

## INDOOR FACILITIES / POLICIES

### ARC WATER ZONE

Activity & Recreation Center, 1701 W. Ash, 874-7700

- Indoor Facility
- Zero Depth Entry
- Triple Loop Water Slide
- Vortex
- Lap Lanes
- Water Fitness
- Recreational Swim
- Heated Water
- Water Play Feature
- Lazy River
- Hydro Therapy Pool
- Swim Instruction
- Concession Area

### HICKMAN POOL

David H. Hickman High School,  
1104 N. Providence Road, 874-7476

- Indoor Facility
- Swim Instruction
- Heated Water
- Water Fitness

### LIFEGUARDS

Lifeguards enforce rules and regulations to prevent accidents, and respond to aquatic emergencies. Parents are ultimately responsible for the safety of their children!

### A WORD TO PARENTS...

Our Aquatic staff of Ellis and Associates licensed Lifeguards strives to maintain the highest standards in emergency training! Our goal is to provide our patrons with a safe, clean atmosphere in which families can enjoy themselves in a recreational environment. The purpose of the aquatic staff is not to supervise your child, but to prevent accidents from happening. Therefore, parents are expected to closely supervise their children and assist in enforcing the policies for the safety and enjoyment of all patrons. All children 10 years and under must be accompanied and supervised at all times by a paying adult (16 years or older).

### STAFF TRAINING

In an attempt to provide the safest facilities possible our staff undergoes extensive training. In an attempt to simulate real situations this training could happen at any time, including during recreational swimming times. This training may include using "life-like" manikins or "live guest in distress" placed in the pool. Please do not be alarmed, as you may witness staff training, in addition a sign will be posted "Staff in Training". We do apologize for any inconveniences this may cause.

### FLOTATION DEVICES

Flotation devices are welcome at our aquatic facilities under these guidelines.

- Children under 10 years may only use flotation devices when an adult (16 years or older) is **in the water**, supervising the child.
- The size of the flotation devices may be restricted by aquatic staff.
- Water wings or arm floaters are strongly discouraged for use as flotation devices. We recommend only US Coast Guard approved flotation devices.

### DIAPER POLICY

- Patrons requiring diapers are prohibited from entering the pool without waterproof swim diapers or plastic pants with elastic legs and waistband.
- Swimmers not wearing swim diapers will be asked to exit the swimming area until a swim diaper is part of the attire. Disposable swim diapers can be purchased at the facilities.
- Adults are required to change diapers at designated diaper changing stations located in the changing rooms. Please do not change diapers on the aquatic facility deck, in the concession area or party rooms.
- Children and patrons who have had diarrhea within the past two weeks are asked not to use the aquatic facility.
- Adults should ask their children to refrain from drinking the pool water.
- If your child or another child does have an accident in the pool water or deck area, **please notify a staff member immediately.**



### SWIM HOTLINE

Call 874-7663 for special up-to-date information on facility openings and closings.

### INCLEMENT WEATHER POLICY

Lightning poses a serious risk of injury at our aquatic facilities, including our indoor facilities. Due to the seriousness of this issue, we have developed the following policy for our aquatic facilities. When inclement weather occurs, our staff will remain at the facility and attempt to reopen as soon as possible. If we are unable to reopen after forty-five minutes, the pool will close and attempt to reopen later in the day. This policy is in effect until one hour prior to official closing time. All facility closings will be announced on the Swim Hotline (874-7663).

# AQUATICS

## ARC WATER ZONE

### AQUATIC PRIVATE RENTALS

Enjoy a pool side private party, family reunion or office party in a pleasant environment. The ARC Water Zone or Hickman Pool may be reserved for a two-hour time period after recreational swim times or other times when the facilities are not in use. Lifeguards are provided. Children and youth groups must have one adult to every ten children. All regular facility rules are in effect. Reservations are accepted on a first come, first served basis and may be made in person at the ARC, 1701 W Ash, or by calling the ARC (874-7700). All arrangements must be made a minimum of two weeks in advance and payment is due at the time of reservation.

#### RENTAL RATES

ARC See ARC Water Zone rates, bottom of page.  
 Hickman Pool 2 hours, \$127

- This rental is for groups of 50 persons or less. Each additional person over 50 is \$1 each. Everyone attending is counted, even those who do not swim.
- Rental fees are non-refundable. A reservation can be transferred to another date up to 14 days prior to the scheduled reservation.

