

Calistoga Community Pool

1745 Washington Street, Calistoga

707.942.2846

www.calistogarecreation.com

2014 PRE-SEASON Schedule April 7th—May 9th

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Adult Fitness & Lap Swim 6:00-8:25 am		Adult Fitness & Lap Swim 6:00-8:25 am		Adult Fitness & Lap Swim 6:00-8:25 am		
Water Exercise 8:30-9:25 am		Water Exercise 8:30-9:25 am		Water Exercise 8:30-9:25 am	Aqua Zumba 8:30-9:25 am	
	CLOSED		CLOSED		Adult Fitness & Lap Swim 9:30 a-12:30 p	
CLOSED		CLOSED		CLOSED		CLOSED
Calistoga High School Swim Practice	Calistoga High School Swim Practice	Calistoga High School Swim Practice	Calistoga High School Swim Practice	Calistoga High School Swim Practice		
Adult Fitness & Lap Swim 5:30-7:00 pm		Adult Fitness & Lap Swim 5:30-7:00 pm	CHS Swim Meets	Adult Fitness & Lap Swim 5:30-7:00 pm		

** Thursdays April 10th , 17, 24 & May 1st—CHS will be hosting swim meets. Come and cheer on our own local high school swimmers!!**

Become a friend on Facebook to keep in-touch with the pool all year long !
www.calistogarecreation.com

Program Descriptions & Times

Adult Fitness and Lap Swimming—Designated time for adults to utilize Exercise Pool for lap swimming and individual water exercise. Lane lines will be in place and lanes designated according to swimming speeds. Kickboards and pull buoys will be available . One lane designed for water walkers /runners.

Water Exercise—A fun water fitness class using water resistance to provide strength training and aerobic conditioning for people of all levels. Class will include some deep water work as well as stretching and flexibility to enhance cardio vascular health.

Aqua Zumba—Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Aqua Zumba blends Latin and international music with a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Adult Swim Clinics & Fitness—On deck coach will lead a once a week swim clinic covering technique for all four strokes, lap swimming, as well as providing swim workouts.. Suitable for all levels of athletes and swimmers. Drop in only, no sign-up required.

Facility Guidelines

Please take a moment to review these facility guidelines prior to your visit so you can be prepared to enjoy the facility.

- Children 5 and under must have an adult in the water with them at all times.
- Children under the age of 10 must be accompanied and supervised by a responsible person age 16 or older at all times. Teens 16-18 years of age may be limited to accompanying 2 children at one time.
- All swimmers are highly encouraged to shower before entering the pool.
- Swimsuits and swim appropriate attire only. No *jean cut-offs, loose fitting T-shirts or street shorts* allowed in the water.
- Thong/G-string suits are not permitted in pool area.
- Children over the age of 6 are not allowed in opposite-sex locker rooms.
- Children may not use lap swimming and exercise equipment except for lifeguard approved pool toys and balls.
- No floatation devices allowed, including lifejackets, float suits and water wings.
- Children who are not 100% potty trained, must wear a swim diaper. Remind ALL children to use the bathroom before and during use of the pool.
- Absolutely NO alcohol, smoking or glass containers are allowed within the facility.
- Food in designated areas only (grass and picnic area). Plastic water bottles are okay on the pool deck.

Fees—Admission is charged for swimmers and non-swimmers entering the facility

Daily Fees for Calistoga Residents (94515):		Daily Fees for Non-Residents:	
General Admission Youth (2-17)	FREE	General Admission Youth (2-17)	\$3
General Admission Seniors (55+)	\$3	General Admission Seniors (55+)	\$5
General Admission Adults (18+)	\$4	General Admission Adults (18+)	\$6
Water Aerobics/Arthritis Adult	\$5	Water Aerobics/Arthritis Adult	\$8
Water Aerobics/Arthritis Senior	\$4	Water Aerobics/Arthritis Senior	\$6

Resident Multi-Use Passes:

Youth 10 Visit Pass	\$18
Senior 10 Visit Pass	\$27
Adult 10 Visit Pass	\$36
Adult Aerobics 10 Visit Pass	\$45
Senior Aerobics 10 Visit Pass	\$36

Non-Resident Multi-Use Passes:

Youth 10 Visit Pass	\$27
Senior 10 Visit Pass	\$40
Adult 10 Visit Pass	\$54
Adult Aerobics 10 Visit Pass	\$72
Senior Aerobics 10 Visit Pass	\$54



****2014 Season Passes will be on sale after XXXX and will be valid from May 10- September 14****

Youth	\$90	Adult	\$175
Senior	\$135	Family	\$325

(Family is defined as 2 adults and all children living under the same roof—must be listed at time of purchase.)

