Introduction

The Springdale Community Center celebrates its one year anniversary in May of 1973. The first year of operation saw many new programs introduced in this Community that were not possible prior to the Community Center. The Community Center will continue to provide new and interesting activities for the residents of Springdale. It is our sincere hope that all residents will take advantage of the facilities and programs available in a well-rounded recreation program.

SPRINGDALE RECREATION COMMISSION

Marion Brett - Chairman .............................................. Roy Parriman
Gene Nell ............................................................... Andy Bilhardt

SPRINGDALE RECREATION STAFF

Harry Gottschang ...................................................... Recreation Director
Gary Thompson ......................................................... Assistant Recreation Director
William Heid ............................................................. Assistant Recreation Director
Howard Blevins .......................................................... Aquatic Director
Dorothy Sullivan ........................................................ Secretary

MEMBERSHIP PROCEDURE

1. Membership to the Community Center is limited only to residents of the City of Springdale.

2. To use any facility affiliated with the Community Center, a membership pass must be obtained.

3. Applications for membership may be obtained in the office at the Community Center. Proof of residency must be presented upon request.

4. Applications must be completed and returned to the Center before passes are obtained.

5. After applications have been returned, appointments may then be made for identification photos which will be placed on your membership pass. Appointments for I.D. photos can be made on Wednesdays between the hours of 10:00 A.M. and 9:00 P.M., and Sundays between the hours of 1:00 P.M. and 9:00 P.M.

6. Membership cards are obtainable free of charge to all residents. This entitles the member to participate in any activity sponsored by the Community Center except for the use of the Swimming Pool. A fee of $15.00 covers the use of the pool for an entire family. This fee also will be the same for single persons wanting to join the pool. Pool membership will be designated on your card by a "POOL MEMBERSHIP PAID" stamp. Pool membership privileges are valid only for the 1973 summer season.

7. Cards must be presented upon entrance. Violation of any rule may be sufficient cause to suspend member privileges.

8. Identification photos are for your own benefit. These cards keep ineligible people from using your Community Center.

Your cooperation will be appreciated.
MEN'S BASKETBALL

Men's Basketball offers an opportunity for men 18 years of age or older to participate in low keyed pick-up basketball games. The emphasis is on enjoying an evening of basketball. This program will be held on Tuesday evenings from 9:00 to 11:00 P.M.

BUSINESSMAN'S SPECIAL

Men drop in and take a lunch break in the gym. This is a time for you to get away from the everyday furious pace. Activities such as basketball, volleyball, jogging, and rope jumping are only a few of the activities available to you between 12:00 Noon and 1:30 P.M. each weekday. Work at your own pace and drop off a few pounds.

MEN'S FITNESS AND JOGGING

Men's Fitness and Jogging offers men the opportunity to get in shape while relieving the tensions and stress of the everyday job. This program will include running and exercising in a progressive manner designed to increase strength, endurance, flexibility and agility while decreasing inches in your waist line. Each individual will work at his own pace under the supervision of a qualified instructor. All participants will find this a rewarding and enjoyable experience. Classes will be held Monday thru Friday from 5:00 P.M. to 6:30 P.M. (Jogging - 5:00 to 5:30; Exercises - 5:30 to 6:00; Jogging - 6:00 to 6:30).

WOMEN'S SLIMNASTICS

Slimnastics is a fitness class emphasizing the components of flexibility, agility, strength and endurance. Each participant will be brought along slowly, although maximum effort will be attempted in order to achieve the desired results. Many women have profited from this class. Trampoline and jump rope are being taught for extra enjoyment. Take advantage of this class today!

TENNIS LESSONS

Classes are being offered for beginners and intermediates. Basics of tennis will be taught in beginners and more advanced skills, such as strategy, net play, etc., will be included in the intermediate class. Students will furnish their own rackets, balls will be provided. 10 - 12 students per class.

FREE Clinic for Kids - June 12 & June 14, 1973
Tues. & Thurs. from 1:00 - 2:30 P.M.