### HOLIDAY HOURS

Sept 7	11am-12pm	Lap/Spa/Walk	12-5pm	Rec Swim
Nov 25	5:45am-12pm	Reg. Pool Sched.	12-5pm	Rec Swim
Nov 26	Closed			
Dec 24	11am-12pm	Lap/Spa/Walk	12-5pm	Rec Swim
Dec 25	Closed			
Dec 31	11am-12pm	Lap/Spa/Walk	12-5pm	Rec Swim
Jan 1	Closed			

### SCHOOL'S OUT - OPEN SWIM

The indoor leisure pool will open early (12 pm or 1:30 pm) on the following days to provide lots of fun and excitement for children who are out of school. Reminder: Please check the pool schedule for Water Zone closing times.

Sept 7(12 pm), 24(1:30 pm), 25(12 pm)  
 Nov 3, 13, 25, 27 (12 pm on all days)  
 Dec 21-24, 28-31 (12 pm on all days)

## WATER ZONE BIRTHDAY PARTY PACKAGES

Come have your birthday fun at the ARC. We offer great party packages for you! Reservations can be made by calling the ARC at 874-7700 or by reserving them in person. Payment must be made at the time of reservation either in person or over the phone with a Master Card or Visa. More information will be located on the back of the party contract.

**All packages include** • 2 hrs in selected party room • Domino's pizza or hot dogs & chips, additional pizza may be purchased • Soda or Kool-aid • Daily admission for the number of guests specified in the package • Souvenir party t-shirt for the birthday child • Wrist bands to enter the facility • Free birthday invitations to all party participants with free guest pass for future ARC visit, Party attendant will deliver food and drink. Guest may stay and enjoy the ARC after your party room time is over.

#### Room Times

Mon, Wed, or Fri • 4-6 pm; 6:30-8:30 pm  
 Tues or Thurs • 3 -5 pm  
 Saturday or Sunday • 12-2 pm; 2:30-4:30 pm; 5-7 pm

**Parties are only available during Rec Swim times. Receive \$25 off your package price when you have your party on Monday or Wednesday!**

#### BASIC PACKAGE

##### Raindrop Room

Participants 15 max  
 4 Pizzas  
 or hotdogs & chips  
**Member \$143.75**  
 Nonmember \$172.50

#### DELUXE PACKAGE

##### Typhoon Room

up to 25  
 5 Pizzas  
 or hotdogs & chips  
**Member \$172.50**  
 Nonmember \$201.25

#### EXTREME PACKAGE

##### Typhoon Room

up to 35  
 6 Pizzas  
 or hotdogs & chips  
**Member \$201.25**  
 Nonmember \$230

#### ULTIMATE PACKAGE

##### Typhoon Room

up to 45  
 7 Pizzas  
 or hotdogs & chips  
**Member \$230**  
 Nonmember \$258.75

### WATER ZONE ROOM RENTAL



If you're looking for a room to rent where you plan the party, menu and have easy access to the pool, we have some rooms just for you! This package has a two hour rental and does not include admission into the facility, see pg 6 for admission fees.

**Available:** Mon, Wed or Fri: 4-6pm; 6:30-8:30pm • Tues or Thurs: 3-5pm

Rooms	Raindrop	Typhoon
Maximum	15 persons	55 persons
2 Hour Room Rental	\$37 per hour	\$50 per hour

- Extra pizza cost \$8 • T-Shirt cost \$6
- Admission to the ARC is REQUIRED for each person with this room rental • If swimming isn't part of your plan, we have other room rental options, see pg 8

## ARC WATER ZONE SCHEDULE FALL (Aug. 23, 2009-Jan. 2, 2010)

SUNDAY	MON/WED	TUES/THURS	FRIDAY	SATURDAY
Lap/Spa/Walk 11am - 12 pm	Lap/Spa/Walk 5:45 - 7:55 am	Lap/Spa/Walk 5:45 - 7 am	Lap/Spa/Walk 5:45 - 7:55 am	Water Aerobics 8:10 - 9 am
Rec Swim 12 - 7:30 pm	Water Aerobics 8 - 8:50 am	Water Aerobics 7 - 7:50 am	Water Aerobics 8 - 8:50 am	Water Aerobics 9:10 - 10 am
	Water Aerobics 9 - 9:50 am	Water Aerobics 8 - 8:50 am	Water Aerobics 9 - 9:50 am	Swimming Lessons 10:10 - 10:55 am
	Moving My Joints 10 - 10:50 am	Water Aerobics 9 - 9:50 am	Moving My Joints 10 - 10:50 am	Swimming Lessons 11:10 - 11:55 am
	Little Swimmers 11am - 12 pm	Lap/Spa/Walk 10am - 1:30 pm	Lap/Spa/Walk 11am - 1:30 pm	Rec Swim 12 - 7:30 pm
	Lap/Spa/Walk 11am - 1:30 pm	Little Swimmers ARC Members Free Day! 11am - 12 pm	Lap/Spa/Walk 3 - 4 pm	
	Spa Maintenance (Wed Only) 1:30-6 pm	Rec Swim 3 - 5:30 pm	Rec Swim 4 - 9 pm	
	Lap/Spa/Walk 3 - 4 pm	Little Swimmers 4:30 - 5:30 pm		<i>Class descriptions, next page.</i>
	Rec Swim 4 - 9 pm	Water Aerobics 5:40 - 6:30 pm		
		Water Boot Camp (6 wk camp) 6:40 - 7:30 pm**		
		Spa/Lap/Walk* 7:30 - 9 pm		

