



CITY OF
VESTAVIA HILLS
978-0166
Rec. Center Office

2016 WALD PARK POOL

Vestavia Hills Parks and Recreation Summer Swimming Program



978-0172
Pool Office Hours
10:00AM – 7:00PM



MEMBERSHIP REQUIREMENTS

BADGES SALES BEGIN MAY 2 @ CIVIC CENTER

2 FORMS OF PROOF OF RESIDENCY
(such as a current utility bill)

- VESTAVIA RESIDENTS
- NEW IN 2016 - \$300 RESIDENT FAMILY CAP RATE
- \$70 CHILDREN 12 and UNDER
- \$85 13 YEARS AND UP TO 54 YEARS OF AGE
- \$35 SENIORS 55 YEARS AND UP
- NON-RESIDENTS MEMBERSHIP DOUBLED
- \$5 DAY GUEST - PASS ACCOMPANIED BY MEMBER
- \$5 REPLACEMENT BADEGS

DATES TO REMEMBER

May 30th Memorial Day Pool Opens @ 11:00a.m.

June 30th I ♥ America – Free Swim 6-7:30PM
Rain date July 7th

July 4th Open 11:00AM - 3:00PM

August 15th Revised Hours - Open @ 3PM M-F

September 5th Labor Day Pool Closes @ 5PM

BACK TO SCHOOL REVISED HOURS

AUGUST 15TH MONDAY REVISED HOURS BEGIN
POOL OPENS @ 3PM CLOSSES @ 6:50

AUGUST 22, 23, 29, 30 M/T POOL CLOSED

Wednesday-Friday 3:00pm - 6:50 pm

Saturday 11:00 am - 6:50 pm

Sunday 2:00 pm - 6:50 pm



MEMBERSHIP REGULATIONS

- Badges **MUST** be displayed for each admission and member must sign in under their assigned badge number.
- Badges are issued in the name of the individual and are **NOT** transferrable. Persons allowing their badges to be used by others will forfeit their membership without refund.
- **By purchasing a badge** you understand and will conform to all property, safety, and sanitation rules. The City reserves the right to delay entrance when the pool is overcrowded. The Park and Recreation Board and the City of Vestavia Hills are not responsible for accidents, lost or stolen items.
- **Guests** will only be admitted with **\$5 fee if they are accompanied by a pool member (one guest per member)**.
- **Swim Diapers and a bathing suit are both required** for all children who need them. Regular diapers are **NOT** allowed in any pools. Please be considerate of others and monitor your child. If there is a fecal accident, the pool will close as we will not jeopardize the health and safety of our patrons.
- **Wading and Training Pools:** These pools are reserved for small children accompanied by parent. The parent needs to be at pool side/inside gated area while the child swims in these areas.
- **Toys and floats** are **ONLY** allowed in the small pools. Small toys and water guns are prohibited.
- **Children under the age of 10** years old must be accompanied by an adult **WITHIN** the gated area.

See **POOL RULES** for more detailed policies



REGULAR POOL HOURS



MONDAY- SATURDAY 11:00AM – 6:50PM

SUNDAY 2:00PM – 6:50 PM



May 30 – September 5



THURSDAY 7:00PM – 8:50PM FAMILY SWIM



Lifeguard Wacky Competition for the Kids
2016 Activity Theme: “County Fair”



Diving Board * Relay Races * 3rd Annual Ninja Warrior



Vestavia Hills DAY CARES **ONLY ON M,W,R,F** between 1 AND 4



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SWIM LESSONS - PRIVATE, SEMI-PRIVATE & GROUP



Starting May 30... Return registration forms between 11:00-6:00 to Pool Office
Registration Forms Available at VH Park & Rec Counter and Pool Office

PRIVATE = 1	SEMI PRIVATE = 2	CHILDREN'S GROUP = 5+
<ul style="list-style-type: none"> Available for adults and children Rate \$25 per child 30 minute lesson TBA directly with swim instructor 	<ul style="list-style-type: none"> Available for adults and children with similar skill levels Rate \$40 for 2 (\$20 per person) 30 minute lesson TBA directly w/instructor 	<ul style="list-style-type: none"> \$60 V-Hill Resident week rate \$80 Non Resident week rate 50 minute lessons Mon. - Thurs. 10AM or 6PM 7 weekly sessions listed below
Payment is due the first day of lessons (correct cash amount or checks made out to the instructor)		
Instructors are WSI certified - Water Safety Instructor's course through the American Red Cross		

SESSIONS	REGISTRATION DATES	SESSION DATES	SESSIONS	REGISTRATION DATES	SESSION DATES
Session 1	May 15 - June 1	June 6 -9	July 4 th week No Group Lessons		
Session 2	June 6 - 10	June 13 - 16	Session 5	June 27-July 1	July 11-14
Session 3	June 13 - 17	June 20 - 23	Session 6	July 11-15	*July 18,20,21,22*
Session 4	June 20 - 24	*June 27,29, (30*) July 1	Session 7	July 18-22	*July 25,27,28
All Sessions meet Monday - Thursday for one week. Session times 10AM and 6PM Lessons 50 minutes					
No lessons on Swim Meet dates. Pool closes @ 3:50 No lessons. Lesson will be held on Friday					
*June 30, 6PM is I Love America Day 6PM lessons will not meet. Session rate will be adjusted for 3 lessons.					

