

The Aquatic Center will be closed on Jan. 18, Feb. 15, March 15, April 4 (Easter Sunday), 19, and May 17 for superchlorination.

AQUATIC CENTER

305-795-2241

Competition Pool Hours

January - April 2

Open swim is limited to Miami Shores residents and their guests.

Sunday & Monday	Closed
Tuesday & Thursday	9:00am-11:00 pm 3:00 pm - 5:00 pm
Wednesday & Friday	10:00 am - 5:00 pm
Saturday	11:00 am - 5:00 pm
Monday - Friday	(Swim Team practice and Swim Lessons) 5:00 pm - 7:00 pm

April 3 - May 30

CLOSED April 4

Monday	Closed
Tuesday & Thursday	9:00 am - 11:00 am 3:00 pm - 5:00 pm
Wednesday & Friday	10:00 am - 5:00 pm
Saturday & Sunday	11:30 am - 5:00 pm
Monday - Friday	(Swim Team Practice and Swim Lessons) 4:00 pm - 7:00 pm

Fees per session

\$4.00/resident
\$6.00/guest
Includes admission to both pools.

SPRING BREAK HOURS SHIPWRECK COVE OPEN

March 31st - April 2nd
11:30 A - 2 P
2:30 P - 5 P
CLOSED EASTER SUNDAY

SHIPWRECK COVE OPEN MAY 31

Memorial Day

11:30 AM - 2:00 PM
and
2:30 PM - 5:00 PM

Regular Admission applies:
\$4./resident
\$6./Nonresident guest

Shipwreck Cove Activity Pool

Fun activities designed for all ages. Shipwreck Cove features 6 waterslides at 3 levels, interactive playground equipment, water cannons and various water spraying apparatus. Water depth is from 0 to 18 inches deep.

Hours of Operation

January - April 2:	CLOSED
April 3 - May 30 (Weekends Only)	
Saturday - Sunday	
Session 1	11:30 AM - 2:00 PM
Session 2	2:30 PM - 5:00 PM

Lap Swim

January - April 2

Early Bird Lap Swim

Mon./Wed./Fri. 6:15 am - 9 am

Lap Swim

Tuesday - Thursday	9 am - 11 am 3 pm - 5 pm
Wednesday & Friday	10 am - 5 pm
Saturday	11 am - 5 pm
Sunday	Closed

April 3 - May 26

Early Bird Lap Swim

Mon./Wed./Fri. 6:15 am - 9 am

Lap Swim

Tuesday - Thursday	9 am - 11 am 3 pm - 5 pm
Wednesday & Friday	10 am - 5 pm
Saturday	11 am - 5 pm
Sunday	Closed

Resident Fees:

- 90 Day Lap Swim
- (Use of Competition Pool Only)
- \$125./resident
- \$160./resident couple
- \$4.00/Daily

Nonresident Fees:

- 90 Day Non-resident Lap Swim Pass
- \$178.00/nonresident \$6.00/daily
- For Lap Swim Only - Not available for Open Swim

Egg Dive



at the Miami Shores Aquatic Center
Friday, April 2
3:00 p.m.

Children ages 5 and older are invited to dive for eggs at the bottom of the competition pool. Kids under 5 years old will do an egg hunt at Shipwreck Cove. Candy and prizes will be distributed.

Regular admission applies.

SHIPWRECK COVE OPEN AFTER EGG DIVE!

AQUATIC CENTER

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Underwater Hockey Adults

Play underwater hockey at the pool every Friday night from 6:30 p.m. to 7:30 p.m. Participants use mask, fins and snorkel, to play. This is a fun activity and endurance builder for all adults who love the water. Fee is \$6. to play and equipment is supplied. (305) 795-2241 for more information.



**Starting April 4
Weekends Only!**

Searching for a great place to host a party! Check out the great party packages available at the Aquatic Center. Packages for parties of 13, 26 & 40 children (plus adults) are available. Packages include:

- ✓ Shipwreck Cove Admission
- ✓ Sunbrella rental
- ✓ Pizza or Hot dogs, and drinks.

Due to the limited number of party packages available, reservations are required.

Packages

13 persons...\$140.00
26 persons...\$258.00
40 persons...\$376.00



The Predators Swim Team is a competitive swim team for boys and girls ages 8-18 associated with United States Swimming (U.S.S.). The team is a year-round program with an emphasis on good conditioning, swim-

ming techniques, mechanics and individual achievement. Practice is conducted weekdays from 5:00 - 7:00 pm. The number of practice days is determined by individual abilities, attitude and conditioning based on coaches recommendations. Try-outs are held every Tuesday and Thursday at 5:00 pm. All youth interested in competitive swimming are invited to try out for the team. Call (305) 795-2241 if you are interested.

