

# Veterans Memorial Aquatic Center

714 W Detroit • Indianola, IA • 515-961-9422

## 2022 SEASON

Saturday, May 28 -  
Sunday, August 21

## OPEN SWIM HOURS

1:00pm - 7:00 pm Daily\*  
\*Except Tues/Thurs 1:00 - 6:00 pm

## ADMISSION

DAILY GENERAL ADMISSION

**\$6.00**

AGES 2 & UNDER SWIM FREE  
WITH PAID ADULT ADMISSION

HALF PRICE AFTER 5PM



## 2022 Season Pass Prices

	Through April 25		April 26 - End of season	
Tax included	Early Bird 20% Discount Indianola Resident	Early Bird 20% Discount Non-Resident	Regular Indianola Resident	Regular Non-Resident
Individual 1 person	\$73	\$84	\$91	\$105
Family Pass* (Base price) 2 person	\$128	\$148	\$161	\$185
3 person	\$138	\$160	\$173	\$200
4 person	\$148	\$172	\$185	\$215
5 person	\$158	\$184	\$197	\$230
Each Add'l	\$10	\$12	\$12	\$15

**\*Immediate family members residing at the same address may be included on the same Family Pass\*** with a maximum of two adults age 19 or over. Purchase a separate pass for caregivers (nanny/grandparent) who will accompany children.

**Purchase your pass by calling (515) 961-9420, or in person at the Parks & Recreation office • 2204 W. 2nd Avenue • Indianola, IA**

**Season Passes Are Not Sold Online or at the Aquatic Center**

### Season Pass Benefits

Includes admission for unlimited swims during all open swim hours, open night swims, adult lap swims, & tot splash times

**SEASON PASSES ARE OPTIONAL FOR CHILDREN AGE 2 & UNDER**

A child age 2 & under may be added to their family's season pass, which allows them unlimited admission to tot splash time. *If you think you will attend tot splash time often, this will save you \$\$.*

### Purchase Punch Cards

at the Parks & Recreation office  
2204 W 2nd Ave (Hwy 92)

**10 swims \$60 • 20 swims \$120**

May be used by more than one person.  
Treat these like cash - lost cards cannot be replaced.

VETERANS MEMORIAL AQUATIC CENTER

**THANK YOU  
FOR YOUR SERVICE!**

**FREE LIFETIME  
PASS  
FOR  
VETERANS**

Present military ID at  
Indianola Parks & Rec  
2204 W 2nd Ave  
(Hwy 92W)  
Mon-Fri 8am-5pm  
(Thursdays 9am-5pm)

**Tot Splash Time**  
**Mon/Wed/Fri/Sat**  
**May 30 - Aug 13**  
**10:30 - 11:45 am**

Ages 6 & under with adult  
 Admission \$2.50/person  
 or free with Season Pass

**Splash & Story**  
**Saturdays**  
**June 18 & July 16**  
**10:45 - 11:15 am**

**FREE admission**  
 to Tot Splash Time on these days,  
 when Janis from the Indianola  
 Public Library will share stories  
 while we're in the water!  
**Water play before and after**  
**story time.**  
 Parental supervision is required.

**Adult Lap Swim**  
**& Water Walking**  
**Mon/Wed/Fri/Sat**  
**May 30 - Aug 13**  
**11:50- 12:50 pm**

Admission \$2.50/day  
 or free with Season Pass

**Open Night**  
**Swims**

**1st & 3rd Wednesdays**  
**7:15 - 8:45 pm**  
**June 1 & 15**  
**July 6 & 20**

Admission \$2.50/person  
 or free with Season Pass

**IOWA REALTY**  
**Cardboard Boat Races**  
**Sunday, August 21 • 3:30 - 4:30 pm**

Mark your calendars!  
 Build a boat from only duct tape  
 and cardboard and come see who will rule the  
 pool this year!  
**FREE Admission, spectators welcome!**



**Evening Pool Party**  
**Rentals**

**Saturdays ONLY • 7:15 - 8:45 pm**  
 Reserve the entire pool, or just the shallow or large  
 pool areas for your private party.