First Session - Beginning June 19 thru July 12, 1973

Tues. & Thurs. - 10:00 A.M. - 12:00 Noon
Adults - $8.00
Tues. & Thurs. - 7:30 P.M. - 8:30 P.M.
Adults - $8.00
Tues. & Thurs. - 1:00 P.M. - 2:00 P.M.
Children $4.00
Monday - 7:30 P.M. - 8:30 P.M.
Teens - $4.00

Jr. Tennis Tournament - July 16 thru July 21, 1973

BOYS           GIRLS
18 & under     18 & under
14 & under     14 & under
12 & under     12 & under

Birthday as of January 1, 1974. There will be a $.50 entry fee.

Second Summer Session - Aug. 13 thru Aug. 24, 1973
6 Hour Course

(Outside) Mon., Wed., Fri. 10:00 A.M. - 12:00 Noon $6.00 Adults Intermediate I & II respectively

(Outside) Mon., Wed., Fri. 7:30 P.M. to 8:30 P.M. $6.00 Adults Intermediate I

Ross Park will be reserved for Tennis Lessons on Tuesday and Thursday from 7:30 to 8:30 P.M. until courts are completed at the Community Center.

ADULT CO-ED VOLLEYBALL

Co-Ed Volleyball offers couples a unique opportunity to participate in a recreational activity together. Unlike most other athletic games you might play, volleyball has couples playing on the same team. Come along Monday evenings and enjoy a lively game with other adults. See you there!

MEN'S VOLLEYBALL

Power volleyball and recreational volleyball will be conducted together. For those who like the competitive aspect, we will have half the gym on Monday night as power volleyball. If you just like to play for the fun of it, come out and participate on the other half of the gym in a pick up game. Either way you play — you'll enjoy it. Remember, Monday nights from 8:30 to 11:00 P.M.

WOMEN'S VOLLEYBALL

Wednesday evenings from 8:00 P.M. to 9:30 P.M. are set aside for Women's Recreational Volleyball. Two full courts are available for team play or practice. Volleyball is becoming a favorite international activity for both men and women, so join our ladies now and have a ball.
YOUTH ACTIVITIES
This period of time in the gym is set aside for children ages 6 - 12 and 13 - 17. This will include primarily, games and the use of equipment in the gym. These include gym hockey, trampoline work, dodge ball, etc. This period is an excellent time for both boys and girls to spend a healthy and enjoyable afternoon with their friends at the Recreation Center. There is no fee for this activity. Monday - Friday, 3:00 - 5:00 P.M. Youth Activities is basically Open Gym for youngsters only. Constant supervision will prevent rough play. The gym will be divided in half for 6 - 12 and 13 - 17.

BOXING
A basic course in fundamentals of boxing will be held on Wednesday evenings from 6:30 - 8:00 P.M. Proper equipment will be furnished by the Community Center. Careful instruction and supervision will prevail to prevent accidents or injuries. Boys 12 years of age & older are welcome.

ORGANIZED DODGEBALL
Dodgeball is one of the more popular indoor games played throughout the physical education programs in our schools today. We will offer many variations of the original game of dodgeball. Fundamentally dodgeball teaches many motor skills which are basic to everyday life. This will be well organized and supervised. All ages welcome!

FLOOR HOCKEY - BOYS AGES 12 - 15 YEARS
This is a fast moving game played indoors in the gymnasium. Floor Hockey is played just like Ice Hockey, but with plastic sticks instead of wood. All boys between the ages of 12 and 15 years of age are invited to come and make up an afternoon of exciting competition. This will be an organized activity with supervision.

FAMILY GYM
Family Gym is for the use of Springdale families in the Community Center Gymnasium. Families will have access to any of our apparatus, balls and other equipment. It is a chance for families to enjoy recreational activities together. One adult must be present with each family. Family Gym will be held on Sundays from 6:00 - 9:00 P.M. and on Saturdays from 6:00 - 9:00 P.M.

GYMNASTICS
Fundamentals in tumbling, floor exercise, trampoline and apparatus will be taught by a qualified instructor at no cost to the gymnast. This program currently involves boys and girls ages 6 - 17 in instructional & team activities. Our gymnastics team now has a strong parents organization which has sponsored several successful meets at the Community Center. Come out and get involved soon. Hours: Tuesday & Thursday: 6:30 P.M. to 9:00 P.M. (6:30 - 7:30 ages 6 & under; 7:00 - 8:30 Team; 8:00 - 9:00 Teenagers). Also, Saturday 1:00 to 3:00 P.M.