Upcoming Events and Pool News!

Spring Schedule begins May 10th!

This will include weekend rec swim, Sunday lap swim, evening water aerobics hours, and more!

Spring Swim Lessons begin May 5th!

Registration for spring swim lessons will begin on April 7th and classes will run May 5-28 on Mondays and Wednesday evenings!





Calistoga Community Pool

1745 Washington Street, Calistoga

707.942.2846

www.calistogarecreation.com

Spring Schedule May 10th—June 6th, 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lap Swim 6:00-8:25 am Swim Clinic 6:00-7:30 am	CLOSED	Adult Fitness & Lap Swim 6:00-8:25 am	CLOSED	Adult Fitness & Lap Swim 6:00-8:25 am		CLOSED
Water Exercise 8:30-9:25 am		Water Exercise 8:30-9:25 am		Water Exercise 8:30-9:25 am	Aqua Zumba 8:30-9:25 am	
					Adult Fitness & Lap Swim 9:30 a-12:45 p	Adult Fitness & Lap Swim 10 am-12:45 pm
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Rec Swim 1:00-5:00 pm	
Swim Lessons 4:30-6:00 pm		Swim Lessons 4:30-6:00 pm		Rec Swim 3:45-7:00 pm and Lap Swim 5:30-7:00 pm	Rec Swim 1:00-5:00 pm	Rec Swim 1:00-5:00 pm
Adult Fitness & Lap Swim 5:30-7:00 pm	Water Exercise 5:30-6:25 pm	Adult Fitness & Lap Swim 5:30-7:00 pm	Water Exercise 5:30-6:25 pm			
Youth Swim Club 5:30-7:00 pm	Adult Fitness & Lap Swim 6:30—8:00 pm	Youth Swim Club 5:30-7:00 pm	Adult Fitness & Lap Swim 6:30—8:00 pm			

Our Summer Schedule will begin on Saturday June 6th!

Check the web site for a full summer schedule of programs—www.calistogarecreation.com

Program Descriptions & Times

Recreational (Rec) Swim - Recreational swim offers a fun time in the water for all ages. Both pools will be open for use during these swim times and lifeguards will be on duty at both pools for your protection. This is open to all ages. Please note that there will be limited or NO lap swimming available during this time.

Adult Fitness and Lap Swimming -Designated time for adults to utilize Exercise Pool for lap swimming and individual water exercise. Lane lines will be in place and lanes designated according to swimming speeds. Kickboards and pull buoys will be available. One lane designed for water walkers /runners.

Water Exercise—A fun water fitness class using water resistance to provide strength training and aerobic conditioning for people of all levels. Class will include some deep water work as well as stretching and flexibility to enhance cardio vascular health.

Aqua Zumba—Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Aqua Zumba blends Latin and international music with a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Adult Swim Clinics & Fitness-On deck coach will lead a once a week swim clinic covering technique for all four strokes, lap swimming, as well as providing swim workouts.. Suitable for all levels of athletes and swimmers. Drop in only, no sign-up required.



