



2020 Texas Pool Aquatic Programs

#SwimAcrossTexas

Swim Lessons

Session 1: June 2-12 on Tuesday-Friday from 9:30-10:20

Session 2: June 16-26 on Tuesday-Friday from 9:30-10:20

Session 3: June 30-July 10 on Tuesday-Friday from 9:30-10:20

Texas Pool Members: 8 Classes for \$79. Non-members: 8 Classes for \$90

A nonrefundable Aquatics Program registration fee of \$25 is required to hold class space/dates. Swim across Texas this summer!

Skills will be assessed the first day of class and each student will be placed in a skills appropriate group for lessons. Group size will be approximately 6-8 students. Instructors include Water Safety and Learn to Swim Instructors and/or American Red Cross certified Lifeguards.

Starfish/Baby & Me: Babies from 6 months-3 years with adult caregiver. This is an adult/child activity with responsible participation. Approximate ages include. Class time will be approximately 30-45 minutes in the water, as tolerated. Course goals include basic water safety skills with playfulness and security in the water along with development of self-confidence.

Sea Horse: Ages 3-5 years. Class time will be approximately 30-45 minutes in the water. Skills will range from first time swimmers to those swimming independently. Water safety and confidence are covered with basic swim motion and beginning strokes. Course goals include confidence, playfulness, and safety.

Sea Turtles: Ages 6-12 years. Class time will be approximately 45-50 minutes. Basic personal water safety, information with confidence building and elementary aquatic skills are introduced, reviewed and reinforced. Course goals are safety, self-propulsion, basic strokes, float, and bob, with above and underwater experiences.

Dolphins: Ages 6-18 years. Class time will be approximately 45-50 minutes in the water. Learning objectives include improvement in the front crawl and backstroke with introduction to treading water, dolphin kicks and diving. Course goals include safety measures, treading water, elementary backstroke/breaststroke, and basic turns at the wall.

Adults: Class time will be approximately 50 minutes in the water. Life is busy. Sometimes swimming is a skill that was never achieved as a child. Texas Pool adult swim lessons are compassionate and effective. Get your feet wet!

Private Lessons: \$35 for approximately 50 minutes of class time.



Texas Pool Aquatic Programs

Yoga classes in the North Texas Zone with instructor Samantha from The Mat Yoga Studio, on Wednesdays June 3, 10, 24, and July 15, 22, 29. We will have 10 mats available, or bring your own mat, and a water bottle. FREE for Members. \$10/person, Bring-a-Friend for \$15 (includes a day of Texas Pool swimming). Enhance your life!

Aqua Yoga with Instructor Sidra, a Registered Yoga Teacher (RYT 200) trained in Aqua Kriya Yoga. Join us in West Texas Tuesday mornings at 11 AM (June 4, 11, 18, and 25). Aqua Yoga movements and motion, with the relaxing effects of the water promote health and happiness. Texas Pool Members are Free. Non-Members: \$10 for 1 person, \$15 for Bring-a-Friend (includes a day of Texas Pool swimming). Experience aqua-serenity!

Discover Scuba: PADI Dive Instructors bring adventure swimming to the Texas Pool with an Introduction to Scuba Diving course. This is not a certifying course. Course fees: Texas Pool Members \$100 and non-members \$125. Dates/times TBD. Dive Texas Pool!

Chess Club: Chess Masters from Premier Scholar League will be providing chess lessons on the Texas Pool deck Thursday evenings from June 11- August 6th, 6-7PM. Free for members. Everyone else \$10/person includes a day of Texas Pool swimming. Bring-a Friend \$15 (includes a day of Texas Pool swimming). Exercise the mind and body at the Texas Pool this summer!

Junior Lifeguard Volunteer Program: The Texas Pool Jr. Lifeguard Volunteer Program provides an opportunity for responsible youth ages 13-14 to earn volunteer service hours while shadowing the Lifeguard team and participating in Texas Pool Lifeguard operations. Emphasis is placed on safety, respect, physical fitness, instruction, and discipline. Requirements: Jr. Lifeguard class as offered by the City of Plano Parks and Recreation Department. The Texas Pool is an official certifying organization for the Presidential Volunteer Service Awards. Other perks may include t-shirts, treats, and small gift cards. Contact: Info@TexasPool.Org

Mermaid Classes, events, birthday parties, and the Official Texas Pool Mermaid Pod are happening at the Texas Pool this summer. Dates/Times TBD. Fins up at the Texas Pool. Live the Dream!