

HARVEST

SPLASH DOWN

October 17, 2014 * Calistoga Community Pool

All proceeds of this event go towards the Calistoga Recreation Services Scholarship Fund

Floating **PUMPKIN** Patch

Ditch the dusty, itchy pumpkin patch and hunt for your pumpkin in the pool instead!

4:00-5:30 pm

\$8 admission includes a pumpkin

\$4 admission without a pumpkin

(Everyone pays admission for this event)



And then stay for the....

CARDBOARD BOAT RACES



Polish up your construction skills and enter your boat in one of the many categories including:

- * Fastest
- * "Viable Vessel" Award
- * Most Spirited Crew
- * "Titanic" Award
- * "Yo' boat so ugly..."

Races start at 5:30 pm

\$20 entry fee (Yes, there are prizes... good ones!)

Full rules on www.calistogarecreation.com



Questions? Contact Olivia Lemen at 707-942-2844 or olemen@ci.calistoga.ca.us



Calistoga Community Pool

1745 Washington Street, Calistoga

707.942.2846

www.calistogarecreation.com

Post-Season Schedule Sept. 15-Oct. 18, 2014

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 8:30-9:30 am	
Adult Fitness & Lap Swim 10:30 a—12:45	CLOSED	Adult Fitness & Lap Swim 10:30 a—12:45 p	CLOSED	Adult Fitness & Lap Swim 10:30 a—12:45 p	Adult Fitness & Lap Swim 9:30 a-12:45 p	
CLOSED		CLOSED			Rec Swim 1:00-5:00 pm	CLOSED
	Adult Fitness & Lap Swim 6:30—8:00 pm			Adult Fitness & Lap Swim 6:30—8:00 pm		

PLEASE NOTE: The Calistoga Community Pool is anticipating a staffing shortage this fall. Weekend hours on the schedule are not guaranteed. All changes will be posted on-line, at the pool and will be distributed via our E-Blast Newsletter. To receive up-to-date emails regarding the pool and other recreation programs, please email olemen@ci.calistoga.ca.us with the subject SUBSCRIBE.

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 - This is a time designated 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 for use. One lane will be designed for those exercisers who would prefer to water walk and exercise as opposed to swimming laps.

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.

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:		Non-Resident Multi-Use Passes:	
Youth 10 Visit Pass	N/A	Youth 10 Visit Pass	\$27
Senior 10 Visit Pass	\$27	Senior 10 Visit Pass	\$40
Adult 10 Visit Pass	\$36	Adult 10 Visit Pass	\$54
Adult Aerobics 10 Visit Pass	\$45	Adult Aerobics 10 Visit Pass	\$72
Senior Aerobics 10 Visit Pass	\$36	Senior Aerobics 10 Visit Pass	\$54



2014 Post-Season Passes

9/15/14-10/18/14

\$60

Check out our website www.calistogarecreation.com or “like” us on Facebook during the off-season to be the first to learn about 2015 programs!