KUNG FU KARATE
Chinese Kung Fu Karate is one of the most active styles of the martial arts. There are no tedious regimented practice sessions as in other styles. Many moves, kicks and forms are taught each day. Kung Fu is very offensive and, therefore dangerous. Much time is spent on gaining the proper attitude and spirit in class and away from class. Cost is $1.00 per lesson and you may begin at any time.

P.E. GRADES 1 - 3
Every Friday between the hours of 1:30 P.M. and 3:00 P.M. a class in Physical Education will be offered for youngsters in Grades 1 - 3. Exercises and organized games will be the main attraction. Fundamental movement and body coordination will be emphasized.

TENNIS LESSONS
Teen and Children's Tennis Lessons are available. Information on this is included under "Tennis Lessons" on Page 3 of Adult Programs.

TEEN NIGHT
Saturday nights in the gym are reserved for Junior and Senior High School students. Different activities are planned, but all will be on a casual, drop-in basis. Dances will be common, as well as other activities.

TEEN CO-ED VOLLEYBALL
Recreational volleyball for boys and girls ages 13 - 17 on Monday evening from 7:30 P.M. until 9:30 P.M. Get your friends together and come in and play.
SPECIAL INTEREST

ARTS & CRAFTS
This program is geared for imaginative craftsmen who enjoy working with their hands. Scrap crafts, as well as prepared materials, will be used to construct a multitude of different projects. Come and enjoy this class in our fully equipped Arts & Crafts room on Tuesday evenings from 7:00 - 9:00 P.M.

BRIDGE
The Recreation Center’s Club Rooms will be set up for Bridge on Friday evenings from 7:00 P.M. to 10:00 P.M. Anyone interested is cordially invited to spend a relaxing evening trumping tricks.

CERAMICS
Ceramic classes are held on Mondays and Wednesdays from 7:00 - 9:00 P.M. These classes provide an opportunity for creative and imaginative work. Come and join us in this artistic endeavor.

DIET WORKSHOP
This organization encourages a systematic program to lose weight, but you are not embarrassed by getting on a scale in front of a group. The Diet Workshop is run by professionals with many years of experience in this area. There is no fee for this activity; however, donations are welcome. If you have a weight problem, come and let us help you back to a trim figure.

FRIDAY NIGHT MOVIE SERIES
Every Friday night beginning at 7:30 P.M. at the Community Center, we will feature full-length original movies. These films will be geared to family and children’s interest. Admission will be 50¢ per person. ($2.00 max.) Check local newspapers for the movie of the week or call the Springdale Community Center.

SENIOR CITIZENS
The Springdale Senior Citizens Club has 40 young-at-heart registered members. Activities such as card playing, horse-shoes, guest speakers, bowling, movies, and trips are only a few of the activities that the group is involved in. Meeting time is Tuesday from 12:00 Noon until 4:00 P.M. Requirements are that you must be 60 or older or retired. Both husband and wife do not need to meet the requirements. If transportation is needed, call the community center at 671-6260. Come one and all and be a part of this growing Club.

RECREATION FOR HANDICAPPED
What is recreation if it cannot be enjoyed by all? If you are handicapped in any way, we are offering a special time for you to enjoy activities you have been missing. Have confidence in yourself and come to the Community Center every Saturday between 12:00 Noon and 1:00 P.M. We feel you will benefit greatly. Better yet, come a little earlier and watch the Cincinnati Spiders, a nationally known wheelchair basketball team, practice and see what they have done for themselves.

SPINNERS
This is a truly unique group using the Recreation Center’s Gym on Saturday from 10:00 - 12:00 Noon. The Spinners are a wheelchair basketball team for handicapped men. The team will be practicing for league games they will play all over the United States in the Fall. Springdale residents are welcome to observe all practices and games.

TINY TOT GYM
Tiny Tot Gym is a program for pre-school children 3 years of age and older. It is designed to improve basic motor skills such as running, jumping, hopping, balance and coordination. The children enjoy the activities as well as learning how to use their entire bodies effectively in movements. It is generally accepted that children achieve more than 50% of their learning by age 5 and that good physical experiences at early ages may even improve a child’s I.Q. Come and enjoy this unique experience with your little one on Monday, Wednesday and Friday mornings at 9:00 A.M. There will be no charge for this class. (Parents must be present in class.)

Is the hectic pace of day-to-day life creating mental tensions getting you down? Yoga. Classes are being offered for intermediate and advanced groups. Class is on Thursday from 7:00 - 9:00 P.M. Cost is $1.00 for 8 lessons.

