

**The Aquatic Center will be closed on
Jan. 16th, Feb. 20th, March 19th,
April 8th & April 23rd.**

Aquatic Center
305-795-2241

COMPETITION POOL

Hours of Operation	January - March 30	
	Sunday	Closed
	Mon.	6:15 am - 9 am 5 pm - 7 pm
	Tues.	9 am - 11 am 3 pm - 7 pm
	Wed.	6:15 am - 9 am 10 am - 7 pm
	Thurs.	9 am - 11 am 3 pm - 7 pm
	Friday	6:15 am - 9 am 10 am - 7 pm
	Saturday	11 am - 5 pm
	March 31 - May	
	Mon.	6:15 am - 9 am 5 pm - 7 pm
	Tues.	9 am - 11 am 3 pm - 7 pm
	Wed.	6:15 am - 9 am 10 am - 7 pm
	Thurs.	9 am - 11 am 3 pm - 7 pm
	Friday	6:15 am - 9 am 10 am - 7 pm
Saturday	11 am - 5 pm	
Sunday	11 am - 5 pm	

Fees per session:
\$4.00 / resident
\$6.00/guest
Includes admission
to both pools.

Lap Swim Fees
90 Day Lap Swim/Competition Pool Pass:
(Use of Competition Pool Only)
\$125./resident
\$160./resident Couple
90 Day Non-resident Lap Swim Pass
\$178./non-resident
For Lap Swim Only - Not available for
Open Swim



SHIPWRECK COVE ACTIVITY POOL

Hours of Operation
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.
Mar. 31st-May 30th
Monday - Friday Closed
Sat. & Sun.
Session 1 11:30am - 2 pm
Session 2 2:30pm - 5 pm



at the
Miami Shores
Aquatic Center
Friday, April 6
3:00 p.m.

EGG DIVE

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!

The Aquatic Center has teamed up with the American Red Cross to offer their Learn to Swim 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. 3 - Jan. 26 (2 x/wk for 4/wks)
Jan. 31 - Feb. 23 (2 x/wk for 4/wks)
Mar. 6- Mar. 29 (2 x/wk for 4/wks)
April 3 - April 26 (2 x/wk for 4/wks)
May 1 - May 24 (2 x/wk for 4/wks)

IPAP CLASSES

(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. (Days and times subject to change)

Tues. & Thurs. 6:00 - 6:30 pm

Resident: \$57./session

Nonresident: \$68./session

Insurance:

Resident: \$12.00/year required

Non-resident: \$15./year required

(Days and times subject to change)

PRESCHOOL

(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

Resident: \$57./session

Nonresident: \$68./session

Insurance:

Resident: \$12.00/year required

Non-resident: \$15./year required

(Days and times subject to change)

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 rhythmic breathing skill and will learn beginning front crawl.

Tues. 5pm- 5:45pm

(Days and times subject to change)

Fees: Resident: \$57./session

Nonresident: \$68./session

Insurance:

Resident: \$12.00/year required

Non-resident: \$15./year required



INTERMEDIATE

Intermediate (Levels 3 & 4)

This class is for students 6 years and older who can complete one length of the pool and are comfortable in the water and have learned the fundamentals of the front crawl. Student will learn rotary breathing, elementary back-stroke, sidestroke and back crawl.

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

(Days and times subject to change)

Fees: Resident: \$57./session

Nonresident: \$68./session

Insurance:

Resident: \$12.00/year required

Non-resident: \$15./year required

All classes require current Miami Shores Village Insurance. Insurance Fee is good for one year from date of purchase. Insurance covers all recreation programs and activities during this time.

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

Fees: Resident: \$57./session

Nonresident: \$68./session

Insurance:

Resident: \$12.00/year required

Non-resident: \$15./year required

ADULT CLASSES

Adult Swimming Lessons

An introduction to swimming for adults. Focus is on comfort in the water, submersion, and floating.

Mon. & Thurs. 6:30 pm - 7:30 pm

Resident: \$57./session

Nonresident: \$68./session

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.

Mon. & Thurs. 6:30 - 7:30 pm

Resident: \$57./session

Nonresident: \$68./session

WATER EXERCISE CLASSES

LOW IMPACT AQUATICS CLASS

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

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. Instructed by Lorne Salzer.

Jan. - March 30

11:15 am-12:15 p.m./ Saturday &
9:30am - 10:30am/Tues. & Thurs.

Mar 31 - May

11:15 am-12:15 p.m./ 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



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.

For the latest information on Underwater Hockey join us on Facebook.



**American Red
Cross
LIFEGUARD
TRAINING
coming in April
call
305.795.2241
for info**

SWIM TEAM



The Shores Village Aquatics Team is a club team for boys and girls ages 5-18 and is associated with United States Swimming (U.S.S.). The team is a year-round program with an emphasis on good conditioning, swimming 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. All youth interested in competitive swimming are invited to try out for the team. Come see the difference a world class swimmer/Coach can make. Meet Olympic Medalist Noemi Zaharia (Head Coach). Call (305) 795-2241 if you are interested. Try-outs are held every Tuesday and Wednesday at 5:00 pm.

Swim Team Fees:

Residents: \$160./quarter

Non-residents: \$210./quarter

MSV Participant Insurance Required

***USS Registration and Meet fees are additional