

# Aquatic Center

305-795-2241

The Aquatic Center will be **closed** for superchlorination on May 17, June 7, July 5 and Aug. 9.

## COMPETITION POOL HOURS

Hours of Operation  
**May - June 13**

Open swim is limited to Miami Shores residents and their guests. Nonresidents may only enter for open swim when accompanied by an Miami Shores resident.

**Open Swim Hours**

Mon.	6:15 AM - 9 AM 5 PM - 7 PM
Tues. & Thurs.	9 AM - 11 AM 3 PM - 7 PM
Wed. & Fri.	6:15 AM - 9 AM 10 AM - 7 PM
Saturday & Sunday	11 AM - 5 PM

**June 14 - Aug 22**

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

Sunday	11 AM - 6:00 PM
Saturday	10 AM - 6:30 PM
Mon. - Fri.	10 AM - 8:00 PM

**Lap Swim Fees:**

90 Day Lap Swim Pool Pass:  
(Use of Competition Pool Only)  
\$125./resident  
\$160./resident Couple

90 Day Nonresident Lap Swim Pass  
\$178./nonresident  
For Lap Swim Only - Not available for Open Swim

**Fees per session:**  
Includes admission to both pools.  
\$4.00/resident  
\$6.00/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  
**May- June 8**

Saturday & Sunday	
Session 1	11:30AM - 2 PM
Session 2	2:30 PM - 5 PM

**June 9-13**

Mon. & Tues.	Closed
Wed. - Fri.	4 PM - 7:45 PM
Sat. & Sun.	Session I      11:30 AM - 2 PM
	Session II     2:30 PM - 5PM

**June 14 - Aug 22**

Mon. - Sat.	Session I      10AM - 12:30PM
	Session II     1:00 PM - 3:30 PM
	Session III    4 PM - 6:30 PM
Sunday	Session I      11 AM - 2:15 PM
	Session II     2:45 PM - 6:00 PM

# Shipwreck Cove Party Packages

**SEARCHING** for a great place to host a party! Check out Shipwreck Cove's party packages. Packages for parties of 13, 26 & 40

include admission for one session in Shipwreck Cove, sunbrella rental, food and drinks. Reservations for party packages must be done in advance. For additional information or to make a reservation call (305) 795-2241.

All residents attending the party must have a valid picture id or recreation id. **AVAILABLE TO RESIDENTS ONLY!** PROPER RESIDENT TO NON-RESIDENT RATIO REQUIRED (1:3)

PACKAGES

- 13 persons ...\$140.
- 26 persons...\$258.
- 40 persons...\$376.

**SHIPWRECK COVE OPEN**  
**Mon., May 31**  
**Memorial Day**

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

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

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**Sunday, May 9**

## Mother's Day

Mothers are admitted **Free** when accompanied by a child

**Father's Day**  
Sunday, June 20

Fathers are admitted **FREE** when accompanied by a child



## Independence Day at the Aquatic Center

Session 3 at the Aquatic Center will feature:

- Extended 3rd Session until Fireworks are over
- Free Watermelon
- Awesome Fireworks Show
- Special Concession menu including BBQ Hamburgers
- Pre-Sale Admission ticket at regular admission prices

# Swim Camps

DIRECTOR: Noemi Zaharia- Two time Olympian and Olympic Medalist, multiple world record holder, over 17 years of coaching experience

## SWIMMING CAMP

June 14-18

June 21-25

June 28-July 2

July 12-16

July 19-23

July 26-30

8:30-9:00 Drop off at Aquatic center  
9:00- 10:30 Stroke Technique instruction, (Monday- Freestyle, Tuesday- backstroke, Wednesday- Breaststroke, Thursday- Butterfly, Friday- IM)  
10:30- 11:30- Plyometrics/ core strengthening exercises  
Water break  
11:30-12:15 Water safety instruction  
12:15 -1:15 Lunch  
1:15- 2:15- indoor activities/ stroke technique video/movies  
2:15- 3:30 Turns and Starts specific to each stroke  
3:30-4:00 free play/games  
4:00- pick up from Aquatic Center

**AGES: 7-16:** MINIMUM STROKE KNOWLEDGE REQUIRED

**GROUPS:** All swimmers will be divided in groups according to age and ability level

**LUNCH-** \$5- Includes choice of Pizza, Hot Dog, or Special of the day with the choice of chips soda, water or juice. Bring your Lunch from home: Lunches from home must be non-microwaveable and must not need to be refrigerated.

