

# CASHMERE CITY POOL SCHEDULE – 2024

104 Paton St., 782-1300

Manager: Christie Bagley

Opening Day: Friday, June 14th

Closing Day: Tuesday, August 27th



**CASH, CHECKS or CREDIT CARDS ACCEPTED**

## Admission Prices

**General Admission applies to everyone age 1 and over entering the facility**

	<b>Resident (ID Required) (Inside City Limits)</b>	<b>Non-resident (Outside City Limits)</b>
General Admission	\$ 5.00	\$ 5.00
20-punch pass	\$ 80.00	\$ 80.00
Individual Season Pass	\$ 100.00	\$ 125.00
Family Season Pass (Immediate Family only)	\$ 175.00	\$ 200.00
Swimming Lessons	\$ 35.00	\$ 45.00
Pool Rental <a href="#">Contact Pool Manager</a>	\$ 150.00 per hour \$ 20.00 per guard (minimum 2) (30-1 ratio required)	\$ 175.00 per hour \$ 20.00 per guard (minimum 2) (30-1 ratio required)

## PASSES MUST BE SHOWN TO ENTER THE POOL

### June 14th – August 27th Schedule

**Special Closures:** In the event of poor weather or fire conditions, the pool will close early.



<b>Monday - Friday</b>	
6:00 am - 7:50 am	Lap Swim (3 Lanes)
8:00 am - 10:50 am	Swim Team
1:00 pm - 4:15 pm	Open Swim
<b>Monday - Thursday beginning July 8th</b>	
10:00 am - 12:30 pm	Swim Lessons
4:45 pm - 6:00 pm	Swim Lessons
<b>Monday, Wednesday and Friday beginning June 17th</b>	
5:00 pm - 6:00 pm	Lap Swim (1 Lanes)
6:15 pm - 8:15 pm	Family Swim (No Diving Board)
<b>Monday and Wednesday beginning July 8th</b>	
5:00 pm - 6:00 pm	Aerobics / Water Exercise
<b>Saturday and Sunday</b>	
1:00 pm - 4:15 pm	Open Swim

## Pool Rules

- 1) No person with a communicable disease or open wounds is allowed in the pool.
- 2) No person under the influence of alcohol or drugs may enter the facility.
- 3) Anyone in diapers must wear protective covering to prevent contamination.
- 4) Children under the age of 6 **must** always be within arm's reach of a parent unless they have passed a swim test.
- 5) Individuals that have been ill with vomiting or diarrhea *in the last two weeks* are prohibited from using the pool.
- 6) ANYONE WITH SEIZURE, HEART OR CIRCULATORY PROBLEMS IS ADVISED TO SWIM WITH A BUDDY.

**ANYONE REFUSING TO OBEY THE POOL RULES IS SUBJECT TO REMOVAL FROM THE PREMISES**

# CASHMERE CITY POOL 509-782-1300

## 2024 SWIM LESSONS

Morning and evening classes will be held Monday through Thursday for two weeks. The cost for students will be \$35.00 for city resident (inside city limits) and \$45.00 for non-resident, for each session. Payment is required at the time of registration. Registration will take place at the city pool **only** during the times listed below.

Session 1: July 8 - July 18 \*\*      Session 1 registration: June 25<sup>th</sup> @ 5:30 pm  
 Session 2: July 22 - Aug 1 \*\*      Session 2 registration: July 16<sup>th</sup> @ 5:30 pm  
 Session 3: Aug 5 - Aug 15      Session 3 registration: July 30<sup>th</sup> @ 5:30 pm

### TINY TOTS:

**Ages 6 Months - 3 years old. Each class is full at 10 swimmers (Adult required)**

11:20 am - 11:50 am (1 class)
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### PRESCHOOL LEVELS:

**Ages 3-6 years old. Each class is full at 6 swimmers**

<b>Preschool 1: Intro to Water Skills</b>	<b>Preschool 2: Developing Water Skills</b>	<b>Advanced Preschool: Developing Water Skills</b>
10:10 am - 10:40 am (2 classes)	10:10 am - 10:40 am (2 classes)	
10:45 am - 11:15 am (2 classes)	10:45 am - 11:15 am (2 classes)	
11:20 am - 11:50 am (1 class)	11:20 am - 11:50 am (1 class)	11:20 am - 11:50 am (1 class)
11:55 am - 12:25 pm (1 class)	11:55 am - 12:25 pm (1 class)	11:55 am - 12:25 pm (1 class)