**VERY LIMITED AVAILABILITY**  
 Call (515) 961-9420 for reservations  
 beginning Monday, April 4, at 8 am.

Area of Water	Rental Fee
Entire pool	\$360
Large pool only	\$264
Shallow pool only	\$165

Fee includes applicable tax.

**Celebrate Your Birthday**  
**at the Aquatic Center**

**Saturdays and Sundays • June 4 - July 31**  
**1:00 - 7:00 pm**

Reserve the private party area for your exclusive use  
 (one party per day)

To make a reservation,  
 call (515) 961-9420.

**Rental Fee \$60**

Fee includes:

- Exclusive use of shaded party area with picnic tables.  
**Please bring disposable table cloths for easy cleanup.**
- PA announcement recognizing child
- Birthday child admitted free
- Two adults admitted free
- Pass holders (adult or child) admitted free

All others, regardless of whether they swim, must pay admission fee.  
 Birthday cake allowed. All other treats (ice cream, beverages, slushes,  
 etc) must be purchased from the Edgewater Snack Bar at the Aquatic  
 Center. No coolers - we will store your birthday cake in our cooler for  
 your convenience. Fee includes applicable tax.

**Sign Up for Aquatic Center**  
**Text Alerts at**  
<https://tinyurl.com/y5e389lp>

**Pool Closing Policies**

**All hours are weather permitting.**

If at 12:30 pm the temperature is 72 degrees or cooler,  
 the pool will not open. Weather will be monitored;  
 if conditions improve, the pool may re-open.  
 Call 961-9422 for updates.

If lightning is spotted OR thunder is heard,  
 the pool will be cleared of all patrons  
 for at least 30 minutes.

**The pool reserves the right to close:**  
 if attendance is 15 patrons or less for more than  
 30 minutes, or if the main drain of the deep end  
 cannot be seen, or the water is cloudy.

# MIGHTY MINNOWS

at Veterans Memorial Aquatic Center  
 WATER ORIENTATION & SWIM INSTRUCTION  
 FOR AGES 9 MONTHS - 4 YEARS

Parents will teach their child water orientation and beginning swim skills through games and activities with the aid of our instructor.

*Children must wear swim diapers if not yet toilet trained.*



## Session 1

**Saturdays, June 4 - 25**

Registration Deadline: Friday, May 27

Possible make up date 7/2

**Fee: \$31 (\$26 with resident discount)**

Class Min/Max: 5/10

Prog #	Child's Age	Times
6799	3-4 years with parent	9:20 - 9:50 am
6795	9 - 35 months w/parent	9:55 - 10:25 am

\* or when full

## Session 2

**Saturdays, July 9 -30**

Registration Deadline: Friday, July 1

Possible make up date 8/6

**Fee: \$31 (\$26 with resident discount)**

Class Min/Max: 5/10

Prog #	Child's Age	Times
6801	3-4 years with parent	9:20 - 9:50 am
6796	9 - 35 months w/parent	9:55 - 10:25 am

\* or when full



**Parents! Sign up for Swim Lesson Text Alerts and Updates!**

Visit <https://tinyurl.com/y5e389lp>

# AMERICAN RED CROSS SWIMMING LESSON LEVELS

**AGE 5 & UP**

(MUST BE AGE 5 BY FIRST LESSON DATE)

**HOW TO CHOOSE THE CORRECT  
 LESSON LEVEL:**

Review the skills in each level. If your child can complete all the skills, advance to the next level. If not, enroll in that level.

## Level 1: Introduction to Water Skills

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm actions on front and back
- Combined arm and leg actions on front and back

## Level 2: Fundamental Aquatic Skills

- Enter and exit water by stepping or jumping from the side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

## Level 3: Stroke Development

- Enter and exit water by jumping from the side
- Headfirst entries from side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float and back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breast stroke kicks on front
- Front crawl and elementary backstroke

## Level 4: Stroke Improvement

- Headfirst entries from the side in compact and stride position
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front & back crawl, backstroke, breaststroke, sidestroke & butterfly
- Flutter and dolphin kicks on back

## Level 5: Stroke Refinement

- Shallow angle dive from the side, glide and begin front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and back crawl, elementary back stroke, breast stroke, side stroke and butterfly
- Sculling

