



Gardner Memorial Pool Programming

SWIM LESSON INFORMATION

All classes are held Monday - Thursday with Friday being a make-up day if inclement weather occurs.

"ALL ENROLLEES MUST BE A GARDNER POOL MEMBER TO PARTICIPATE IN LESSONS".

Registration: Registration for swim lessons begins Monday, June 3, 2024 at 10:00 A.M. on-line on MyRec.

Classes within each level may be combined if a particular time slot does not have the minimum number of participants required.

DEEP WATER WORKOUT

This is a basic deep-water exercise class. Benefits include no impact, improved flexibility, improved muscle strength and cardiovascular fitness. Recommend bringing your own equipment but noodles and water weights will be available.

OPEN TO GARDNER POOL MEMBERS ONLY.

Days: Mondays/Wednesdays/Fridays

Time: 8:30 A.M. - 9:30 A.M.

WATER AEROBICS

Boost the intensity of your fitness routine by adding a water workout! Water aerobics provides all the benefits of a land aerobic workout without the pounding of the hard floor. Water provides a natural resistance that increases cardiovascular conditioning and muscle toning. ***OPEN TO GARDNER POOL MEMBERS ONLY.***

Days: Tuesdays and Thursdays

Time: 7:00 P.M. - 8:00 P.M.



OAKWOOD DOLPHINS SWIM TEAM

Miami Valley Swim Association League

This program is available to Gardner Pool Members Only.

The program goal is to provide a fun, positive swim team experience for swimmers of all skill levels in an inclusive and team building environment. Swimmers can expect the coaching staff to provide large group endurance training, some technical instruction and team coaching at meets.

Swim lessons are strongly encouraged for swimmers of all ages who want and/or need individualized instruction. Swim team should not be viewed as a substitute for group swim lessons.

IMPORTANT NOTE: If you are 6 or 7 years old and new to the team, you **MUST** complete a Swim Team Safety Check. Come to the pool during operating hours and ask the manager to give you a Swim Team Safety Check.

Please note there are 2 steps to register:

- 1) Register with the OCC and***
- 2) Register on the Dolphins' Swimtopia site at <https://oakwooddolphins.swimtopia.com/>.***

Swim team registration is in addition to the Gardner Pool membership.

Reminder: Each family must provide one parent worker for every home meet in which you have a participating swimmer.

Questions about swim team? Please visit the Dolphins' FAQ page: <https://oakwooddolphins.swimtopia.com/faq>.

Register your child at the age they will be as of June 1st.

Practice Time Schedule:

9 & 10 yr. olds	Mon. - Fri.	8:00 - 8:45 A.M.
6 - 8 yr. olds	Mon. - Fri.	8:45 - 9:30 A.M.
11 & 12 yr. olds	Mon. - Fri.	9:30 - 10:15 A.M.
13 & over	Mon. - Fri.	10:15 - 11:00 A.M.