

SOUTH PLAINS COLLEGE - OPEN SWIM - LEARN TO SWIM - AND EXERCISE CLASSES - INFORMATION

CLASS REGISTRATION: All registration will be on line, starting May 15, 2023. Register early, there is limited enrollment for each class. Payment, by credit card, is due when registering.
Parent may test child's swimming ability during 1st week of open swim. **Classes are \$75** Register at: https://secure.touchnet.net/C20027_ustores/web/index.jsp

The entire schedule is subject to change depending on number of lifeguards available.

CLASS INFORMATION: Instructor for all classes will be Mike Harrison who has 45 years' experience. Classes are held for 50 minutes Monday-Thursday.
IF ANYONE FEELS SICK, DO NOT ENTER POOL AREA!

BEGINNER SWIMMING: Students enrolling must be at least 6 years old (No Exceptions). They will be taught swimming on their front, on their back, and floating.

June 12 – June 22 10:00 – 10:50

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July 10 – July 20 9:00 – 9:50

July 10 – July 20 11:00 – 11:50

July 24 – Aug. 3 11:00 – 11:50

ADVANCED BEGINNER: Students must have passed beginner swimming. Student will learn elementary back, back crawl stroke, diving, and improve their crawl stroke skills.

June 12 – June 22 9:00 – 9:50

July 10 – July 20 10:00 – 10:50

July 24 – Aug. 3 10:00 – 10:50

INTERMEDIATE: Students must have passed Advanced Beginner. Student will learn breast stroke & sidestroke. A course that prepares student, to become a future lifeguard.

July 24 – Aug. 3 9:00 – 9:50

ADULT BEGINNER: Anyone 14 years old or older, who wants to learn to swim. Learn the basic skills for survival.

Tue. & Thur. July 11 – July 27 7:15-8:00

PARENT/CHILD CLASS: For young children 6 months to 6 years old. Those not yet potty trained, must wear rubber pants or a swim diaper. Adult must accompany each child in the water. Emphasis of this class is water adjustment and parent and child interaction. Cost for this class is \$40.

Mon. & Wed. June 12 – June 28 1:00 – 1:30

Tue. & Thur. June 13 – June 29 6:45 – 7:15

Mon. & Wed. July 10 – July 26 1:00 – 1:30

Tue. & Thur. July 11 – July 27 6:45 - 7:15

IF ANY OF THE CLASSES YOU WISH TO ENTER IS FULL,

CALL THE POOL FOR UP DATES!

COMMUNITY EXERCISE CLASSES

All, but SPC staff, PAY \$75, and register on line

EARLY BIRD SWIM: Non-instructional. For lap swimmers only. Swimming – Great Exercise

Mon. Wed. Fri. 6:30-7:15am June 5 – Aug. 9

DEEP/SHALLOW WATER AEROBICS: A combination of stretching and aerobic activity in the water. Individualized workout - Non-instructional

Mon. Wed. Fri. 7:15–8:00am June 5 – Aug. 9

ARTHRITIS: A low impact exercise class for those with arthritis. A stretching, flexibility, and muscle strengthening work-out. Don't have to be arthritic to attend.

Mon. Wed. Fri. 8:00–8:45am June 5– Aug. 9

WATER AEROBICS: A water exercise program designed to improve flexibility and strength, and increase aerobic capacity. Classes will meet twice a week for one hour.

Tue. & Thur. 5:30 – 6:30 June 6– Aug. 10

SWIMMING POOL OPERATION

DIRECTOR: **Mike Harrison**

PHONE: **716-2499** or **716-2228**

POOL INFORMATION

Open – June 5th Close – August 10th

Closed Tuesday July 4th

To swim at the South Plains College Natatorium during open swim, everyone must be a member or a guest of a member.

MEMBER SWIM TIMES

OPEN SWIM

Monday –Thursday 1:30pm – 5:00pm

LAP SWIM ONLY

Monday – Thursday 12:00 – 1:00

Mon. Wed. 5:00 – 6:30pm

MEMBERSHIP RATES

INDIVIDUAL: \$75 summer / \$150 year

COUPLE: (husband/wife only) \$100 summer / \$200year

FAMILY: (Mom, Dad, & 2 Children)

\$150 summer/\$300 year - \$25/\$50 each add. Child

SPC STAFF: Free SPC FAMILY: \$75 year

Hockley Co. SENIOR & Fitness Center Mem.: Free

Guest Fee: Must be with a member, \$5 - limit 2

SPRINGBOARD DIVING

All the basics will be taught. Proper bounce for both front and back dives. Dives taught: front, back, inward, reverse, ½ twist, and flips depending on ability.

Tue. & Thur. June 13 – June 29 1:00 – 2:00

The. & Thur. July 11 – July 27 1:00 – 2:00