

Programs

The aquatics programs welcome swimmers with disabilities to join swim team and participate in all programs.

Activity	Days	Times	Pool
Public Swim (Children 6 & under must be accompanied by an adult)	Monday - Friday Saturday & Sunday	9 am - 8 pm 11 am - 6 pm	Space varies according to programs
Lap Swim & Water Walking (pull buoys, kickboards & pace clock available)	Monday - Friday Saturday & Sunday	6 am - 8 pm 7:30 am - 6 pm	Competition Pools # of Lanes Varies
Water Exercise Class For all ages	Tuesday - Thursday	8:30 - 9:30 am	Competition Pools
	Mon., Wed., Fri.	9:30 am - 10:30 am	
	Monday & Wednesday Saturday	6 pm - 7 pm 9 am - 10 am	
Advanced Swim Fit for Adults	Tuesday & Thursday	5:30 pm - 6:30 pm	Outdoor Competition Pool
Seniors (55+) and Disabled ONLY	*Monday - Friday	6 am - 12 noon	Warm Pool
	Saturday - Sunday	7:30 am - 12 noon	
Waterslides	Monday - Friday	12 noon - 4 pm 5:30 pm - Close	Slide Pool
	Saturday & Sunday	11:00 am - 6 pm	
Toys	Daily	11 am - Close	Activity Pool
Water Polo	Tuesday & Thursday	6:15 - 7:45 pm	Outdoor Pool
Jr. Lifeguard Class	Monday - Friday June 14 - 25	9 am - 12 noon	Competition Pools
Lifeguard Training	TBA (Check Web Page)	TBA	Competition Pools
Swim Meets	August 6-8	TBA	Competition Pools
Douglas Dolphin Youth Swim Team www.ddst.org	Monday thru Friday	7 am - 9 am 3:00 pm - 6:15 pm	Competition Pools (4-5 Lanes)
Carson Valley Masters Adult Swim Team	Monday, Wednesday, Friday	5:30 am - 7 am	Competition Pools

Proper swim attire is required. Swim attire policy is posted at the Swim Center

***Parents & Tots class will be in the warm pool Tuesday & Thursday 11:30 am - 12 noon**

Please Note: Minor variations to the schedule may be necessary due to weather or program attendance.

Overflow parking is available in the high school parking lot adjacent to the pool.

Coast Guard - approved life vests may be worn by children when they are supervised in the water by an adult.

Pool Fees

SWIM	Daily	15 Swim		30 Day		90 Day		365 Day	
		Resident	Non-Res	Resident	Non-Res	Resident	Non-Res	Resident	Non-Res
Adult (18+)	\$3.50	\$42.00	\$52.00	\$35.00	\$42.00	\$88.00	\$105.00	\$290.00	\$333.00
Seniors (55+)	\$1.75	\$21.00	\$25.00	\$17.50	\$21.00	\$44.00	\$53.00	\$145.00	\$167.00
Youth (-18)									
Disabled									
Family	\$10.00	N/A	N/A	\$80.00	\$96.00	\$200.00	\$240.00	\$600.00	\$690.00
WATER EXERCISE	(A Family is two generations, one of which can be claimed as a dependent). Una Familia es un padre, una madre y los niños solamente- No abuelos, no tíos o no primos.								
Adult (18+)	\$4.00	\$50.00	\$60.00	\$42.00	\$50.00	\$110.00	\$132.00	\$340.00	\$391.00
Seniors (55+)	\$3.00	\$30.00	\$36.00	\$25.00	\$30.00	\$65.00	\$78.00	\$225.00	\$259.00
Disabled									

All persons who go on the deck are expected to pay our entrance fee with the exception of parents with a child in swim lessons during that class, and swim team parents during child's practice.

