

William Shore Memorial Pool Schedule

225 E. 5th Street

Port Angeles, WA 98362

Phone: (360) 417-4595

January 2 - March 31, 2010

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30am-8:30am	Lap Swim Preschool Swim	Lap Swim Preschool Swim	Lap Swim Preschool Swim	Lap Swim Preschool Swim	Lap Swim Preschool Swim		
6:55am-7:45am	Shallow Water Aerobics	Coast Guard 'til 8:30	Shallow Water Aerobics	Coast Guard 'til 8:30	Shallow Water Aerobics		
8:30am-9:30am	Shallow Water Aerobics	Aerobics Combo Lap Swim*	Shallow Water Aerobics	Aerobics Combo Lap Swim*	Shallow Water Aerobics	Lap Swim 7:30-9 Preschool Swim	
9:00am-10:00am	Deep Water Aerobics	Lap Swim	Deep Water Aerobics	Lap Swim	Deep Water Aerobics	PAHS @ 9	
9:30am-10:30am	Water Walking	Lap Swim Preschool Swim	Water Walking	Lap Swim Preschool Swim	Water Walking	PAHS 'til 11	
10:30am-1:00pm	Lap Swim Preschool Swim Lessons	Lap Swim Preschool Swim Lessons	Lap Swim Preschool Swim Lessons	Lap Swim Preschool Swim Lessons	Lap Swim Preschool Swim	Lap Swim* @ 11 Preschool Swim	Lap Swim @ 10 Preschool Swim Diving 12-1
1:00pm-3:00pm	Open Swim Lap Swim* PASD Lessons	Open Swim Lap Swim* PASD Lessons	Open Swim Lap Swim* PASD Lessons	Open Swim Lap Swim* PASD Lessons	Open Swim Lap Swim*	Open Swim 'til 4 Lap Swim*	Open Swim 'til 4 Lap Swim*
3:00pm-5:00pm	PAHS	PAHS	PAHS	PAHS	PAHS		
4:15pm-6:45pm	Lessons	Lessons	Lessons	Lessons		Rental 4-8	Rental 4-8
5:30-7:00pm	PASC	PASC	PASC	PASC	PASC		
7:00pm-8:30pm	Open Swim Lap Swim*	Lap Swim* Family Swim Deep Water Aerobics 7-8pm Lap Swim* Lessons @ 7:30	Open Swim Lap Swim*	Lap Swim* Family Swim Deep Water Aerobics 7-8pm Lap Swim* Lessons @ 7:30	Open Swim Lap Swim*		

*1-3 lanes available

SCHEDULE SUBJECT TO CHANGE

Home of the Port Angeles High School
Swim Team. GO ROUGHRIDERS!



CLOSED

New Year's Eve - December 31
New Year's Day - January 1st
Swim Meet - February 6th & 7th

No Instructional Programs

Monday, January 18th - MLK Day
Monday, February 15 - President's Day

Admissions and Passes

Single Admission

Youth (under 17)	\$3.00
Disabled	\$3.00
Senior Citizen (60+)	\$3.00
Adult (18+)	\$4.50
Family (up to 6 people living in the same household)	\$10.00
Water Exercise	\$5.00

Pool Passes

Youth/Senior/Disabled	12 visits	\$30.00
	3 month	\$78.00
	6 month	\$130.00
	Annual	\$180.00
Adult	12 visits	\$45.00
	3 month	\$128.00
	6 month	\$214.00
	Annual	\$285.00
Family	6 month	\$300.00
	Annual	\$450.00
Exercise Class Script	12 visits	\$50.00

Gift Certificates available at the front desk.

Rent the pool for your own private party!

Saturdays 4-8pm
Sundays 4-8pm

\$75.00/hr



Lap Swim: An opportunity for people of all ages and abilities to improve and/or maintain swimming skills and fitness. 3 lanes will be roped off for circle swimming and are designated as fast, medium, and slow. Another 3 lanes of the lap pool are also available.

Shallow Water Aerobics: A class taught in the shallow water designed to tone muscles, raise the heart rate, and maintain personal fitness.

Deep Water Aerobics: Taught in the 12ft dive tank with floatation equipment to support buoyancy and encourage proper form. Designed to tone muscles, raise the heart rate, and maintain personal fitness.

Aerobics Combo: A combination of the shallow and deep water aerobics.

Water Walking: An Arthritis Foundation class designed for anyone recuperating from surgery, injury or persons who have severe joint problems or compromised motor skills.

Preschool Swim: A swim designed for swimmers of all ages in the shallow section of the pool. Children 7 years and younger must be accompanied in the water by an adult.

Family Swim: A swim open to all ages and abilities. The diving board is closed. 2-3 lap lanes are available for circle swimming. Children 7 years and younger must be accompanied in the water by an adult.

Open Swim: A swim open to all ages and abilities. The diving board is open. 2-3 lap lanes are available for circle swimming. Children 7 years and younger must be accompanied in the water by an adult.

PASD Lessons: Classes offered to special needs students in the Port Angeles School District. Contact the School District for more information.

