

Seminole Aquatics Swim Lessons

Our Swim Lesson program continues the proud tradition of teaching people to swim and be safer in, on and around the water. In addition, the program includes courses for all age groups and varying abilities, as well as a variety of courses and presentations to help teach all age groups how to enjoy the water safely and how to stay safe in the event of an emergency.

Group Lessons

- \$35 per session.
- Recreation Membership required.
- Sessions are Mon-Thu for two weeks.
- Each class is 30 minutes in length.
- Preschool classes limited to 6 students.
- Levels 1-4, 8 student maximum.

Group lesson minimum is 3 students. If class does not meet minimum, your child's class may be combined with another similar class

Private Lessons

- \$25 per half hour lesson.
- Recreation Membership required.
- Schedule at least one day in advance.
- Youth or Adults.

Advanced Stroke School

- \$35 per session.
- For swimmers who have completed Level 4 of the Learn to Swim Program.
- Class focuses on improving stroke technique while increasing cardiovascular endurance.
- Students must be able to swim the 25 yard length of pool continuously.
- Great program for budding triathletes!

CLASSES START MAY 7TH

Water Fitness

Know anyone who is a qualified Water Exercise Instructor? We are looking for a good instructor to lead our Water Exercise Program. Water Exercise is a great way of working out while reducing the stress and impact of weight on your joints. Classes are for people of all ages and abilities. Come make a splash with Seminole Aquatics.

Current Classes

M/W/F 8-8:45am \$3 per class



Aquatic Center Rentals

Splash Bash

Have your party during our open swim times. Our Splash Bash Package starts with two hours of reserved telebrella space with four tables and your first ten party attendees included. Additional attendees are charged member/non-member fees per individual.

Private Rental

What better way to enjoy your next birthday, graduation, or get together than at the Seminole Family Aquatic Center. Both the pool and the play feature are great for your next event. Enjoy using our facility for your group during non-public hours. Bring your own food and cake and we'll supply the lifeguards and great times.

Call Keith at (727)397-6085 for more information



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SEMINOLE AQUATICS 2012



FITNESS & FUN

Seminole Family Aquatic Center

9100 113th St. N
Seminole, FL 33772

(727) 397-6085

www.myseminole.com

Seminole Family Aquatic Center

Seminole Family Aquatic Center offers many activities for the whole family. The facility includes a six-lane Junior Olympic pool, twenty five (25) yards in length, for lap swimming, general fitness, and leisure activities. Along with swimming, the Aquatic Center offers water aerobic classes as an alternative and fun form of exercise. The pool depth ranges from 3.5 feet to 5.5 feet in depth which is ideal for water aerobic instruction. Our facility also offers swim lessons taught by American Red Cross Certified Instructors for all skill levels ranging from infants to competitive swimmers.

In addition to our swimming pool, our Aquatic Center offers a zero depth to a foot and a half deep activity play pool for children to enjoy. The play feature consists of several water features that spray, drop, shoot, and spit water. Our play area consists of two slides, water cannons and a large mushroom waterfall for the children to enjoy. Both children and parents love this element.

For patrons that don't want to get wet, we have plenty of lounge chairs and lots of deck space for all. If you are interested in shade, we provide plenty of that as well. The pool deck has two very large umbrellas which cover a large portion of the deck.

If you are a member of the facility please come down and enjoy the benefits of your Aquatic Center and beat the Florida heat!



Doggie Derby 2012

**Saturday
October 27, 2012
1-4pm
\$5 per dog
Humans Free**

Aquatic Center Hours & Fees

Spring and Fall Season Hours

May 7 - June 4 & August 22 - October 26

Monday/ Wednesday/ Friday

7:00 am - 10:00 am (Lap & Exercise Swim)

5:00 pm - 8:00 pm (Lap & Family Swim)

Saturday

11:00 am - 4:00 pm (Open Swim)

Summer Session Hours

June 6 - August 20

Monday/ Wednesday/ Friday

7:00 am - 10:00 am (Lap & Exercise Swim)

Noon - 4:00 pm (Open Swim)

5:00 pm - 8:00 pm (Lap & Family Swim)

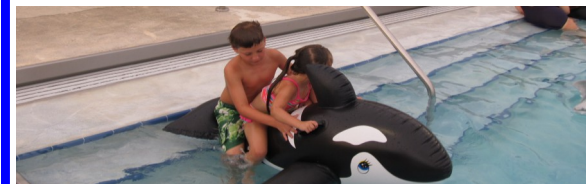
Tuesday/ Thursday

Noon - 4:00 pm (Open Swim)

5:00 pm - 8:00 pm (Family Swim)

Saturday

11:00 am - 4:00 pm (Open Swim)



Daily Admission (Members)

Youth - \$1.50

Adult - \$2.00

Daily Admission (Non Members)

Youth - \$3.00

Adult - \$4.00

Punch Cards

10 Punch Youth - \$10.00

10 Punch Adult - \$15.00

20 Punch Youth - \$20.00

20 Punch Adult - \$30.00

Seasonal Passes (May through October)

Youth - \$40.00

Adult - \$60.00

Family - \$120.00

Flicks N Fins Family Fun Night

Grab your rafts and join Seminole Aquatics for a night out with the family! Our Family Night series will take place on one Friday of each month during the summer-time. The cost will be the regular admission price to enter the pool. Food, music, and games will start at 7:00 pm, and the movies will begin at sun down (usually around 8:45 pm). See you there!

Movie Line-Up

June 8: *Puss In Boots*

July 6: *The Smurfs*

August 13: *Kung Fu Panda 2*

Aquatic Camp

If you are 11 - 14 years of age and are interested in becoming a future lifeguard then we have the activity for you!. Our camp program teaches youth the skills and responsibilities necessary to become a lifeguard. This program does not provide lifeguard certification. Call Keith for more information at 397-6085.

Tri if You Dare Youth Triathlon



Sunday, July 1, 2012

7:00 am

Entry fee: \$35 before 6/25, \$45 after 6/25

Open to children ages 5 to 15 years old.

Race Distances

Age	Run	Bike	Swim
5-6 Yrs.	.25 Mi.	1.0 Mi.	25Yds.
7-8 Yrs.	.5 Mi.	2.0 Mi.	100Yds.
9-10 Yrs.	.5 Mi.	3.0 Mi.	100Yds.
11-15 Yrs.	1.0 Mi.	4.0 Mi.	150Yds.