

# Aquatics

Calistoga Community Pool

Location: 1401 North Oak Street

Phone: (707) 942-

Fax: (707) 942-

Opening this May 2009 - Check the web site [www.ci.calistoga.ca.us](http://www.ci.calistoga.ca.us) for all the special grand opening events!

**Facility Description:** Facility will include pools, picnic area, lawn and lounging area.

- The Competition and Exercise swimming pool is a 6 lane, 25 yard pool with a one meter diving board. This pool will be used for lap swimming, water walking, water aerobics, recreation/family swim, swim lessons and other aquatic activities. Pool has a depth from 3'6" at the entry to 12' in the dive zone.
- The Recreation and Teaching swimming pool has a depth of 1'6" - 3'6" and will include 2 water-play features, a Vortex Five Bucket and a Vortex Bozzle Spray. This pool will be used for recreation/family swim, swim lessons, water aerobics and parent and child classes.

Covered picnic area will be available for rental for pool parties during regular business hours as well as private pool rentals during specialized hours.

**Facility Guidelines:** Since the Calistoga Community Pool is brand new, 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 8 must be accompanied and supervised by a responsible person age 16 or older at all times.
- 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 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.

# Calistoga Community Pool Offerings *(This is not an all inclusive list of program offerings)*

**Recreational Swim** – Recreational swim offers a fun time in the water for all ages. Both pools will be open for use during public swim times and lifeguards will be on duty at both pools for your protection. See information below for operating hours. Also, please be aware of the facility guidelines prior to your visit.

**Lap Swim and Water Walking** – This is a time designated for adults to utilize the Competition and Exercise Pool for 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 as oppose to swim laps.

## **Exercise – Therapeutic Water Exercise, Water Fitness and Deep Water Aerobics**

- **Therapeutic Water Exercise** is designed to accommodate people with various physical problems, physical disabilities, or those recovering from injury or surgery.
- **Water Fitness** is a fun aquatic activity which uses resistance of water to provide strength training and aerobic conditioning for people of all fitness levels.
- **Deep Water Aerobics** is an intensive fitness class focusing on working your entire body strength and cardio vascular endurance.

**Swim Lessons** – These classes are designed to give swimmers of all ages a solid foundation to swimming.

Parent/Child and Preschool Classes -

- **Parent & Child** (Ages 6 mos. – 3 yrs.) Beginner swim skills and basic safety skills. Utilizes songs and games to give a positive introduction to water.
- **Tadpoles** (Ages 3 – 5 yrs.) – Level I, water adjustment, beginning swim skills such as breath holding, flutter kick and front float.
- **Waterfrogs** (Ages 4 -5 yrs.) – Level II, must have passed tadpoles. Introduction to beginning swim skills such as back float, glides and crawl stroke.

School Age-

- **Level 1** (Ages 6 – 9 yrs.) – Introduction to water adjustment, basic swim skills, floats, glides and rhythmic breathing.
- **Level 2** (Ages 6 – 10 yrs.) – Must pass Level 1. Skills taught include kicking, scooping, front crawl stroke and back crawl stroke.
- **Level 3** (Ages 6+ yrs.) – Must pass Level 2. Taught in deep water with emphasis on improving front and back crawl strokes. Introduction to backstroke, dolphin kick and breaststroke.
- **Level 4** (Ages 6+ yrs.) – Must pass Level 3. Introduction to crawl stroke and side breathing, elementary backstroke, breaststroke and butterfly.
- **Level 5** (Ages 6+ yrs.) – Must pass Level 4. Skills taught include side stroke and turns.
- **Level 6**, Fitness Swimmer (Ages 6+ yrs.) – Must pass Level 5. Emphasis is on using swimming as a lifelong fitness activity.
- **Level 6+**, Lifeguard Preparedness (Ages 6+ yrs.) Emphasis is on preparing for Lifeguard program. Basic rescue skills, water entries and basic lifeguard skills.

Teens and Adults–

- **Dolphins** (Ages 10 – 15 yrs.) – Beginning swim class for older children. Introduction to basic floats, glides, crawl stroke and other skills required.

- **Adult Beginners** (Ages 16 +)– This class is an introduction to swimming strokes for adults. Good for someone who has never had any formal swimming instruction or is fearful of the water.

**Other exciting programs to look forward to in the future:**

Jr. Lifeguard Program

Masters Swimming

Youth Swim Club

Family Events at the Pool