## Level 6: Swimming and Skill Proficiency

- Swim 500 yards continuously using any 3 strokes
- Survival and back floats
- Feet-first dive, retrieve an object from depth of 7-10 feet



# AMERICAN RED CROSS SWIMMING LESSONS

AT VETERANS MEMORIAL AQUATIC CENTER  
 AGES 5 & UP (MUST BE AGE 5 BY THE FIRST LESSON DATE)

<b>Session A</b> <b>Mondays - Thursdays, June 6 - 16</b> <b>Registration Deadline: Monday, 5/30*</b> <b>Possible make up dates 6/10 and/or 6/17</b>			
<b>Fee: \$47 (\$42 with resident discount)</b> Class Min/Max 2/4			
35 min	9:15 - 9:50 am	9:55 - 10:30 am	10:35 - 11:10 am
Level 1	6715	6716	6717
Level 2	6732	6733	6731
Level 3	6746	6747	6745
Level 4	6769	6770	6768
Level 5		6782	6781
Level 6	6790		
* or when full			

<b>Session B</b> <b>Mondays - Thursdays, June 20 - 30</b> <b>Registration Deadline: Monday, 6/13*</b> <b>Possible makeup dates 6/24 and/or 7/1</b>			
<b>Fee: \$47 (\$42 with resident discount)</b> Class Min/Max 2/4			
35 min	9:15 - 9:50 am	9:55 - 10:30 am	10:35 - 11:10 am
Level 1	6718	6720	6721
Level 2	6735	6736	6734
Level 3	6749	6750	6748
Level 4	6772	6773	6771
Level 5		6784	6783
Level 6	6791		
* or when full			

<b>Session C</b> <b>Mondays - Thursdays, July 11 - 21</b> <b>Registration Deadline: Tuesday, 7/5*</b> <b>Possible make up dates 7/15 and/or 7/22</b>			
<b>Fee: \$47 (\$42 with resident discount)</b> Class Min/Max 2/4			
35 min	9:15 - 9:50 am	9:55 - 10:30 am	10:35 - 11:10 am
Level 1	6722	6724	6725
Level 2	6738	6739	6737
Level 3	6752	6753	6751
Level 4	6775	6776	6774
Level 5		6786	6785
Level 6	6792		
* or when full			

<b>Evening Session 1</b> <b>Tuesdays &amp; Thursdays</b> <b>June 7 - 23</b> <b>Registration Deadline: Monday, 5/30*</b> <b>Possible make up dates 6/28 and/or 6/30</b>		
<b>Fee: \$47 (\$42 with resident discount)</b> Class Min/Max 2/4		
45 min	6:15 - 7:00 pm	7:05 - 7:50 pm
Level 1	6711	6712
Level 2	6728	6730
Level 3	6743	6744
Level 4	6766	6767
Level 5		6780
Level 6	6789	
* or when full		

<b>Evening Session 2</b> <b>Tuesdays &amp; Thursdays</b> <b>July 5 - 21</b> <b>Registration Deadline: Monday, 6/27*</b> <b>Possible make up dates 7/26 and/or 7/28</b>		
<b>Fee: \$47 (\$42 with resident discount)</b> Class Min/Max 2/4		
45 min	6:15 - 7:00 pm	7:05 - 7:50 pm
Level 1	6727	6729
Level 2	6740	6741
Level 3	6754	6755
Level 4	6777	6778
Level 5		6787
Level 6	6793	
* or when full		

## Water Aerobics

Here's a fun, refreshing way to tone up, condition and feel better. Exercising in the water provides lower impact and is less likely to cause injury. Not only that, it is also therapeutic and can aid in rehabilitation following an injury. **Swimming skills not required.**

**Program#:** 6707

**Age:** 16 years & older (unless accompanied by an adult)

**Min/Max:** 10/25

**Location:** Veterans Memorial Aquatic Center, 714 W. Detroit

**Day/Dates:** Mondays & Wednesdays, June 6 - August 10  
 except no class on 6/15, 7/4, 7/6, 7/20 and 8/3

**Time:** 7:00 - 8:00 pm

**Fee:** \$50 nonresident, \$45 resident

**Registration Deadline:** Tuesday, May 31, unless full