Calistoga Community Pool

1745 Washington Street, Calistoga

707.942.2846

www.calistogarecreation.com

Summer Schedule June 7—August 15, 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Lap Swim 6:00-8:25 am Swim Clinic 6:00-7:30 am	Adult Fitness & Lap Swim 6:00-8:25 am	Adult Fitness & Lap Swim 6:00-8:25 am	Adult Fitness & Lap Swim 6:00-8:25 am	Adult Fitness & Lap Swim 6:00-8:25 am		
Water Exercise 8:30-9:25 am	Swim Lessons 9:00-11:00 am	Water Exercise 8:30-9:25 am	Swim Lessons 9:00-11:00 am	Water Exercise 8:30-9:25 am	Aqua Zumba 8:30-9:25 am	
Swim Lessons 9:00-11:00 am	Youth Swim Club 10-11:30 am	Swim Lessons 9:00-11:00 am	Youth Swim Club 10-11:30 am	Wee Swim 11:00 a-12:45 p	Adult Fitness & Lap Swim 9:30 a-12:45 p	Adult Fitness & Lap Swim 10 am-12:45 pm
Adult Fitness & Lap Swim 10:30a-12:45p	Water Exercise 11:45 a-12:40 p	Adult Fitness & Lap Swim 10:30a-12:45p	Water Exercise 11:45 a-12:40 p	Adult Fitness & Lap Swim 10:30a-12:45p		
Rec Swim 1:00-5:00 pm	Rec Swim 1:00-5:00 pm	Rec Swim 1:00-5:00 pm	Rec Swim 1:00-5:00 pm			
Adult Fitness & Lap Swim 5:30-7:30 pm (4 lanes only)	Water Exercise 5:30-6:25 pm (4 lanes only)	Adult Fitness & Lap Swim 5:30-7:30 pm (4 lanes only)	Water Exercise 5:30-6:25 pm (4 lanes only)	Rec Swim 1:00-7:00 pm	Rec Swim 1:00-7:00 pm	Rec Swim 1:00-7:00 pm
Swim Lessons 5:30-7:30 pm	Swim Lessons 5:30-7:30 pm	Swim Lessons 5:30-7:30 pm	Swim Lessons 5:30-7:30 pm			
CLOSED	Adult Fitness & Lap Swim 6:30-8:00 pm (4 lanes only)	CLOSED	Adult Fitness & Lap Swim 6:30-8:00 pm (4 lanes only)	Special Programs		

Our Fall Schedule will begin on Saturday August 16th

Check the web site for a full summer schedule of programs—www.calistogarecreation.com

Program Descriptions

Adult Fitness and Lap Swimming -Designated time for adults to utilize Exercise Pool for lap swimming and individual water exercise. Lane lines will be in place and lanes designated according to swimming speeds. Kickboards and pull buoys will be available. One lane designed for water walkers /runners.

Water Exercise—A fun water fitness class using water resistance to provide strength training and aerobic conditioning for people of all levels. Class will include some deep water work as well as stretching and flexibility to enhance cardio vascular health.

Aqua Zumba—Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Aqua Zumba blends Latin and international music with a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Adult Swim Clinics & Fitness-On deck coach will lead a once a week swim clinic covering technique for all four strokes, lap swimming, as well as providing swim workouts.. Suitable for all levels of athletes and swimmers. Drop in only, no sign-up required.

Wee Swim- Open swim time especially for parents & children 5 & under. Lap Pool will not be available and parents must be in the water with their children. Come enjoy the kids pool without all the big kids!

Facility Guidelines

Please take a moment to review these facility guidelines prior to your visit so you can be prepared to enjoy the facility.

- Children 5 and under must have an adult in the water with them at all times.
- Children under the age of 10 must be accompanied and supervised by a responsible person age 16 or older at all times. Teens 16-18 years of age may be limited to accompanying 2 children at one time.
- All swimmers are highly encouraged to shower before entering the pool.
- Swimsuits and swim appropriate attire only. No *jean cut-offs, loose fitting T-shirts or street shorts* allowed in the water.
- Thong/G-string suits are not permitted in pool area.
- Children over the age of 6 are not allowed in opposite-sex locker rooms.
- Children may not use lap swimming and exercise equipment except for lifeguard approved pool toys and balls.
- No floatation devices allowed, including lifejackets, float suits and water wings.
- Children who are not 100% potty trained, must wear a swim diaper. Remind ALL children to use the bathroom before and during use of the pool.
- Absolutely NO alcohol, smoking or glass containers are allowed within the facility.
- Food in designated areas only (grass and picnic area). Plastic water bottles are okay on the pool deck.