MACRAME’
There will be Macrame, Knitting, Crocheting, and Needle Point at the Community Center Friday evenings 7:00 P.M. to 9:00 P.M. Come on up and do your thing!

NOTE: BABYSITTING
A babysitter will be available from 10:00 A.M. to 12:00 noon Monday through Friday mornings. This service will take place in the Game Room during adult morning activities for your convenience. Two rules must be followed:

1. Your child must be toilet trained and 2 years old or over.
2. You must stay in the building while your child is in our care.

Fee: $.35 per child.
GENERAL RULES

ADMITTANCE PROCEDURES

1. A membership card must be shown before being admitted to the Center.
2. Anyone (member) wishing admittance who forgets their card will be charged 25¢ to use the Center.
3. A lost or destroyed card will be replaced for $1.00.
4. No one will be admitted if their card has been taken away for disciplinary action.
5. Persons causing disturbances or caught destroying property will be dealt with by the Police.
6. The Community Center is primarily for use by Springdale residents and their guests. Any special arrangements for non-resident participation must be cleared with the Community Center Office.
7. Each resident may bring no more than one (1) guest at one time, except when an entire family is involved.
8. All special arrangements including parties, meetings, reservations for rooms or fields must be cleared through the Community Center Office.

BUILDING & GROUNDS PROCEDURES

1. Bicycles should not be ridden or parked on the sidewalk. All bikes should be locked while on the property.
2. No loitering is permitted in the building or on Community Center grounds.
3. No one under 18 may smoke on Community Center property.
4. We ask that you not chew gum in our building or in pool area.

GYM RULES

1. Gym shoes must be worn in the gym.
2. There will be no smoking, eating or drinking in the gym.
3. Abusive language will not be tolerated.
4. Equipment must be signed in and out.
5. During scheduled activities the gym will be closed to everyone except those involved in the activities.
6. Swim suits are prohibited in the gym.
7. These rules are for your safety and pleasure, and we ask that everyone please adhere to them.
# GYM SCHEDULE

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<tr>
<th>Time</th>
<th>Monday</th>
<th>Tuesday</th>
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<tr>
<td>11:00</td>
<td>Women's Slimnastics 10:00 - 11:00</td>
<td>Tennis Lessons</td>
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<td>Women's Slimnastics 10:00 - 11:00</td>
<td>Spinners 10:00 - 12:00</td>
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<td>11:00</td>
<td>Tiny Tot Gym 2 - 3 11:00 - 12:00</td>
<td>Tiny Tot Gym 4 - 5 11:00 - 12:00</td>
<td>Tiny Tot Gym ALL 11:00 - 12:00</td>
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<td>Handicapped P. E. 12:00 - 1:00</td>
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<td>12:00</td>
<td>BUSINESSMAN'S SPECIAL – 12:00 - 1:30</td>
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<td>2:00</td>
<td>Floor Hockey 12-15 yr. old 1:30 - 3:00</td>
<td>Boys Trampoline 1:30 - 3:00</td>
<td>Organ Dodgeball 1:30 - 3:00</td>
<td>Girls Tramp. 1:30 - 3:00</td>
<td>P. E. Class Grades 1-3 1:30 - 3:00</td>
<td>Gymnastics 1:00 - 3:00</td>
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<td>3:00</td>
<td>YOUTH ACTIVITIES – 3:00 - 5:00</td>
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<td>Archery 3:00 - 4:30</td>
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<td>6:00</td>
<td>Men's Basketball 9:00 - 11:00</td>
<td>Men's Volleyball</td>
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<td>Men's Volleyball</td>
<td>Teen Night 6:00 - 9:00</td>
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<td>7:00</td>
<td>Teen Tennis 6:30 - 7:30</td>
<td>Boxing 6:30 - 8:00</td>
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<td>OPEN GYM 6:30 - 7:30</td>
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<td>8:00</td>
<td>Adult Co-Ed Volleyball 7:30 - 9:30</td>
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<td>Women's Volleyball 6:30 - 9:00</td>
<td>Women's Volleyball 8:00 - 9:30</td>
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**Daily Hours:**
- Monday thru Saturday – 10:00 A.M. to 11:00 P.M.
- Sunday – 1:00 P.M. to 9:00 P.M.
TEAM SPORTS

BASEBALL

Springdale has boasted a well organized baseball and softball program for several years. Youngsters in this area may choose from boys Knothole, Springdale Youth Association baseball for all ages, and girls softball. This year's program is currently in full swing with games nearly every night of the week. Come out and enjoy a game!

