

SWIM SEASON 2020

**FARMINGTON POOL
OPENS
FOR OPEN SWIM
JULY 1ST**

DAILY GENERAL ADMISSION

General Entrance Fee: \$5.00
Children (2 and under with paying adult): FREE
Senior Citizens (65 and Older): \$4.00
Lap Swim/Water Aerobics: \$4.00

HOURS OF OPERATION

Summer Hours: (July 1- August 22)

Lap Swim (Monday - Friday): 5:30 - 8:00 am
Water Aerobics (Monday-Friday) Deep 7:00-8:00 am
Open Swim (Monday - Friday): 1:00- 3:30 pm or 3:45- 6:45 pm*
*By Reservation (see our rules sheet for more information)
Private Parties (Monday - Saturday) 7:00-10:00 PM
Sunday: Closed

August School Hours: (August 24-September 7)

Open Swim (Monday- Friday): Closed
Open Swim (Saturday/Labor Day) 1:00- 3:30 pm or 3:45- 5:45 pm*
*By Reservation Only (see our rules sheet for more information)
Private Parties (Monday - Saturday) 6:00 - 9:00 pm
Sunday: Closed

SEASON PASSES

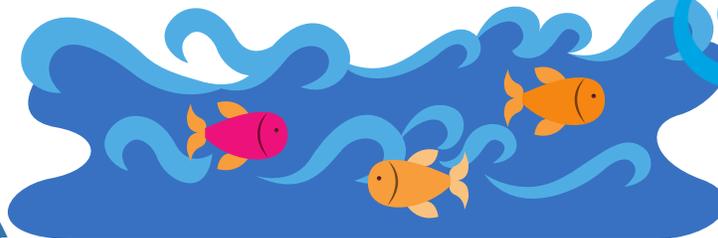
We are only selling Punch Passes This Season due to the shortened season.
Punch Passes are good for the season you purchased them
and the following season
Ages 2 and under will not need a pass

	Resident	Early Bird	Non-Res
Open Swim 20 Punch Pass	\$80		\$90
Lap Swim 20 Punch Pass	\$64		\$70

CONTACT US

farmington.utah.gov
Parks & Rec. Office: 720 W. 100 N. Farmington, UT 84025
Farmington Pool: 142 S. Main Street Farmington, UT 84025
Parks & Rec: 801-451-0953
Farmington Pool: 801-451-5179

**FARMINGTON CITY
PARKS
&
REC.**



WEEK DAY SWIM LESSONS LEVELS & DESCRIPTIONS



REGISTRATION:
RESIDENTS: MAY 26/NON-RES: JUNE 1

BEGINNING TIMES: 8:00 AM/ 8:55 AM/ 9:50 AM/ 10:45 AM/ 11:40 AM

TIMES ARE SUBJECT TO ADJUSTMENT

SESSION 2: JUNE 15-25, 2020

SESSION 3: JUNE 29-JULY 9, 2020

SESSION 4: JULY 13-23, 2020

SESSION 5: JULY 27- AUGUST 6, 2020

Parent & Tot 6mo-3 years

PARENT HELPS CHILD IN FIRST INTERACTION WITH WATER. CONFIDENCE IS BUILT AS PARENT AND CHILD WORK TOWARD A GOAL OF INDEPENDENCE AND SAFETY.

Beginner 1 3 years

CHILD'S FIRST INDEPENDENT EXPERIENCE IN THE WATER WITH PARENT PRESENT. WORK ON INCREASING CONFIDENCE IN WATER WHILE LEARNING BASIC STROKES, ALL WITH SUPPORT OF TEACHER.

Beginner 2 3-4 years

CHILD IS MORE CONFIDENT IN WATER, IS ABLE TO GET FACE WET AND LISTEN TO THE TEACHER. STARTS OUT WITH SUPPORT AND ENDS WITH INDEPENDENCE. MUST BE ABLE TO FLOAT TO PASS.

Intermediate 1 5-6 years

CHILD IS PURELY INDEPENDENT AND CAN FLOAT ALONE. LEARNS TO SWIM INDEPENDENTLY FOR A SHORT DISTANCE. STROKE PROGRESSION CONTINUES AND THE MECHANICS AND CRITIQUE OF STROKES INCREASES.

Intermediate 2 7-8 years

CHILD MUST BE ABLE TO SWIM A SHORT DISTANCE ON HIS/HER OWN WITH ATTEMPTS TO PUT FACE IN THE WATER WHILE SWIMMING. BEGINS TO LEARN SIDE BREATHING FOR FRONT CRAWL AND MORE DIFFICULT STEPS FOR STROKES.

