

Westmonte Recreation Center
624 Bills Lane
Altamonte Springs, FL 32714



ALTAMONTE SPORTS & PROGRAMS DIVISION

AQUATICS 2010



FOR MORE INFORMATION
PLEASE CALL
(407) 571-8736

GENERAL INFORMATION

Altamonte Sports & Programs operates a junior Olympic-size pool located at Westmonte Recreation Center. The pool is staffed with American Red Cross certified Lifeguards and Water Safety Instructors. A variety of activities are available to both city and non-city residents. These activities include Swim Lessons, Open Swim, Dive-In Movies, Lap Swim, and Parent-Child Swim.

OPEN SWIM HOURS

Residents - Seven days a week
Non-residents - Weekends only

WEEKENDS ONLY :

May 29 - June 13
August 14 - September 6
12:00 noon - 5:30pm

HOLIDAYS:

May 31, July 4 & September 6
10:00am - 5:30pm

OPEN DAILY:

June 14 - August 13
12:00 noon - 5:30pm

DAILY OPEN SWIM FEES

\$1.00 per child (17 and under)
\$2.00 per adult (18 and over)

SEASON POOL PASSES

Family: \$35.00
Individual: \$25.00

IDENTIFICATION CARDS

Everyone using the Westmonte Recreation Center outdoor pool facility will be required to fill out an identification card. Upon arrival, an identification card will be issued for each person. This identification card will be kept on file at Westmonte Recreation Center. This will give Altamonte Sports & Programs a safe way to identify a person, contact a family member, and have access to a phone number in case of an emergency. Registration for these identification cards will begin on Saturday, May 15, at our annual "Day in The Park" event.

SPECIAL EVENTS

ANNUAL "DAY IN THE PARK"

Join us for Westmonte Recreation Center's annual "Day in the Park" celebration to be held on Saturday, May 15, from 12:00 noon until 5:00pm. This one day event is open to the public with free admission to the pool. Games, prizes, contests, and entertainment will be offered for everyone to enjoy. Please join us for a fun filled day.

PARENT-CHILD SWIM

Every Wednesday morning from 10:00am until 11:00am beginning on June 16 and ending on August 11 a lifeguard will be on duty to allow parents and toddlers (ages two and under) to get comfortable in and around the water together. Each child must have an adult with them at all times. A fee is not required.

FIELD DAY

The pool will be closed during open swim hours on Friday, July 9, for this one day event as it is reserved for the Altamonte Sports & Programs Summer Camp.

ADULT LAP SWIM

On every Monday and Friday morning from 8:00am until 9:00am beginning on June 14 and ending on August 13 the outdoor pool will be reserved for adult lap swim. There is a fee of \$2.00 per person.

DIVE-IN MOVIES

Join us for an evening swim and a movie. All ages are welcome to attend although children under the age of ten must be accompanied by an adult at all times. There is a fee of \$2.00 per person. Dates and times are as follow:

- Friday, June 18, 2010 8:00pm - 10:00pm
- Friday, July 2, 2010 8:00pm - 10:00pm
- Friday, July 16, 2010 8:00pm - 10:00pm
- Friday, July 30, 2010 8:00pm - 10:00pm
- Friday, August 13, 2010 8:00pm - 10:00pm

SWIM LESSONS

The City of Altamonte Springs will be offering American Red Cross swim lessons to both city and non-city residents. There will be classes available in Preschool levels one through three (recommended for children ages three through five) and Learn-To-Swim levels one through five (recommended for children ages six and older). All classes are instructed by American Red Cross certified Water Safety Instructors. Sessions are held in two week intervals with eight lessons offered in each session. Classes will be held four days per week (Mondays, Tuesdays, Thursdays, and Fridays) forty minutes per class. Classes are limited to six participants in Preschool levels and eight participants in Learn-To-Swim levels. A minimum of four participants must register to conduct a class. The non-refundable fee per participant is \$35.00. Participants must be at least three years of age at the time of registration.

REGISTRATION

In order to register please visit us at www.altamontesports.org and click on the Aquatics link. Please follow the provided instructions to sign in and register your child. You must obtain a username and password prior to registering. This can be done by submitting your info through our on-line registration page Monday through Friday between 8:00am and 5:00pm.

EVENING SESSION SCHEDULE

Session 1 (May 17-May 28) - City residents can register beginning on Monday, May 10, 8:00am. Non-city residents can register beginning on Friday, May 14, 5:00pm. Registrations are accepted up through Sunday, May 16, 11:59pm. Make-ups for this session will be held June 1 thru June 4.

Time	LEVEL	LEVEL	LEVEL	LEVEL
5:00	PS-One	PS-One	One	Two
6:00	PS-One	PS-Two	One	Two
7:00	One	Two	Two	Three

Session 2 (June 7-June 18) - City residents can register beginning on Monday, May 31, 8:00am. Non-city residents can register beginning on Friday, June 4, 5:00pm. Registrations are accepted up through Sunday, June 6, 11:59pm. Make-ups for this session will be held June 21 thru June 25.