SOCCER

All children should be making plans now for this year's soccer season. Both boys and girls leagues have been very strong in recent years. We expect an even bigger program this year. Watch for soccer registration notices in school and at the Community Center.

OUTDOOR ACTIVITIES

OUTDOOR HANDBALL AND PADDLEBALL COURT

Upon completion of the two outdoor one wall handball courts, handball will be available for members. This is a fast moving game which will create agility and eye-hand coordination. Come on down and give it a try.

For those who prefer paddleball, the handball courts are suitable for play also. Paddleball is a little easier to play than handball and women find this game quite enjoyable.

OUTSIDE TENNIS COURTS

Upon completion of our four outdoor lighted tennis courts, play may begin. On weekdays, daytime play will be on a first come first serve basis. If, however, the courts should become crowded, courts should be only occupied for approximately one hour at the maximum. Starting at 5:00 P.M. on weekdays, reservations will have to be made for tennis play. Courts may be reserved for one hour. Reservations can be made the day before, but no sooner. For court reservations, call 671-6260.

DAY CAMP

Day Camp at the Community Center is an opportunity for children to spend an entire day involved in new and exciting activities. Children will be involved in Arts & Crafts, Singing, Field Games, Swimming, and much more. Day Camp will run in weekly sessions, each week featuring a different theme. Campers will bring their own lunch, and drinks will be provided by the Community Center. Parents may drop their children off in the morning and pick them up following the afternoon Council ring. Children must register for each session. Cost is $5.00 per weekly session. Watch for registration forms in school.

SPRINGDALE PARKS

The Springdale Parks are put to good use during the summer. Baseball leagues are active, as well as children using the play areas. Three of our parks are currently planned for redevelopment. These parks are Chamberlin, Cameron and our newest, Ichabod Crane Park. Unfortunately, several steps are involved in applying for funds to help defray the cost of improving these parks. However, progress is being made and hopefully, residents will see positive evidence of redevelopment by the first of the year.

Underwood Park will have a summer program for youngsters who live in the area. A summer coordinator organizes games and activities throughout the summer on a casual, drop-in basis. This program is open to all residents of Springdale.

Ross Park is currently our most developed park. Tennis Courts, a large ball field, picnic tables and playground equipment make it an enjoyable, recreational area.
POOL HOURS (Regular)
Mon. thru Fri. 9:00 A.M. - 12:00 Noon
Lessons
Mon. thru Fri. 12:00 Noon - 3:00 P.M. Open Swim
Saturday 12:00 Noon - 9:00 P.M. Open Swim
Sunday 1:00 P.M. - 9:00 P.M. Open Swim
*Tues. & Thurs 6:00 P.M. - 9:00 P.M. may be closed for Swim Meets or Scuba Diving Classes.

POOL SCHEDULE (Pre-Season)
Sat. - May 26 12:00 Noon - 9:00 P.M. Open Swim
Sun. - May 27 1:00 P.M. - 7:00 P.M. Open Swim
Mon. - May 28 12:00 Noon - 9:00 P.M. Open Swim
Tues. thru Fri. 3:30 P.M. - 7:00 P.M. Open Swim
(May 29 - June 1)
Sat. - June 2 12:00 Noon - 9:00 P.M. Open Swim
Sun. - June 3 1:00 P.M. - 7:00 P.M. Open Swim
Mon. thru Fri. 3:30 P.M. - 7:00 P.M. Open Swim
(June 4 - June 8)
Sat. - June 9 12:00 Noon - 9:00 P.M. Open Swim
Sun. - June 10 1:00 P.M. - 7:00 P.M. Open Swim