### BEGINNER LEVELS:

**Ages 7 years old and above. Each class is full at 6 swimmers**

<b>Beginner 1: Intro to Water Skills</b>	<b>Beginner 2: Developing Water Skills</b>	<b>Advanced Beginner: Developing Water Skills</b>
11:20 am - 11:50 am (1 class)	11:20 am - 11:50 am (1 class)	11:20 am - 11:50 am (1 class)
11:55 am - 12:25 pm (1 class)	11:55 am - 12:25 pm (1 class)	11:55 am - 12:25 pm (1 class)
4:45 pm - 5:15 pm (2 classes) **	4:45 pm - 5:15 pm (2 classes) **	4:45 pm - 5:15 pm (1 class) **
5:20 pm - 5:50 pm (2 classes) **	5:20 pm - 5:50 pm (2 classes) **	

**\*\* Due to Swim Meets, July 18<sup>th</sup> evening sessions will have make up classes on July 19<sup>th</sup> and July 24<sup>th</sup> evening sessions will be made up on July 26<sup>th</sup>**

***If there are students unable to get into classes, we will have a wait list available.***

# SWIM LESSON COURSE DESCRIPTIONS

*Unless otherwise stated, all skills must be performed without help to pass class*

## **PRESCHOOL LEVELS**

### **Preschool 1: Ages 3-6 years old**

Prerequisite: Little to no exposure to the water

Targets for passing preschool 1:

- 5 underwater bobs (with bubbles)
- Back float for 5 seconds (with help)
- Front float with face in water for 5 seconds (with help)
- Roll from front to back float (with help)
- Roll from back to front float (with help)
- Front glide for 10 feet (with help)
- Flutter kick on front for 5 feet (with help)
- Flutter kick on back for 5 feet (with help)
- Introduction to crawl stroke arms

### **Preschool 2: Ages 3-6 years old**

Prerequisite: Passed preschool 1 (or manager approval)

Targets for passing preschool 2:

- Hold breath under water for 5 seconds
- Back float for 5 seconds
- Front float for 5 seconds
- Roll from front float to back float
- Roll from back float to front float
- Front glide 10 feet
- Kick on front for 10 feet
- Kick on back for 10 feet
- Crawl stroke arms with kicking 5-10 feet

### **Advanced Preschool: Ages 3-6 years old**

Prerequisite: Passed preschool 2 (or manager approval)

Targets for passing advanced preschool:

- Flutter kick for 15-20 feet
- Front glide for 10-15 feet
- Intro to side breathing  
(Roll from front float to back & return to front)
- Crawl stroke with kicking 15 feet
- Intro to breast stroke kick
- Intro to breast stroke arms
- Jump into water over head and get to wall
- Tread water for 15 seconds

## **BEGINNER LEVELS**

### **Beginner 1: Ages 7 years and above**

Prerequisite: Little to no exposure to the water

Targets for passing beginner 1:

- 5 underwater bobs with bubbles
- Back float for 5-10 seconds (minimal help)
- Front float with face in water 5-10 seconds (minimal help)
- Roll from back to front float
- Roll from front to back float
- Front glide 10 feet (minimal help)
- Intro to crawl stroke arms
- Flutter kick on front 5-10 feet (minimal help)
- Flutter kick on back 5-10 feet (minimal help)

### **Beginner 2: Ages 7 years and above**

Prerequisite: Passed beginner 1 (or manager approval)

Targets for passing beginner 2:

- Hold breath under water for 10 seconds
- Back float for 10 seconds
- Front float for 10 seconds
- Roll from back float to front float
- Roll from front float to back float
- Front glide for 10 feet
- Flutter kick on front for 10 feet
- Flutter kick on back for 10 feet
- Crawl stroke arms with kicking 10 feet

### **Advanced Beginner: Ages 7 years and above**

Prerequisite: Passed beginner 2 (or manager approval)

Targets for passing advanced beginner:

- Flutter kick for 25 feet
- Front glide for 10-15 feet
- Intro to side breathing  
(Roll from front float to back & return to front)
- Crawl stroke with kicking 15 feet
- Intro to breast stroke kick
- Intro to breast stroke arms
- Jump into water over head and get to wall
- Tread water for 20 seconds