Time	LEVEL	LEVEL	LEVEL	LEVEL
6:00	PS-One	PS-Two	One	Two
7:00	One	Two	Three	Four

Session 3 (June 28-July 9) - City residents can register beginning on Monday, June 21, 8:00am. Non-city residents can register beginning on Friday, June 25, 5:00pm. Registrations are accepted up through Sunday, June 27, 11:59pm. Make-ups for this session will be held July 12 thru July 16.

Time	LEVEL	LEVEL	LEVEL	LEVEL
6:00	PS-One	PS-Two	One	Two
7:00	Two	Three	Four	Adult

Session 4 (July 19-July 30) - City residents can register beginning on Monday, July 12, 8:00am. Non-city residents can register beginning on Friday, July 16, 5:00pm. Registrations are accepted up through Sunday, July 18, 11:59pm. Make-ups for this session will be held August 2 thru August 6.

Time	LEVEL	LEVEL	LEVEL	LEVEL
6:00	PS-One	PS-Two	Two	Three
7:00	Two	Four	Five	Adult

Session 5 (August 9-August 20) - City residents can register beginning on Monday, August 2, 8:00am. Non-city residents can register beginning on Friday, August 6, 5:00pm. Registrations are accepted up through Sunday, August 8, 11:59pm. Make-ups for this session will be held August 23 thru August 27.

Time	LEVEL	LEVEL	LEVEL	LEVEL
6:00	One	Two	Three	Four
6:50	One	Five	Six - 3	Adult



WESTMONTE PARK RECREATION CENTER SWIMMING POOL

MORNING SESSION SCHEDULE

Session 1 (June 14-June 25) - City residents can register beginning on Friday, June 11, 12:00 noon. Non-city residents can register beginning on Saturday, June 12, 12:00 noon. Registrations are accepted up through Sunday, June 13, 11:59pm. Make-ups for this session will be held June 19 & 26.

Time	LEVEL	LEVEL	LEVEL	LEVEL
9:10	PS-One	PS-Two	One	Two
10:00	PS-One	One	Two	Two

Session 2 (June 28-July 9) - City residents can register beginning on Friday, June 25, 12:00 noon. Non-city residents can register beginning on Saturday, June 26, 12:00 noon. Registrations are accepted up through Sunday, June 27, 11:59pm. Make-ups for this session will be held July 3 & 10.

Time	LEVEL	LEVEL	LEVEL	LEVEL
9:10	PS-One	PS-Two	One	Two
10:00	PS-Two	One	Two	Three

Session 3 (July 19-July 30) - City residents can register beginning on Friday, July 16, 12:00 noon. Non-city residents can register beginning on Saturday, July 17, 12:00 noon. Registrations are accepted up through Sunday, July 18, 11:59pm. Make-ups for this session will be held July 24 & 31.

Time	LEVEL	LEVEL	LEVEL	LEVEL
9:10	PS-One	PS-Two	One	Two
10:00	PS-Three	One	Two	Three

Session 4 (August 2-August 13) - City residents can register beginning on Friday, July 30, 12:00 noon. Non-city residents can register beginning on Saturday, July 31, 12:00 noon. Registrations are accepted up through Sunday, July 18, 11:59pm. Make-ups for this session will be held August 7 & 14.

Time	LEVEL	LEVEL	LEVEL	LEVEL
9:10	PS-One	PS-Two	One	Two
10:00	PS-Three	One	Two	Three

LEVEL DESCRIPTIONS



LEVEL ONE (Ages 3-5)
PRESCHOOL AQUATICS
Submerge Face, Exhale Underwater
Front & Back Float, Supported
Swim On Front & Back



LEVEL TWO (Ages 3-5)
PRESCHOOL AQUATICS
Front/Back Floats & Gliders
Retrieve Underwater Objects
Combine Arm & Leg Action, Partial Support



LEVEL THREE (Ages 3-5)
PRESCHOOL AQUATICS
Fully Submerge & Hold Breath
Treading Water
Change Direction
Combine Arm & Leg Action, No Support



LEVEL ONE (Ages 6 & up)
INTRODUCTION TO WATER SKILLS
Submerge Face
Exhale Underwater
Front & Back Float
Swim on Front & Back, Supported



LEVEL TWO (Ages 6 & up)
FUNDAMENTAL AQUATIC SKILLS
Fully Submerge Head
Retrieve Underwater Objects
Front & Back Glide
Combine Arm & Leg Action, Partial Support

LEVEL THREE (Ages 6 & up)
STROKE DEVELOPMENT
Enter Water By Jumping In
Rotary Breathing
Treading Water
Front & Back Crawl
Dolphin & Breaststroke Kicks

LEVEL FOUR (Ages 6 & up)
STROKE IMPROVEMENT
Dive From Side Of Pool
Front & Back Crawl, Butterfly, Sidestroke
Breaststroke & Elementary Backstroke
Feet First Surface Dive

LEVEL FIVE (Ages 6 & up)
STROKE REFINEMENT
Shallow Dive, Glide, Stroke & Flip Turn
Tuck & Pike Surface Dives
Front & Back Crawl, Butterfly, Sidestroke
Breaststroke & Elementary Backstroke

ALL LEVELS ARE SUBJECT TO CHANGE

ALL LEVELS PROMOTE GENERAL & PERSONAL WATER SAFETY AS WELL AS HELPING OTHERS



www.altamontesports.org