Group Swim Lesson Course Information



Swim sessions: There will be 7 sessions of swimming lessons. **Most** classes will meet Monday through Thursday for 45 minutes each day. Friday will be used for classes that have been cancelled due to inclement weather.*

Swim lesson coordinator: Madelyn Keith. To register or questions call the pool office 978-1072. Registration forms available at the pool office. Candi Cole, pool supervisor.

Ability Levels: Please view explanations of levels below which explain what will be covered in each level in order to appropriately register your child. Any questions about the swim lessons call the pool office **205-978-0172**

Registration: Begins 1 week before the scheduled session. See dates listed above in Course Information.

Class minimum requirements: If the required minimum of 5 participants is not met, the class will be cancelled and an attempt will be made to notify the parents on the Thursday before the class is to begin.



Group Swim Lesson Courses Offered each Session



Preschool Level 1	Entering/Exiting water safely, submerging, blowing bubbles, gliding floating, leg arm action all supported by instructor
Level 2	Fundamental Aquatic Skills - combining arm/leg action/front & back float - roll
Level 3	Stroke Development - Jump into deep water, front crawl, Elementary back stroke, breast stroke, Flip Turn
Level 4	Stroke Development - Swim Front back crawl, Elementary back stroke, breast stroke, flip turn
All Levels are instructed in water and pool safety	



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VSA – VESTAVIA SWIM ASSOCIATION



May 1st on line **REGISTRATION** begins

May 21st 1:30-3:30 **NEW SWIMMER EVALUATIONS** time TBA

May 23 **AFTER SCHOOL PRACTICE** begins for
 Turtles, **Dolphins** and **Sharks**