Classes listed in white boxes are included with Daily, Multi and Annual Membership Passes. Classes listed in BLUE require an additional fee. Spa will be open when activities are scheduled in the pool, except during private rentals. Lap swim is available during all Rec Swim times. Lap / Spa / Walk is available when lessons are not in session. \*\*Lap/Walk is not available during Water Boot camp sessions from 6:40 to 7:30 pm. All Water Fitness classes are included with the ARC Annual Memberships with the exception of Water Boot camp. Non-members will be required to pay the \$5.25 daily admission to participate in these classes. All Water Fitness classes are intended for those 12 years of age and older to participate.

# AQUATICS

## ARC WATER ZONE

### REC SWIM

With an indoor leisure pool maintained at 84-86 degrees, anyone can enjoy swimming year round. Try our three-story water slide, take a trip around the lazy river, or go for a spin in the vortex. Children 10 years and under can enjoy the zero depth entry and our water play feature. In addition, there are three, 25-yard lap lanes available during this time for your workout.

### LAP/SPA/WALK

Water provides the opportunity to exercise in numerous ways that are not available in typical land based activities. Water lends itself to a well-balanced workout that improves all major components of physical fitness, aerobic training, muscular strength and endurance, flexibility and body composition. Use this time to walk against the current in the lazy river, swim laps or patrons 16 years of age and older can enjoy the Hydro Therapy Pool.

### WATER AEROBIC CLASS

Water Aerobics offers a challenging workout without all the stress of land workouts. Land workouts can put a lot of stress on your muscles and joints. Water Aerobics alleviates the harmful effects of land workouts while still giving you the benefits of cardiovascular exercise. It strengthens and tones your body by using the water to increase resistance.

### MOVING MY JOINTS

For those who are challenged by arthritis or may have special conditions that make the other group fitness classes too difficult. This class is beneficial for participants who need a slower paced workout.

**SWIM HOTLINE** Call 874-7663 for special up-to-date information on facility openings and closings.

## YOUTH AQUATICS

### LITTLE SWIMMERS PLAYTIME

Come enjoy the play structure, zero depth area, and the lazy river of the ARC Water Zone during a time specifically reserved for the little ones (0 – 8 yrs old) and an adult playmate. If you are a Day Care, please see our special day care swim times. Daily admission fee is required for all participants which includes all little ones and their adult playmates. Children 8 years and under must be accompanied by an adult (16 years or older).

Mon–Thurs, 11 am-12 pm

Price: \$1 for all participants

Tues & Thurs Free admittance for ARC members only

### DAY CARE SWIM

Home day cares and day care centers are welcome to bring their children to enjoy the play structure and zero depth area of the ARC Water Zone in a time specifically reserved for you. **Reservations are required two weeks in advance.**

Required adult to child ratios: 2 years of age 1:4, 3-5 years of age 1:6, 6 years of age and older 1:10. This activity is for ages 10 years and under with adult supervision (16 years and older).

Tues and Thurs, 10-11 am

\$1 Price for all participants

### ADAPTIVE INSTRUCTION

The Adaptive Instruction program is designed to provide a safe, enjoyable recreation experience for individuals who have physical disabilities, impairments or are developmentally disabled. The participation of a family member is encouraged and may be required. This course is taught in a small group format. **MINIMUM AGE:** 3 Years. Eight lessons lasting 45 minutes each. Under 16 years old \$40, Over 16 years old \$45.