PAHS Swim Team: Port Angeles High School Swim Team for both girls, who practice in the fall, and boys, who practice in the winter. Contact the High School for more information.

Rental: Times in the schedule set aside for private facility rentals.

PASC: Port Angeles Swim Club. An age group swim team for children. Practice days and times vary depending on age and ability.

Coast Guard: Coast Guard Rescue Swimmers training.

William Shore Memorial Pool 417-4595

Swimming Lessons

Open Registration begins:

	Session #2	Session #3
Monday/Wednesday	January 27	February 24
Tuesday/Thursday	January 28	February 25

Monday/Wednesday

Session #2	Feb 1-24 (no class 2/15)	\$31.50
Session #3	March 1-24	\$36.00

10:45am-11:15am	PS 1/2	
	11:20am-11:50am	PS 3/4
4:25pm-4:55pm	PS 1, PS 2, YL 2	
5:00pm-5:30pm	PS 2, YL 3, YL 5/6	
5:35pm-6:05pm	PC, YL 1, YL 3	
6:10pm-6:40pm	PS 3, PS 4, YL 4	

Pre-Competition Class - Monday/Wednesday/Friday - 5:00pm-5:30pm

Session #2	Feb 1-26 (no class 2/15)	\$49.50
Session #3	March 1-26	\$54.00

Tuesday/Thursday

Session #2	Feb 2-25 (no class 2/4)	\$31.50
Session #3	March 2-25	\$36.00

10:45am-11:15am	PS 3/4
11:20am-11:50am	PS 1/2
4:25pm-4:55pm	PS 1, PS 3, YL 1
5:00pm-5:30pm	PS 4, YL 3, YL 4, YL 6
5:35pm-6:05pm	PS 1, PS 2, YL 1, YL 4
6:10pm-6:40pm	PC, PS 2, YL 2, YL 5

Teen/Adult Swimming Lessons - Tuesday/Thursday - 7:30pm-8:15pm

Session #2	Feb 2-25	\$54.00
Session #3	March 2-25	\$54.00

Parent/Child Lessons

30 minute classes designed to introduce children 6 months to 4 years of age to the water and give parents tools for water safety. 2-10 students per class.

Preschool Lessons (PS)

30 minute classes based on the American Red Cross Learn to Swim program for ages 4 to 6. 2-6 students per class.

Youth Level Lessons (YL)

30 minute classes based on the American Red Cross Learn to Swim program for ages 7 to 12. 2-6 students per class.

Teen/Adult Swimming Lessons - lessons for people 12 and over with varying levels of ability. 2-6 students per class.

Pre-Competition - for children who are looking to join the Port Angeles Swim Club.

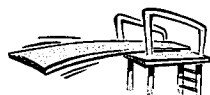
Private Swimming Lessons

One-on-one instruction. Contact the pool for available dates and times. \$22/half hour

Classes are 30 minutes long with a five minute break in between. Please use this time to speak with your instructor.

2 students must be registered to run a class. In cases where only one student is registered parents can opt to transfer to another class, get a credit on their account, request a refund, or register a ghost child (pay for the second student).

Children learn better in the appropriate level. Swim tests are available for proper lesson placement.



Springboard Diving Lessons



Sundays
11:45-
12:45pm

Jan. 3-Feb. 7
(no class 1/17)
\$45.00

Feb 21-March 28
\$54.00

Pre-registration required



TEEN NIGHT

Middle School Ages Welcome

Saturday, Jan. 23rd
6:00-8:00pm

Saturday, Feb. 27th
\$5 at the door



UPCOMING SWIM MEETS

Saturday & Sunday, Feb. 6th & 7th

For more information:

Email info@paswimclub.org
Website www.paswimclub.org

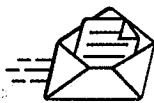
"lots of eggs, no rain jacket required!"

EGGstravaganza



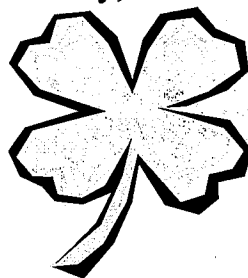
Games, Prizes, and of course...Eggs!

Date and time to be announced



For up-to-date information, add your name to the WSMP email list!
Available at the front desk or by emailing your email address to lgould@cityofpa.us

St. Patrick's Day
Wednesday, March 17th



4-leaf Clover Search
7:00-8:30pm Open Swim

William Shore Memorial Pool

Masters Swim Team



Practice Times:
Tuesday/Thursday 7-8pm
Sunday 1:30-2:30pm

William Shore Memorial Pool proudly offers
**American Red Cross
Training Courses**



Lifeguard Training Course \$100

Become a certified lifeguard. Students must be at least 15 years old and complete a swimming pretest on the first day of class. Call the pool to have your name added to the waitlist for the next available class.

Water Safety Instructor Course \$150

Learn how to teach swimming and water safety to a variety of ages and abilities. Students must be 16 years old and complete a swimming pretest on the first day of class. Tentatively scheduled for February - Dates & Times to be announced

Pre-registration is required for all training courses
Contact the pool for more information