SWIM COACH

Olympic Medalist Noemi Zaharia

Swim Team Fees:

Resident: \$160./quarter
Nonresident: \$210./quarter

QUARTERS

Jan 1 - March 31
April 1 - June 30
July 1 - September 30
October 1 - December 31

Insurance is required:
\$12./residents per yr.
\$15./yr. nonresidents

***USS Registration and Meet fees are additional

AMERICAN RED CROSS CLASSES COMING SOON...

*C.P.R. for THE
PROFESSIONAL RESCUER & FIRST Aid*

LIFEGUARDING

*PREVENTING DISEASE
TRANSMISSION, O2 & A.E.D.*



AQUATIC CENTER 305-795-2241

SWIM LESSONS

The Aquatic Center has teamed up with the American Red Cross to offer Learn to Swim classes program. Each class must have a minimum of 4 participants to begin. Participants must preregister for all the classes.

All classes meet twice a week for 4 weeks.

SESSION DATES FOR ALL LEVELS

Jan. 5 - 28

Feb. 2 - 25

March 2 - 25

April 6- April 29

May 4 - 27

Class Fees for all levels:

Resident: \$52./session

Non-Resident: \$63./session

Insurance for Children Classes:

Resident: \$12./year required

Non-Resident: \$15./year required

IPAP

(Infant & Preschool Aquatics Program)

6 months to 3 years (one Child per parent) Younger children will adjust to the water by learning skills such as placing the face in the water, flutter kicks and pre-floating skills. All Parents are taught how to instruct their children and recognize any errors in their child's swimming technique. Children are required to wear swim diapers. Parents must be in the water with their children. Instructors will work at the skill level of each child regardless of varied abilities.

Meets: 6:00 - 6:30 pm/ Tuesday & Thursday

PRESCHOOL AQUATICS

(Preschool Levels 1, 2 & 3)

This class is for 4 and 5 year olds who are ready to learn introductory water skills as well as beginner swimming skills. Students will learn to enter the pool properly, float, glide and the basics of the front crawl.

Tues. & Thurs. 4:00 - 4:45 pm

BEGINNERS:

Beginner (Level 1 & 2)

This class is for students 6 years and older. It introduces children with little to no water experience to basic swimming skills. Students will learn to jump in the water and will begin to learn the front crawl.

Meets: Tues. & Thurs. 4:00 - 4:45 pm



INTERMEDIATE:

Intermediate (Levels 3 & 4)

This class is for students 6 years and older who can not complete one length of the pool but are comfortable in the water and have learned the fundamentals of the front crawl. Student will learn rotary breathing, elementary backstroke, sidestroke and back crawl.

Meets: Tues. & Thurs. 5:00 - 5:45 pm

ADVANCED:

Advanced (Level 5 & 6)

This class is for student 6 years and older who can complete two lengths of front crawl with rotary breathing. Students will learn breaststroke, butterfly and skills needed for swim team.

Tues. & Thurs. 5:00 - 5:45 pm

Aquatic Fitness Classes

Low Impact/Arthritis Class

This class emphasizes improving range of motion, stretching and strengthening muscles, and overall relaxation. Water exercise is stress free, there is no impact to your joints and muscles.

Instructor: Lorne Salzer

Meets: Jan. - March

11am-12 Noon/ Saturday &

9:30am - 10:30am/Tues. & Thurs.

April - May

11am-12 Noon/ Sunday &

9:30am - 10:30am/Tues. & Thurs.

Aquatic Center Fees: (Fees must be paid at the beginning of the month)

Resident: \$48.50/month

Nonres: \$60.75/month

Water Exercise classes are continuous year-round. Participants can join a class at any time.

ADULT SWIM LESSONS

Adult Swimming Lessons

An introduction to swimming for adults.

Focus is on comfort in the water, submersion, and floating.

Tues. & Thurs.

6:30 - 7:30 pm

Saturday

10:00-11:00 am

ADULT STROKE IMPROVEMENT CLASS

Looking to get back into swimming or training for a triathlon! In this class you will receive tips to improve your skills, learn how to make your strokes more efficient, and get more comfortable in the water.

Tues. & Thurs.

7:00 - 8:00 pm

Saturday

10:00-11:00 am