**PRICE:** \$230./\$288./person, Sibling discounts available  
Minimum 8 participants required.

## GET READY FOR SWIMMING &

## WATER POLO SEASON

Be physically fit with improved stroke technique to impress your coaches and improve your chances to be recruited by top Universities

**August 2-6**

**August 9-13**

**August 16-20**

8:30-9:00 Drop off at Aquatic center  
9:00-10:30 aerobic training Water break  
10:40-12:00 Stroke technique- each day a different stroke  
12:00-1:00 Lunch  
1:00-2:00 stroke technique video/ stroke analysis/ how to be recruited by top colleges and universities  
2:00- 3:00 Plyometrics, core strengthening exercises  
3:00-4:00 Turns, Starts, relay exchanges  
4:00- pick up from Aquatic Center

**AGES: 11-18:** from Middle school age to High school seniors - MINIMUM STROKE KNOWLEDGE REQUIRED

**GROUPS:** All swimmers will be divided in groups according to age and ability level

**LUNCH-** \$5- Includes choice of Pizza, Hot Dog, or Special of the day with the choice of chips soda, water or juice. Bring your Lunch from Home: Lunches from home must be non-microwaveable and must not need to be refrigerated.

**PRICE:** Res./Nonres. : \$280./\$325./ person., Sibling discounts available.  
Minimum 8 participants required.

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## Swim Lessons

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.

**To Register:** Residents may register two weeks before class. Nonresidents one week before class. (based on availability)

### Class Fees for all levels:

Resident/Nonresident: \$52./session \$63./session

Insurance for Children Classes:

Resident/Nonresident: \$12./\$15. per 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:

May: 6 pm - 6:30 pm  
(Tues. & Thurs.)

6:30 pm - 7 pm  
(Tues. & Thurs.)

June-Aug  
(Tues.-Fri.) 11am - 11:30 am  
11:30 am - 12 Noon

5:30 pm - 6 pm

6 pm - 6:30 pm

6:30 pm - 7 pm

7 pm - 7:30 pm

Required: Child must wear swim diapers.

### 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

#### Meets:

May: 4 pm - 4:45 pm  
(Tues. & Thurs.)

June-Aug 10am - 10:45 am

(Tues.-Fri.) 11:00 am - 11:45 am

4:00 pm - 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: 4 pm - 4:45 pm/April & May  
10 am - 10:45 am / June-Aug  
11 am - 11:45 am / June-Aug  
4 pm - 4:45 pm / June-Aug

Fees: Resident: \$52./session  
Nonresident: \$63./session

Insurance: Res.: \$12.00/year  
Nonres.: \$15./yr.

### 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  
Meets: 4 pm - 4:45 pm/April & May  
11am - 11:45 am / June-Aug  
4 pm - 4:45 pm / June-Aug

Fees: Resident: \$52./session  
Nonresident: \$63./session

Insurance: Res.: \$12.00/year  
Nonres.: \$15./yr.

### SESSION DATES FOR ALL LEVELS

May 4 - May 27 (2 lessons/wk for 4 weeks)  
June 15 - June 25 (4 lessons/wk for 2 weeks)  
June 29 - July 9 (4 lessons/wk for 2 weeks)  
July 13 - July 23 (4 lessons/wk for 2 weeks)  
July 27 - Aug. 6 (4 lessons/wk for 2 weeks)  
Aug 10 - Aug. 20 (4 lessons/wk for 2 weeks)



### 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

### ADULT SWIM 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

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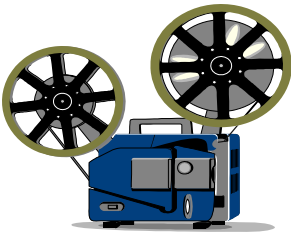
## COMING THIS SUMMER...

### DIVE IN THEATERS

Shipwreck Cove Open  
7p.m. - 8:30 p.m.  
Movies @ 8:45 p.m.

"UP"  
FRIDAY  
JUNE 25

"SURFS UP"  
FRIDAY  
JULY 16



Bring the entire family to  
the Aquatic Center.  
Children under 8 must be  
with an adult.

Slides will be closed during movie.  
Concession will be open. Event will not be  
rescheduled in the event of rain.

**Resident : \$4.00**

**Nonres. guests: \$6.00**

## Teen Nights

Extended hours: 4 pm - 8pm  
June 25 \* July 23 \* Aug 13

**Regular admission**

**Special activities**

**Music over sound system**



The Predators Swim Team is a competitive swim team for boys and girls ages 5-18 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 P.M.. 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 P.M.. 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

July 1 - September 30

Insurance is required:

\$12./residents per yr.

\$15./yr. nonresidents per yr.

\*\*\*USS Registration and

Meet fees are additional

### Low Impact/Arthritis Class

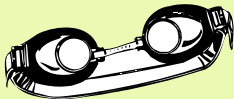
This class emphasizes improving range of motion, stretching and strengthening muscles, and overall relaxation. Water exercise is stress free, there is no impact to your joints and muscles.

Instructor: Lorne Salzer

Meets: 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.