Fees—Admission is charged for all swimmers and non-swimmers entering the facility

Daily Fees for Calistoga Residents (94515):	Daily Fees for Non-Residents:
General Admission Youth (2-17) \$2	General Admission Youth (2-17) \$3
General Admission Seniors (55+) \$3	General Admission Seniors (55+) \$5
General Admission Adults (18+) \$4	General Admission Adults (18+) \$6
Water Aerobics/Arthritis Adult \$5	Water Aerobics/Arthritis Adult \$8
Water Aerobics/Arthritis Senior \$4	Water Aerobics/Arthritis Senior \$6

Resident Multi-Use Passes:

Youth 10 Visit Pass	\$18
Senior 10 Visit Pass	\$27
Adult 10 Visit Pass	\$36
Adult Aerobics 10 Visit Pass	\$45
Senior Aerobics 10 Visit Pass	\$36

Non-Resident Multi-Use Passes:

Youth 10 Visit Pass	\$27
Senior 10 Visit Pass	\$40
Adult 10 Visit Pass	\$54
Adult Aerobics 10 Visit Pass	\$72
Senior Aerobics 10 Visit Pass	\$54



2013 Season Passes

Youth	\$90	Adult	\$175
Senior	\$135	Family	\$325

(Family is defined as 2 adults and all children living under the same roof—must be listed at time of purchase.)

Swim Lessons

Future Session Dates:

Session 1—June 10-20	Register today!
Session 2—June 24—July 3*	Register June 14
Session 3—July 8-18	Register June 28
Session 4—July 22-Aug 1	Register July 12

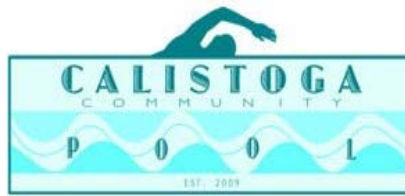


Summer Lesson Prices:

\$45 for Calistoga Residents
\$55 for Non-Residents

*Reduced pricing for Session 2 due to holiday

*And don't miss the Swim Clinics—June 13 & 17, July 2, Aug. 18 and Sept. 10
\$10 per clinic or \$45 for the whole series!*



Calistoga Community Pool

1745 Washington Street, Calistoga

707.942.2846

www.calistogarecreation.com

Fall Schedule August 16-September 14, 2014

Mon	Tue	Wed	Thu	Fri	Sat	Sun
Adult Fitness & Lap Swim 6:00-8:25 am Swim Clinic 6-7:30 am	CLOSED	Adult Fitness & Lap Swim 6:00-8:25 am	CLOSED	Adult Fitness & Lap Swim 6:00-8:25 am		CLOSED
Water Exercise 8:30-9:25 am		Water Exercise 8:30-9:25 am		Water Exercise 8:30-9:25 am	Aqua Zumba 8:30-9:25 am	
CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	Adult Fitness & Lap Swim 9:30 a-12:45 p	Adult Fitness & Lap Swim 10 am-12:45 pm
Swim Lessons 4:30-6:00 pm		Swim Lessons 4:30-6:00 pm			Rec Swim 1:00-5:00 pm	
Adult Fitness & Lap Swim 5:30-7:00 pm	Water Exercise 5:30-6:25 pm	Adult Fitness & Lap Swim 5:30-7:00 pm	Water Exercise 5:30-6:25 pm	Rec Swim 3:45-7:00 pm and Lap Swim 5:30-7:00 pm		
	Adult Fitness & Lap Swim 6:30—8:00 pm		Adult Fitness & Lap Swim 6:30—8:00 pm			

News, News, News...

Program Descriptions & Times

Recreational (Rec) Swim - Recreational swim offers a fun time in the water for all ages. Both pools will be open for use during these swim times and lifeguards will be on duty at both pools for your protection. This is open to all ages. Please note that there will be limited or NO lap swimming available during this time.

Adult Fitness and Lap Swimming -Designated time for adults to utilize Exercise Pool for lap swimming and individual water exercise. Lane lines will be in place and lanes designated according to swimming speeds. Kickboards and pull buoys will be available. One lane designed for water walkers /runners.

Water Exercise—A fun water fitness class using water resistance to provide strength training and aerobic conditioning for people of all levels. Class will include some deep water work as well as stretching and flexibility to enhance cardio vascular health.

Aqua Zumba—Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Aqua Zumba blends Latin and international music with a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Adult Swim Clinics & Fitness-On deck coach will lead a once a week swim clinic covering technique for all four strokes, lap swimming, as well as providing swim workouts.. Suitable for all levels of athletes and swimmers. Drop in only, no sign-up required.