Water Safety Instructor Class

AGE: MUST TURN 16 BY THE LAST DAY OF THE CLASS
 COST: RESIDENT \$150/ NON-RES \$160 ALL CLASSES ARE MANDATORY.
 IF A CLASS IS MISSED, STUDENT MAY NOT PASS CLASS.
 DATES: APRIL 28 -MAY 21
 DAYS: TUESDAY/ THURSDAY
 TIME: 3:30-7:30 PM
 ALL PARTICIPANTS MUST PASS THE PRE-TEST BEFORE PARTICIPATION IN THE WSI CLASS. THE PRE-TEST CONSISTS OF SWIMMING 25 YARDS OF THE FOLLOWING STROKES IN GOOD FORM: FRONT CRAWL, BACK CRAWL, BREASTSTROKE, ELEMENTARY BACKSTROKE, SIDESTROKE AND BUTTERFLY. AFTER THE PRE-TEST IS TAKEN, \$10 OF THE FEE IS FORFEITED.

Intermediate 3 8-9 years

STUDENTS ARE EXPECTED TO BE ABLE TO SWIM THE FRONT CRAWL INDEPENDENTLY WITH SOME LEVEL OF CONFIDENCE AS THEY WILL BE ASKED TO SWIM SHORT DISTANCES. THEY WILL LEARN MORE DIFFICULT STROKES SUCH AS BREASTSTROKE AND SIDESTROKE.

Advanced 1 9-10 years

STUDENT IS EXPECTED TO BE ABLE TO SWIM WITH CONFIDENCE AS HE/SHE WILL BE ASKED TO SWIM AT LEAST 15 YARDS FREQUENTLY. STUDENT WILL ADD UPON PREVIOUS KNOWLEDGE OF STROKES AND BEGIN TO SWIM BREASTSTROKE AND BEGINNING OF BUTTERFLY.

Advanced 2 10+ years

STUDENT WILL BUILD ENDURANCE AND PERFECT STROKES. HE/SHE WILL BE ASKED TO SWIM 25 YARDS FREQUENTLY TO HELP BUILD ENDURANCE AND INCREASE CONFIDENCE WITH STROKES. ALL STROKES ARE COVERED AND CRITIQUED IN THIS LEVEL AND BASIC DIVING IS TAUGHT.

Pre-Swim Team 8+ years

THIS CLASS IS FOR STUDENT WHO KNOW ALL OF THE STROKES. ENDURANCE IS INCREASED AND STROKE PERFECTION IS STRESSED. THIS WILL HELP STUDENTS WHO WISH TO JOIN A SWIM TEAM GAIN CONFIDENCE IN THEIR INDIVIDUAL STROKES

Diving 11 years

THIS CLASS IS PURELY DIVING. STUDENT WILL LEARN A VARIETY OF DIVES. HE/SHE WILL LEARN PROPER DIVING APPROACH, AND TECHNIQUES TO HELP INCREASE CONFIDENCE IN DIVING



Lifeguard Class May 27-20

AGE: MUST TURN 15 BY THE LAST DAY OF THE CLASS
 COST: RESIDENT \$150/ NON-RES \$160 ALL CLASSES ARE MANDATORY.
 IF A CLASS IS MISSED, STUDENT MAY NOT PASS CLASS
 DATES: APRIL 27-MAY 20
 DAYS: MONDAY/WEDNESDAY
 TIME: 3:30-7:30 PM
 PARTICIPANT MUST PASS THE PRE-TEST, WHICH CONSISTS OF SPECIFIC SKILLS AND ABILITIES IN SWIMMING DIVING, TREADING WATER, EXITING THE POOL, ETC. FOR DETAILS, SEE THE WEBSITE OR CALL 801-451-0953.
 AFTER THE PRE-TEST IS TAKEN, \$10 OF THE FEE IS FORFEITED.

Lifeguard Class May 26-30

AGE: MUST TURN 15 BY THE LAST DAY OF THE CLASS
 COST: RESIDENT \$150/ NON-RES \$160 ALL CLASSES ARE MANDATORY. IF A CLASS IS MISSED, STUDENT MAY NOT PASS CLASS
 DATES: MAY 26-30
 DAYS: TUESDAY-FRIDAY: 3:30-8:30 PM/SATURDAY: 7:00 AM-6:00 PM
 PARTICIPANT MUST PASS THE PRE-TEST, WHICH CONSISTS OF SPECIFIC SKILLS AND ABILITIES IN SWIMMING DIVING, TREADING WATER, EXITING THE POOL, ETC. FOR DETAILS, SEE THE WEBSITE OR CALL 801-451-0953.
 AFTER THE PRE-TEST IS TAKEN, \$10 OF THE FEE IS FORFEITED.

FARMINGTON.UTAH.GOV
 720 W. 100 N.
 FARMINGTON, UT 84025

WINTER: 801-451-0953 / SUMMER: 801-451-5179