**Location: Hickman Indoor Pool @ Hickman High School**

CLASS #	DATE	TIME	AGE	PRICE
116601-01	Tu,Th: Sep 29-Oct 22	7:20-8:05 pm	3+	\$45

### PARENT & CHILD SWIM

Children must be at least 6 months of age. A parent or other adult caregiver is required to accompany each child in the water and participate in the classes. Parent skills: support and holding techniques and proper use; importance of cues; how to help children learn and practice appropriate skills; how to select and fit a life jacket; basic water safety information and rescue skills. Child skills: safe water entry and exit; comfort in the water; submersion; introduction to buoyancy on front and back; changing body position; choosing and using life jackets. Eight lessons lasting 30 minutes each.

**Location: Water Zone @ Activity & Rec Ctr**

CLASS #	DATE	TIME	AGE	PRICE
116701-01	Sa: Sep 26-Nov 7	10:10-10:55 am	.06-3	\$35
116701-02	Tu,Th: Sep 29-Oct 22	6:30-7:15 pm	.06-3	\$35

### LEARN TO SWIM

Detailed course descriptions in chart below. Learn To Swim Lessons. Minimum age - 3 years old by first class. Children will be placed in class levels 1-7 by aquatic staff according to their age and previous swim experience. If your child has taken lessons with us previously, please give this information at time of registration to insure proper class placement. All participants will be tested at the first class period to ensure they are in the proper class. Instructors reserve the right to determine your child's level of performance and adjust class placement accordingly. Class sizes are limited to maximize instructional time. Eight lessons lasting 45 minutes each.

**Location: Water Zone @ Activity & Rec Ctr**

CLASS #	DATE	TIME	AGE	PRICE
116901-01	Sa: Sep 26-Nov 7	10:10-10:55 am	3+	\$40
116901-02	Sa: Sep 26-Nov 7	11:10 -11:55 am	3+	\$40
116901-03	Tu,Th: Sep 29-Oct 22	6:30-7:15 pm	3+	\$40
116901-04	Tu,Th: Sep 29-Oct 22	7:20-8:05 pm	3+	\$40

## COLUMBIA PARKS & RECREATION LEARN TO SWIM PROGRAM

Registration will be taken at the ARC located at 1701 W. Ash (874-7700) or the Parks and Recreation office located at 1 S. 7th Street (874-7460). **Registration ends at noon on the Thursday prior to the session.** After that day, participants may only register by calling the manager at the facility to determine space availability. Participants may register in person, by mail or over the phone with a Master Card or Visa. Payment at the time of registration is required.

**Course Details: See page 14 \* Price \$40 \* Minimum age: 3 years by first day of class (45 min)**

LEVELS	REQUIREMENTS	SKILLS TAUGHT
<b>LEARN TO SWIM LEVEL ONE</b>	<b>NONE.</b> The objective of Level 1 is to help students feel comfortable in the water and to enjoy the water safely.	Development of good attitudes and safe practices around water; Ability to place face in water and experience supported locomotion through water. Begin work on buoyancy front and back.
<b>LEARN TO SWIM LEVEL TWO</b>	<b>PASSED LEVEL ONE OR</b> be able to demonstrate all the completion requirements for Level 1.	<b>2A</b> Fundamental skills; Simultaneous and alternating arm and leg action on the front and back; Front and back float supported <b>2B</b> Full submersion of head and ability to breath control underwater. Combining strokes, supported.
<b>LEARN TO SWIM LEVEL THREE</b>	<b>PASSED LEVEL TWO OR</b> be able to demonstrate all the completion requirements for Level 2.	Fully submerge and retrieve objects from bottom of pool. Coordinate the front crawl and back crawl; Introduction to elements of butterfly; Fundamentals of treading water; Rules and skills for headfirst entry; Ability to float front and back without support for a specific length of time.
<b>LEARN TO SWIM LEVEL FOUR</b>	<b>PASSED LEVEL THREE OR</b> be able to demonstrate all the completion requirements for Level 3.	Develop confidence in the strokes learned in previous levels; Improve skills and increase endurance; Build on butterfly; Introduce elementary backstroke, breaststroke, and elements of sidestroke; Basics of turning at walls.
<b>LEARN TO SWIM LEVEL FIVE</b>	<b>PASSED LEVEL FOUR OR</b> be able to demonstrate all the completion requirements for Level 4.	Coordination and refinement of strokes; Front crawl, back crawl, butterfly, breaststroke, elementary backstroke, sidestroke; Increase distances; Flip turns.
<b>LEARN TO SWIM LEVEL SIX</b>	<b>PASSED LEVEL FIVE OR</b> be able to demonstrate all the completion requirements for Level 5.	Refine strokes-ease, efficiency, power, smoothness of greater distances; Introduction to other aquatic activities. Areas of Focus: Junior Lifeguard; Water Safety Instructor Aide; Fitness Swimmer. Each option focuses on preparing students to participants for other advanced aquatic courses and activities.

