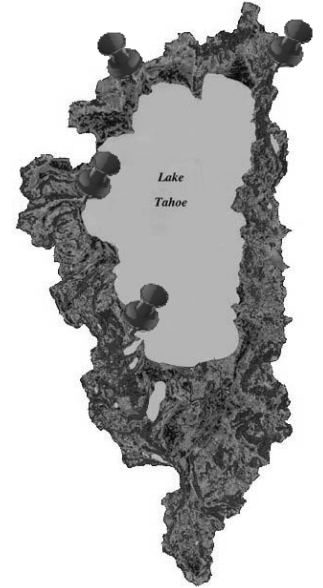


Wanna Join the TRUCKEE TAHOE SWIM TEAM?

Email the team:
swimtruckee@gmail.comor
just stop by the pool,
Monday-Friday, at 2:30 or 6 pm

SWIM AROUND TAHOE

Are you feeling like your endless laps in the pool are getting you nowhere? Do you need some motivation to get in shape and start swimming? The Swim Around Tahoe Program is just for you. The 71-mile circumference of Lake Tahoe can be swam at your pace and schedule. Participants record their daily yardage with the lifeguards at the pool. Upon completion, swimmers will receive a Certificate and a T-shirt.



DATES & TIMES: During regular lap swimming hours
FEES: \$25 plus pool entrance fee
Ages: Recommended for all ages

STROKE CLINICS FOR ADULTS

Now AM and PM clinics. Join experienced instructors for a fabulous opportunity to improve your swimming and learn from your peers.

DAYS and TIMES: Thursdays, 8-8:45 am
FEES: \$15 drop in only, pay @ pool
INSTRUCTOR: Jessica Eisenberg



TRUCKEE TAHOE AQUATICS MASTERS

Join thousands of adults around the country who are getting in shape and staying that way. Meet friends that share similar interests and get a great workout!

DAYS & TIMES: Saturdays 7-8:30am
Tuesday & Thursday 6:45-8am
Thursday PM: 6:30-7:30 pm

FEES Drop ins: \$3 + pool admission fee (\$3)
Sept./Oct./Nov. Masters' pass: \$55
Dec/Jan/Feb pass same price

WATER AEROBICS

Discover this invigorating workout! The class allows you to control your intensity from light to heavy, according to your personal preference. Work at your own level while you tone muscles, increase flexibility, and give your heart a moderate workout. You'll be surprised what a great workout it is! Begins again on September 3, 2009

DAYS: Tuesdays and Thursdays
 TIME: 11:00-noon
 FEES: \$60 per 10-class punch card
 OR \$8 drop ins
 INSTRUCTOR: Amanda Oberacker



WATERFRONT LIFEGUARD TRAINING AGES 15+

This is a required course for anyone wanting to become a Lifeguard. Course includes: Waterfront Lifeguard Training, Standard First Aid and CPR, AED and Oxygen Administration. Students must show proof of age (15+) and be able to swim 500 yards continuously, dive, surface dive, and tread water. YOU MUST ATTEND ALL CLASSES!

Session 1: December 21, 22, 28, 29, & 30
 DAYS & TIMES: M/W: 9-5 pm, Tuesday 12-5 pm
 FEES: \$175 includes materials
 INSTRUCTOR: Amanda Oberacker



MORE CLASSES TO FOLLOW IN 2010!
 Watch for our next brochure coming in November that covers December-June activities!

FIRST AID CLASSES:

CPR FOR PROFESSIONAL RESCUER RECERTIFICATION

Keep yourself current! This class is required annually for lifeguards to keep their certification.



Date & Time: SATURDAY, December 12, 2009
 11 am-3 pm

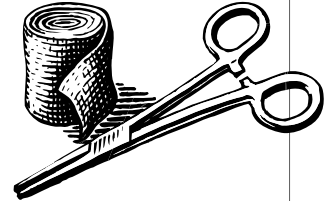
FEES: \$30



CPR, AED and First Aid

Receive training for emergency response on adults, children, and infants. Learn how to use an AED and perform basic First aid, as well as CPR.

Thursday & Friday
 DATE: November 19 & 20th
 TIME: 5:30-9:30 pm
 FEES: \$50
 INSTRUCTOR: Amanda Oberacker



ADULT & TEEN LEARN-TO-SWIM AGES 15+

Our instructors will show you skills for swimming in a relaxed, un-pressured environment. Don't be afraid of the water! Enjoy the wonderful world of water sports.

Mondays and Wednesdays
 Session 1 September 7-30
 Session 2 October 5-28
 Session 3 November 2-23 (7x)

TIME: 6:45-7:15pm
 FEE: \$32 per session