POOL RULES
1. Street clothes and shoes are prohibited in the pool area.
2. All glass containers (baby oil bottles, mirrors, etc.) must be kept out of the pool area.
3. No smoking or eating is allowed in the locker rooms or on the deck area. Smoking and eating is to be confined to the outdoor concession area.
4. Running or horseplay will not be tolerated.
5. Flotation devices or toys will be prohibited, except in the children's pool.
6. Swearing, blasphemous, or distasteful language is absolutely prohibited.
7. Parents are prohibited in pool area during children's swim instructions.
8. A soap shower should be taken before entering the pool.
9. Kickboards and floatsbelts are for instructional and competitive use only.
10. Anyone caught fighting or destroying property will be automatically expelled from pool and prosecuted according to the severity of the action.
11. Riding on shoulders is not allowed, along with excessive splashing or dunking.
12. Anyone who fails to comply with a guard's ruling will be dealt with by the Aquatic Director or Supervisor and punished accordingly.
13. There will be a 10-minute rest break hourly through the day. All swimmers except adults are expected to clear the pool immediately.
14. No one 6 years old or over is permitted in the water of the children's pool.
15. All children using the children's pool must be accompanied by an adult (18 years or over). PARENTS: DO NOT SEND ANOTHER CHILD TO BABYSIT.
16. Pool chairs will be provided — please do not bring your own.
17. Pets and animals are prohibited in the Center or pool area.
18. Anyone 8 and under must be accompanied by an adult or have passed a Beginners Class.

DIVING AREA
19. Diving is prohibited from the sides of the pool.
20. Hanging on boards is prohibited.
21. A diver must dive straight off the board.
22. A diver must wait until the diver in front of him has reached the side before diving.
23. "Spot-Dives" or any dives requiring a second contact with the board are not permitted.
24. Only one person at a time on the board and ladder.
25. When diving off the 1 meter board, go directly to the nearest ladder.
26. When diving from the 3 meter board, go straight out to the rope and then directly to the nearest ladder. (NOTE: Do not cross the rope and enter swimming lane).
27. No one shall swim under the board or wait for another individual on the board.
28. You must be able to swim 25 yards before you may use the diving area.
29. Masks, fins and snorkels are prohibited in diving area.

LANE AREA
30. The roped off area is for continuous swimming in a counter-clockwise circle only. (If you must rest, get out of the pool).
31. Do not sit on or swim over or under rope markers.
32. Stopping in lanes is prohibited; swim to the end of the lane.

FIRST AID AND AQUATIC DIRECTOR'S OFFICE
33. This office is for emergencies only: do not enter without permission; do not attempt to treat accidents yourself.
34. The Aquatic Director, Supervisor or off-duty lifeguards will head up all first aid.
35. All members not involved in an accident will refrain themselves from being in this area.

CONCESSION AREA
36. All food or beverages must be kept inside the concession area.
37. No alcoholic beverages may be brought to the pool.
38. Please be considerate and dispose of your trash in the containers provided.
SWIM LESSONS
$2.00 Per Session

DATES:
1st Session: June 25th thru July 13th
2nd Session: July 16th thru August 3rd
3rd Session: August 6th thru August 24th

REGISTRATION & TESTING:

TIME: Any Morning 9:00 A.M. to 12:00 Noon, from June 18th - June 22nd. All children participating in Swim Lessons this summer must be tested (for proficiency). You must register in person in order for us to keep our enrollment at a specific level.

CLASS SIZE:

This year we will close the enrollment when the class size is ten (10) per instructor. Therefore, enrollment will be on a first come first serve basis.

SWIM LESSON TIMES

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<tr>
<th>CLASS</th>
<th>AGE</th>
<th>TIME</th>
<th>DAY</th>
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<td>Tiny Tot</td>
<td>4</td>
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<td>Tiny Tot</td>
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<td>Beginner</td>
<td>9 &amp; under</td>
<td>11:15 A.M.</td>
<td>M - W - F</td>
</tr>
<tr>
<td>Beginner</td>
<td>9 &amp; under</td>
<td>10:00 A.M.</td>
<td>T - TH.</td>
</tr>
<tr>
<td>Beginner</td>
<td>9 &amp; under</td>
<td>11:00 A.M.</td>
<td>T - TH.</td>
</tr>
<tr>
<td>Beginner</td>
<td>10 &amp; 11</td>
<td>9:00 A.M.</td>
<td>T - TH.</td>
</tr>
<tr>
<td>Beginner</td>
<td>12 &amp; up</td>
<td>9:45 A.M.</td>
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<tr>
<td>Adv. Beginner</td>
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</tr>
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<tr>
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<td>12 &amp; up</td>
<td>9:00 A.M.</td>
<td>M - W - F</td>
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<tr>
<td>Intermediate</td>
<td>(Any)</td>
<td>9:00 A.M.</td>
<td>M - W - F</td>
</tr>
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<td>Intermediate</td>
<td>(Any)</td>
<td>9:00 A.M.</td>
<td>T - TH.</td>
</tr>
<tr>
<td>Intermediate</td>
<td>(Any)</td>
<td>9:45 A.M.</td>
<td>M - W - F</td>
</tr>
<tr>
<td>Swimmer</td>
<td>(Any)</td>
<td>9:00 A.M.</td>
<td>M - W - F</td>
</tr>
<tr>
<td>Swimmer</td>
<td>(Any)</td>
<td>9:00 A.M.</td>
<td>T - TH.</td>
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</table>