### BE A VOLUNTEER SWIM INSTRUCTOR

We are looking for responsible adults and youth (at least 12 years old) to assist with swim instruction. Aides will be paired with a certified instructor to assist with the instruction of young swimmers. If you would like to volunteer, please call 874-7700.



<b>PRIVATE SWIM LESSONS</b>	Swimmers of all levels may sign up for this class. If you're a beginner or an avid swimmer, our instructors will help you improve your skills with one-on-one supervision. Registration for these classes is on a first-come, first-served basis. The lessons are for 6 half-hour sessions. Limited times available. <b>Price \$80</b>
<b>SEMI-PRIVATE SWIM LESSONS</b>	Semi-private lessons are available for a maximum of 2 participants (it is up to the individual to locate other individuals to form semi-private lessons.) <b>Price \$100</b>

# AQUATICS

## YOUTH AQUATICS



### MAKE-UP DAYS

Make-up days will be scheduled during the week following the last day of lessons only if a cancellation is made by the Parks and Recreation Department staff. There are no make up days for the ARC instructional program or lessons missed for personal reasons.

### REFUND POLICY

For information on the refund policy please see page 4.

### PARENT DAY

We want to see parents get involved in their child's learning process. One special day each session, parents are encouraged to get in the water and join their child's class for an up close and personal view of the skills being taught. (Check at your facility for these dates.) The instructor will address the parents and will try to point out specific skills the children should practice on their own.

### COLUMBIA SWIM CLUB

Come join the fall fun! The Columbia Swim Club is the oldest and longest running swim team in Columbia. The club is a non-profit organization co-sponsored by the Columbia Parks and Recreation Department designed to promote competitive swimming in the community. The goal of the club is to introduce athletes to the fun and excitement of a life sport, improve their stroke technique and self-confidence. CSC swims year round and you can join any time. Contact a coach at Columbia Swim Club at [sarah@csctigersharks.org](mailto:sarah@csctigersharks.org) or visit <http://www.csctigersharks.org/> for more information.

### BE A VOLUNTEER SWIM INSTRUCTOR

We are looking for responsible adults and youth (at least 12 years old) to assist with swim instruction. Aides will be paired with a certified instructor to assist with the instruction of young swimmers. If you would like to volunteer, please call 874-7700.

## ADULT AQUATICS

### ADULT SWIM INSTRUCTION

You're never too old to learn to swim! These lessons are for adults who would like to get acquainted or reacquainted with the water, brush-up on skills, and learn some new ones. This course is targeted more toward the beginner and is taught in a small group format.

**Location: Hickman Indoor Pool @ Hickman High School**

CLASS #	DATE	TIME	AGE	PRICE
116101-01	Tu,Th: Sep 29-Oct 22	6:30-7:15 pm	18+	\$45

### WATER BOOT CAMP

Looking for an intense water workout? This is a six week course that will push you to the limit. Your instructor will use the water against you to increase your heart rate and your muscle strength. The class will combine intense bursts of cardiovascular energy with resistance training for a fun group workout that will challenge everyone. ARC Members \$25 discount.

**Location: Water Zone Activity & Rec Ctr**

CLASS #	DATE	TIME	AGE	PRICE
107239-01	Tu,Th: Sep 22-Oct 29	6:40-7:30 pm	16+	\$150

### DEEP WATER AEROBICS

This low-impact workout is designed to strengthen and tone all muscle groups with the maximum aerobic effort. Instructors will use resistance equipment during this class to challenge participants.

**Location: Hickman Indoor Pool @ Hickman High School**

CLASS #	DATE	TIME	AGE	PRICE
Drop in	M,W: Aug 24-Dec 16	5:45-6:35 pm	16+	\$3/ class
No Class Sept 7				

Other **ADULT WATER FITNESS**, page 13

**SWIM HOTLINE** Call 874-7663 for special up-to-date information on facility openings and closings.

### DIVE INTO A POOL OF OPPORTUNITY

...as a lifeguard or swim instructor. The Columbia Parks and Recreation Department is hiring enthusiastic lifeguards and instructors for Fall/Winter 2009/2010. If you have the initiative and want to learn skills that will last a lifetime, then join the BEST Aquatic Team in town. Contact the City of Columbia Human Resources Department at 874-7235 for more information or find them on-line at [www.GoColumbiaMo.com](http://www.GoColumbiaMo.com)