

Fall 2009

Swimming

Pool Information

Daily Admission

\$2.00 Ages 18 & Up

\$1.00 Ages 17 & Under

\$2.00 Water Fitness

Indoor Pools

Open Year Round

Brainerd Complex Pool

425-3600

1010 North Moore Road

South Chattanooga Complex Pool

425-3550

1151 West 40th Street

North River YMCA Pool*

877-3517

*Discounted Admission for
Open Swim for
City of Chattanooga
Residents



**PARKS AND
RECREATION**

www.chattanooga.gov/parks&recreation/aquatics

2009 Brainerd Complex Pool Schedule

September—December 19

****children under the age of 6 must be accompanied by an adult at all times**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00—10:00 am	open swim	9:15 -10:15 water fitness	open swim	9:15 -10:15 water fitness	open swim	
10:00—11:00 am	water fitness	10:15 - 11:00 open swim	water fitness	10:15 -11:00 open swim	water fitness	swim lessons
11:00—12:00 pm	open swim	water fitness	open swim	water fitness	open swim	swim lessons
12—12:30 pm	open swim	open swim	open swim	open swim	open swim	swim lessons
1:00—3:30 pm						open swim
3:30—5:00 pm					3:30 - 5:30pm open swim	
3:30—6:00 pm	open swim	open swim	open swim			
6:15—7:15 pm	water fitness	open swim	water fitness			
6:00—7:30 pm		open swim				

Swim Lesson Schedule

Class Fees: \$32.00 (8) Half Hour Lessons **Saturday ONLY**

Register at center: September 1st -10th **Start Date:** September 12th

TIME	Advanced School Age	Beginner School Age	Beginner Preschool	Adult Beginner
10:15 am	X			
10:50 am		X		
11:25 am			X	
12:15 pm				X

Fall 2009 S. Chattanooga Complex Pool Schedule September—December 19

****children under the age of 6 must be accompanied by an adult at all times**

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00—10:00 am	open / lap swim 1/2 pool each		open / lap swim 1/2 pool each		open / lap swim 1/2 pool each	
10:00—11:00 am	water fitness	water fitness	water fitness		water fitness	
11:00—12:30 pm	open / lap swim 1/2 pool each	open / lap swim 1/2 pool each	open / lap swim 1/2 pool each		open / lap swim 1/2 pool each	
1:00—3:30 pm						open swim
3:30—5:00 pm	open/ lessons 1/2 pool each		open/ lessons 1/2 pool each		open swim 3:30 - 5:30pm	
5:00—6:00 pm	swim team		swim team			
6:00—7:30 pm	open/ lessons 1/2 pool each		open/ lessons 1/2 pool each			
5:30—6:30 pm		water fitness		water fitness		
6:30—7:30 pm		open swim		open swim		

Swim Lesson Schedule—Half Hour Lessons

First Session— Register at center: Aug. 31st — Sept. 8th **Start Dates:** Wednesday, September 9th or Monday, September 14th **End Date:** October 28th

Fees: Monday or Monday/Wednesday classes - **\$28.00** (no class 9-7-09) Wednesday classes - **\$32.00**

November Session — Registration: Oct. 21st – 30th **Start Dates:** Monday, November 2nd or Wednesday, November 4th **End Date:** December 16th **Fees:** 5 week session — **\$20.00**

TIME/ DAY	Beginner preschool	Beginner school age	Advanced preschool	Advanced school age	Youth Stroke	Beginner Adults
Monday 3:15 pm	X					
Monday 3:45 pm		X				
Wednesday 3:15 pm			X			
Wednesday 3:45 pm				X		
Monday and Wednesday 4:15pm					X	
Monday and Wednesday Oct. Only 6:15pm						X

Aquatic Class Descriptions:

Beginner Lessons: Skills learned include, floating and gliding on front and back independently, flutter kicking, basic components of front and back crawl, submerging to pick up objects, and following basic water safety rules.

Advanced Lessons: Skills learned include endurance swimming in front and back crawl strokes, learning the basics of breast stroke, elementary backstroke, treading water and jumping into deep water from the side.

Youth Stroke Class: This is an ideal program for participants who can swim one length of the pool both freestyle and backstroke. All four competitive strokes will be taught. Great program to gear up for a competitive swim program. Monday and Wednesday Classes.

Private Swimming Lessons: Classes are available for all ages and abilities. These classes are set up to meet your schedule during open recreational swimming hours.

Chattanooga Swimming USA Swim Team

Practice begins September 8th

Cost: \$38.00 per month Team Registration Fee- \$10.00

September-February (One can register at anytime during the season.)

Practice Schedule:

Monday - Wednesday 5:00pm at South Chattanooga Pool

Tuesday - Thursday 4:45pm at North River YMCA Pool

Call Peggy at 697-1385 for more details

Contact: Peggy Grall at 697-1385

grall_p@mail.chattanooga.gov



**PARKS AND
RECREATION**

*Both indoor pools are
ADA Handicap Accessible



For Activities Updates call 757-P.L.A.Y.

or visit www.chattanooga.gov/parks&recreation