DIVING LESSONS

<table>
<thead>
<tr>
<th>CLASS</th>
<th>AGE</th>
<th>TIME</th>
<th>DAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beginning Diving</td>
<td>(Any)</td>
<td>9:45 A.M.</td>
<td>M - W - F</td>
</tr>
<tr>
<td>Beginning Diving</td>
<td>(Any)</td>
<td>10:00 A.M.</td>
<td>T - TH.</td>
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<tr>
<td>Advanced Diving</td>
<td>(Any)</td>
<td>9:00 A.M.</td>
<td>M - W - F</td>
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<tr>
<td>Advanced Diving</td>
<td>(Any)</td>
<td>9:00 A.M.</td>
<td>T - TH.</td>
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SPECIAL CLASSES

<table>
<thead>
<tr>
<th>CLASS</th>
<th>TIME</th>
<th>DAY</th>
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</thead>
<tbody>
<tr>
<td>Adult Lessons</td>
<td>11:00 A.M.</td>
<td>T - TH.</td>
</tr>
<tr>
<td>Swimmnastics</td>
<td>10:30 A.M.</td>
<td>M - W - F</td>
</tr>
<tr>
<td>Life Saving</td>
<td>11:15 A.M.</td>
<td>M - W - F</td>
</tr>
<tr>
<td>Skin &amp; Scuba Diving</td>
<td>6:30 P.M.</td>
<td>Thursday</td>
</tr>
</tbody>
</table>
CLASS DEFINITION OBJECTIVES

Tiny Tots . . . . Basic acclimation to the water, and introduction to the most basic swimming fundamentals: horizontal body position, kicking, breath-holding, arm movements (Dog Paddle to Crawl Stroke). $2.00 - Session

RED CROSS SWIMMING PROGRAM

Beginner . . . . To equip the individual with basic water safety skills & knowledge in order to make him reasonably safe while in, on, or about the water: Adjustment into water, Body position, Coordinated Stroking, Entries, Personal Safety. $2.00 - Session

Advanced . . . . To increase the watermanship of the individual by adding on the skills learned in the Beginners Course: Breath Control, Survival Floating, Elementary Backstroke, Crawl Stroke, Diving & Underwater Swimming, Safety & Rescue Techniques. $2.00 - Session

Intermediate . . . . The objective of the course is to provide the student with the opportunity to learn the elements of good swimming: Leg Kicks, Arm Strokes; of Crawl, Backstroke, Sidestroke, Breaststroke. $2.00 - Session

Swimmer . . . . The objective of the course is to increase the student's endurance & versatility in the water: Turns and Kicks adapted for Lifesaving. $2.00 - Session

Advanced . . . . To provide the individual with additional strokes & miscellaneous water skills that will make him an all-round swimmer: Inverted Breaststroke, Trudgen Crawl, Overarm Sidestroke. $2.00 - Session

Jr. Lifesaving . (Ages 11 - 14) Must pass swim test: (a) Front Dive; (b) Swim 220 yds. continuous; (c) Swim underwater 10 - 12 feet; (d) Tread water 30 seconds. To train the student so he can feel confident in performing the required skills necessary to effect a rescue without jeopardizing his own life in the attempt. $5.00

Sr. Lifesaving . (Ages 15 & up) Must pass swim test: (a) Front Dive; (b) Swim 440 yds. continuous; (c) Swim 15 feet underwater; (d) Tread water for one (1) minute. The objective of the course is to provide the individual with the knowledge & skills designed to save his own life or the life of another in the event of an emergency. It is not intended to be a complete lifeguard training course. $5.00

