

CITIPARKS AQUATICS PROGRAMS

JUNE – AUGUST 2019

The City of Pittsburgh Aquatic Division offers many programs throughout the summer for people of all ages and swimming abilities. All programs require a Citiparks Pool Pass to enroll (excluding Children Free Learn to Swim, Infant Aquatic Program, and Swim Team). Registration is taken at the pool site. For more information, please visit our website at www.citiparks.net.

HOURS OF OPERATION

Open Swim: Anyone under 6 years of age must be accompanied in the water by an adult at least 16 years of age.

Family Swim: Anyone under 16 years of age must be accompanied by an adult at least 16 years of age.

- **Bloomfield, Highland, Jack Stack, Magee, Moore, Ream, Riverview, Schenely, and Westwood**

Monday – Friday

1:00 p.m. – 5:30 p.m. Open Swim

5:30 p.m. – 7:45 p.m. Family Swim

Saturday, Sunday & Holidays

1:00 p.m. – 5:45 p.m. Open Swim

- **Ammon, Banksville, Homewood, McBride, Ormsby, Phillips, Sheraden, Sue Murray, and West Penn**

Monday – Friday

1:00 p.m. – 7:45 p.m. Open Swim

Saturday, Sunday & Holidays

1:00 p.m. – 5:45 p.m. Open Swim

CHILDREN PROGRAMS

- ***Children Learn to Swim (\$20.00)***

There are several levels of instruction designed to help children 6 – 15 years of age develop and refine their skills. Instructors will teach a variety of strokes including the front crawl, back crawl, elementary backstroke, breaststroke, sidestroke and butterfly. They will also introduce diving techniques and focus on water safety skills.

The first session of Children Learn to Swim is free (CLASS SIZE LIMITED).

Monday – Friday

(Two week sessions)

11:00 a.m. – 11:45 a.m.

10 Lessons (\$20.00)

All locations

Session I: June 24 – July 5 (**FREE**)

Session II: July 8 – July 19

Session III: July 22 – August 2

- ***Infant and Pre-school Aquatic Program (\$10.00)***

Children 18 months – 5 years of age will learn the basics of water exploration, including water entry, kicks, glides, arm movement and water play. Parent participation is required. This class is not designed to teach children how to swim, rather it prepares them for swimming lessons when they are older.

Infant (18 months – 2 years)

Saturday

June 29 – July 27

11:00 a.m. – 11:30 a.m.

5 Lessons (\$10.00)

Pre-school (3 years – 5 years)

Saturday

June 29 – July 27

11:30 a.m. – 12:00 p.m.

5 Lessons (\$10.00)

Locations: Banksville, Bloomfield, Highland, Jack Stack, Magee, Moore, Ormsby, Phillips, Ream, and Schenley

- ***Swim Team (Free)***

A team building experience that allows youth ages 6 – 18 years of age to develop and define their abilities in front crawl, back crawl, breaststroke and butterfly. Teams have the opportunity to train for and compete in individual and team events at the championship swim meet hosted at Highland Park Pool on August 3, 2019.

Monday – Friday

June 17 – August 2

12:00 p.m. – 12:45 p.m.

All locations

ADULT PROGRAMS

- **Adult Learn to Swim (\$20.00)**

Conquer your fears in a small class setting. Learn basic swimming strokes and skills or improve your swimming technique. This class will be tailored to meet the individual need of each participant as instructors work around your comfort level. You must be 16 years of age or older to register.

Sunday

June 30 – July 28

12:00 a.m. – 12:45 a.m.

5 Lessons (\$20.00)

Locations: Highland, Moore, Riverview, Schenley, and Sheraden

- **Adult Water Aerobics (\$20.00)**

Enjoy a water aerobics class using the resistance of water and a variety of aquatic equipment to tone muscles and increase strength. This program creates low stress on the joints and is a great cardio work out for both swimmers and non-swimmers. You must be 16 years of age or older to register.

Tuesday & Thursday

June 25 – July 25

5:45 p.m. – 6:30 p.m.

10 Classes (\$20.00)

Locations: Banksville, Jack Stack, Homewood, Magee, Ream, and Westwood

Saturday & Sunday

June 29 – July 28

11:00 a.m. – 11:45 a.m.

10 classes (\$20.00)

Locations: Banksville, Highland, Moore, Sue Murray, and West Penn

- **Senior Water Aerobics (\$20.00)**

Take aerobics at a more leisurely pace with other seniors. This program creates low stress on the joints and is a great cardio work out for both swimmers and non-swimmers.

Tuesday & Thursday

11:00 a.m. – 11:45 a.m.

June 25 – July 25

10 Classes (\$20.00)

Locations: Ream, Sue Murray, and West Penn

- **Adult Lap Swim**

Adults 16 years of age or older are welcome to use the pool to swim laps. Swimmers must be able to swim the length of the pool back and forth in an orderly fashion. Kickboards and pull buoys are available.

Monday – Friday

5:30 p.m. – 6:30 p.m.

Locations: Bloomfield, Highland, Jack Stack, Magee, Moore, Phillips, Ormsby, Ream, Riverview, Schenley, and Sue Murray

Monday – Friday

12:00 p.m. – 1:00 p.m.

Locations: Highland, Moore, Ream, Schenley, and Sue Murray

Saturday – Sunday

12:00 p.m. – 1:00 p.m.

All locations