Discount Fridays: Every Friday 5:30 - 8:00 pm \$1/person **Adult with Child (6 & Under):** \$3.50 - Up to 2 additional children 6 & under:\$1 each

Learn to Swim

Classes	Days	Times	Cost
Youth Session Lessons Sign up online at www.cvswwim.com or by phone	Monday - Friday No classes on Holidays	9:00 am - 12 Noon 4:00 pm - 6:00 pm (25 min. classes)	** \$35/session Semi-private Class \$45/session
Youth Drop In Lessons	Tues., Wed., & Thurs. ----- Saturday	9:00 am - 10:30 am 4:00 pm - 5:30 pm ----- 10:00 am - 11:00 am	\$5/Lesson (25 min. classes)
Adult Drop In Lessons	Wednesday Saturday	6:30 pm - 7 pm 9 am - 10 am	\$5/Lesson (25 min. classes)
Private Lessons Youth & Adult	Arranged when staff & water space is available.		\$20/Lesson \$60/Four Lessons
Parent/Tot Class (9 mo. to 3 yrs. old)	Tuesday & Thursday	11:30 am - 12 Noon	\$5/Lesson

This class will **NOT** drown-proof your child.

Session Dates

Session 1: June 7 - June 18

Session 3: July 12 - July 23

Session 5: Aug 9 - Aug 20

Session 2: June 21 - July 2

Session 4: July 26 - Aug 6

Note: No classes are held on holidays

**** Nonresidents are charged \$43/session & \$53/ SP Session. Residents of East Fork Swimming Pool District, please bring proof of residency when registering.**

SWIM CENTER FEATURES

The Carson Valley Swim Center is located in the East Fork Swimming Pool District at 1600 Highway 88.

Web Page: Check out our web page at www.cvsim.com for a complete description of lessons, rentals, and special events. **OR: Register online for lessons, memberships, and mezzanine rentals.**

Phone registrations: Call 782-8841 Monday - Friday, 8 am - 4 pm to speak to a registrations cashier. Please have your Mastercard or Visa information and lesson session number ready when you call. You may also make mezzanine and after hour rentals by telephone during these same hours.

After hours pool rentals: Looking for a special place to hold a family reunion, company picnic or other special event? The swim center is available for rent after public swim hours. Call, look at our web page or stop by and check out all of our options and available times.

Outdoor BBQ, Mezzanine, and Patio rentals: Our Mezzanine is available for parties. \$25.00 per hour during normal operating hours. Our outdoor BBQ areas are available only when the outdoor pools are open. Check outdoor pool schedule. Note- There is no lighting in the BBQ areas.

Features include:

Four (4) indoor pools that are open year-round:

- A 25-yard by 25-meter, L-shaped, six lane competition pool with low and high dives in the deep end.
- An activity pool for children , kept at 86° F with lemon drops, teecups, and tumble bucket water toys.
- A 93° F warm pool, fully accessible, with a ramp, pool lift and stairs for seniors, disabled and special programs. Disabled swimmers may bring in one attendant free of charge.
- Two waterslides empty into our slide pool. These fully enclosed slides are 20 feet high and 180 feet long creating a thrilling ride for people of all ages. Minimum height to ride the slide is 48 inches. Swimwear with exposed zippers, buckles, rivets, metal ornamentation, or metal bracelets are not permitted. **CAUTION:** For safety reasons, pregnant women and persons with heart conditions or back trouble should not ride the slides.

Outdoor pools that are open April - October:

- A 25-yard competition pool in a spectacular setting with a view of Job's Peak and the Sierra Nevada. This pool is open early April to late October.
- A separate small pool ideal for younger children and families. Open Memorial Day to approximately Labor Day.

Exercise Equipment:

We have two treadmills, two exercycles, lifestep, multistation gym, free weights (3 - 40 lbs) & a PreCor EFX556 located in our multipurpose room. This equipment is available during our regular center hours for our adult patrons. Children 12-17 who are accompanied by someone over 18 may also use the equipment.

CARSON VALLEY SWIM CENTER



SUMMER SWIM PROGRAM
JUNE 5, 2010 TO AUGUST 22, 2010



CARSON VALLEY SWIM CENTER
1600 HIGHWAY 88, MINDEN, NEVADA
775.782.8840
www.cvsim.com

Call Douglas Rural Transit for Transportation 783.6456