Beginning . . . . To introduce spring board diving: front dive, back dive, inward, reverse & ½ twist. $2.00 - Session

Advanced . . . . To add to the Beginners' skills & master the sommer-saults: front, back, inward, reverse & full twist. $2.00 - Session

Swimnastics . . . Exercise done in the water provides a refreshing change to a dry land regime. In addition to being more fun, they are more efficient. Water resistance greatly increases the effect of physical effort, while the water's buoyancy helps relieve any feeling of muscular strain. The exercises are done in 3 - 4½ feet of water so that swimming ability is not a limiting factor. Free

Adult Lessons . . . . We will help with individual attention, and bring additional swimming skills to the present level. $2.00 - Session

Competitive

Swimming & . . . . Offering to the skilled swimmer & diver an opportunity to train & compete with other skilled swimmers.
Diving . . . Ages are open up to 18 years old. Free

Skin Diving . . . (Ages 11 - 14) To provide student with knowledge of Skin Diving (mask, fins, & snorkel). Included in the Skin Diver course: Equipment, Dangers, First Aid & Marine Life. Graduation is a trip to a local Diving Quarry for a Skin Dive to 20 - 40 feet. $10.00


Senior Citizen . . . The third Saturday morning of each month the pool will be open exclusively for Senior Citizens (10:30 - 12:00)
Swim . . . Dates: June 16th, July 21st and August 18th. Free

PLEASE NOTE! Due to our limited dressing facilities, we encourage pool patrons to come to the pool in their bathing suits.
# Pool Schedule

<table>
<thead>
<tr>
<th>TIME</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00</td>
<td>Swimmer</td>
<td>Beg, Swim 10 &amp; 11</td>
<td>Swimmer</td>
<td>Beg, Swim 10 &amp; 11</td>
<td>Swimmer</td>
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<tr>
<td></td>
<td>Int. Swim</td>
<td>Smimmer</td>
<td>Int. Swim</td>
<td>Smimmer</td>
<td>Int. Swim</td>
</tr>
<tr>
<td>9:45</td>
<td>Beg, Swim 12 &amp; up</td>
<td>Beg, Swim 10 &amp; 11</td>
<td>Beg, Swim 12 &amp; up</td>
<td>Beg, Swim 10 &amp; 11</td>
<td>Beg, Swim 12 &amp; up</td>
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<tr>
<td></td>
<td>Int. Swim</td>
<td>Beg, Swim 9 &amp; 11</td>
<td>Int. Swim</td>
<td>Beg, Swim 9 &amp; 11</td>
<td>Int. Swim</td>
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<tr>
<td></td>
<td>Beg. Diving</td>
<td>Beg, Swim 9 &amp; 11</td>
<td>Beg. Diving</td>
<td>Beg. Diving</td>
<td>Beg. Diving</td>
</tr>
<tr>
<td>10:00</td>
<td>Tiny Tot - 4</td>
<td>Tiny Tot - 3</td>
<td>Tiny Tot - 4</td>
<td>Tiny Tot - 3</td>
<td>Tiny Tot - 4</td>
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<tr>
<td>10:30</td>
<td>Tiny Tot - 4</td>
<td>Tiny Tot - 4</td>
<td>Tiny Tot - 4</td>
<td>Tiny Tot - 4</td>
<td>Tiny Tot - 4</td>
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<tr>
<td>11:00</td>
<td>Tiny Tot - 3</td>
<td>Tiny Tot - 3</td>
<td>Tiny Tot - 3</td>
<td>Tiny Tot - 3</td>
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<td>11:15</td>
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<td>Tiny Tot - 3</td>
<td>Tiny Tot - 3</td>
<td>Tiny Tot - 3</td>
<td>Tiny Tot - 3</td>
</tr>
</tbody>
</table>

12:00

The Pool will be available for Open Swim from 12:00 – 9:00 P.M. daily with 15 minute rest breaks every hour on the hour. Exceptions are Tuesday evening from 6:00 - 9:00 P.M. for possible swim meets, and every Thursday evening from 6:30 - 9:00 for Scuba Lessons in the diving area and 2 swimming lanes.

The Pool will open from 1:00 - 9:00 P.M. on Sundays.

**Springdale Community Center**

13000 Lawnview Avenue
Springdale, Ohio 45246