May 27, 8:00 a.m. **SPIRIT DAY**– Tem Picture



May 31 **MORNING PRACTICE** begins for ALL groups



GUPPIES 7:55-8:30

TURTLES 8:30-9:30

Dolphins 7:45-8:45/9

SHARKS 9-10:15



**Only swimmers on deck during practice. Pool is closed to the public.
Parents please remain outside the pool gates.**



SWIM MEET CLOSING DATES/TIMES

June 28 * July 19 * July 26

The pool closes at 3:50PM these TUESDAYS

Swim Meets open to the Public, come out and support VSA, Meets begin at 6PM

Changes will be posted on office window & at Sign-in

V★S★A FAMILY FUN NIGHT

Tuesday, August 9th, 5-7PM



VSA Contact Information

www.eteamz.com/vestaviaswim

vestaviaswim@gmail.com

Nick Lambert, Coach



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POOL RULES

1. **BADGES and REGISTER:** ALL PATRONS MUST SHOW BADGE AND SIGN-IN BEFORE ENTERING.
2. **AGE LIMITATIONS:** ALL CHILDREN UNDER 10 YEARS OF AGE MUST BE ACCOMPANIED BY AN INDIVIDUAL 12 YEARS OR OLDER WITHIN THE POOL FENCED IN AREA.
3. **FOOD and DRINK:** EATING IS PROHIBITED IN THE POOL FENCED AREA. GLASS CONTAINERS ARE PROHIBITED WITHIN THE POOL FENCED AREA. CANNED AND PLASTIC CONTAINERS ONLY. THIS IS A JEFFERSON COUNTY HEALTH ORDINANCE.
4. **WALK PLEASE:** THERE IS ABSOLUTELY NO RUNNING INSIDE THE POOL AREA.
5. **NO SMOKING:** SMOKING IS PROHIBITED IN THE POOL AREAS, PATIO, LOCKER AND RESTROOM AREAS. THE PARK IS A SMOKE FREE ZONE.
6. **LIFEJACKETS and FLOTATION DEVICES:** FLOATS, WATER WINGS, ARTIFICIAL SWIMMING AIDS AND HARD TOYS ARE NOT PERMITTED IN THE 50 METER POOL. LIFE JACKETS LABELED "COAST GUARD APPROVED" ONLY FOR 50 METER POOL.
7. **SWIMMING ATTIRE:** ALL PATRONS MUST WEAR A BATHING SUIT. STREET CLOTHES AND CUT-OFFS ARE NOT PERMITTED IN ANY POOL. **SWIM DIAPERS** AND A BATHING SUIT ARE BOTH REQUIRED FOR ALL CHILDREN WHO NEED THEM. REGULAR DIAPERS ARE NOT ALLOWED IN ANY POOLS. PLEASE BE CONSIDERATE OF OTHERS AND MONITOR YOUR CHILD. IF THERE IS A FECAL ACCIDENT, THE POOL WILL CLOSE AS WE WILL NOT JEOPARDIZE THE HEALTH AND SAFETY OF OUR PATRONS. **CHANGING DIAPERS** ON THE POOL DECK IS PROHIBITED. PLEASE CHANGE AND DISPOSE OF SOILED DIAPERS IN THE RESTROOMS. CHANGING TABLE PROVIDED IN BOTH WOMEN'S AND MEN'S ROOMS.
8. **DISCIPLINE:** DISCIPLINE PROBLEMS WILL BE HANDLED AS FOLLOWS: **FIRST** OFFENSE- WARNING, **SECOND** OFFENSE- TIME OUT OF THE POOL, **THIRD** OFFENSE- INDIVIDUAL MUST LEAVE POOL.
9. **FAMILY ENVIRONMENT:** PROFANITY, IMPROPER BEHAVIOR, IMPROPER ATTIRE AND VULGAR REMARKS ARE PROHIBITED. *See rule #8*
10. **PLAY:** CHICKEN FIGHTS, DUNKING, EXCESSIVE SPLASHING, AS WELL AS OTHER ACTS OF HORSE PLAY ARE PROHIBITED. *See rule #8*
11. **DEEP WATER - 12FT - WELL:** ONLY CHILDREN WHO HAVE PASSED THE SWIM TEST (25 YDS) ARE PERMITTED TO USE THE DIVING BOARD AND SWIM IN THE WELL.
12. **DIVING and DIVING BOARD REQUIREMENTS:** ONLY ONE PERSON IS PERMITTED ON THE DIVING BOARD AT A TIME. ALL OTHERS ARE TO WAIT ON THE DECK. A DIVER IS ONLY ALLOWED ONE BOUNCE ON THE BOARD BEFORE ENTERING THE WATER. **DIVING** IS ONLY PERMITTED IN THE 12 FEET WELL AREA. *See rules posted at WELL area.*
13. **ENTERING the POOL - JUMPING:** ONLY JUMP FEET FIRST OR USE THE LADDERS OR STAIRS. JUMPING CORNER TO CORNER OF THE POOL IS PROHIBITED.
14. **LADDERS, HAND RAILS and CHAIR LIFT:** SWINGING AND PLAYING ON THE LADDER, HANDRAILS and ASSISTED CHAIR LIFT IS PROHIBITED. *Lifeguards are available to assist with the chair lift*
15. **LIFE LINE and LANE ROPES:** PATRONS ARE NOT TO HANG ON THE LIFE LINE OR LANE ROPES.
16. **BALLS:** ONLY THE BALLS PROVIDED FOR THE VOLLEYBALL AND BASKETBALL AREAS ARE ALLOWED IN THE 50 METER POOL. NO HARD BALLS SUCH AS TENNIS BALLS PLEASE. SPONGE BALLS ARE ALLOWED IN DESIGNATED AREAS. PLEASE DO NOT BOUNCE THE BALLS ON POOL DECK.
17. **RADIOS:** RADIOS ARE ALLOWED, PLEASE PLAY AT A REASONABLE VOLUME. *Battery operated only*
18. **SKIN RASHES:** PATRONS WITH OPEN SORTS OR ANY INFECTIOUS DISEASE SUCH AS ATHLETES FOOT ARE NOT PERMITTED IN THE POOL.
19. **TOYS:** NO WATER GUNS OR SHARP POINTED TOYS. TOYS AND FLOATS ARE ONLY ALLOWED IN THE SMALL POOLS. SMALL RUBBER PLASTIC FIGURES ARE NOT ALLOWED AS THEY ARE SUKED IN EASLIY TO THE DRAINS.
20. **WADING AND TRAINING POOLS:** RESERVED FOR SMALL CHILDREN ACCOMPANIED BY PARENT. THE PARENT NEEDS TO BE AT POOL SIDE WHILE CHILD IS IN THE POOL.
21. **UMBRELLAS:** PLEASE DO NOT MOVE OR ADJUST THE UMBRELLAS FROM ASSIGNED SPOT. ASK LIFEGUARDS FOR ASSISTANTS WITH RAISING AND LOWERING. DUE TO THE LIMITED NUMBERS WE ASK THAT YOU SHARE THE UMBRELLAS WITH OTHER PATRONS.
22. **LOUNGE CHAIRS:** ARE LIMITED. PLEASE BE RESPECTFUL OF OTHERS WHEN RESERVING CHAIRS FOR YOUR CHILDREN THAT ARE SWIMMING AND NOT LAYING OUT. LOUNGE CHARIS AND CHARIS ARE TO REMAIN 4 FEET FROM THE EDGE OF THE POOL. POOL EDGE NEEDS TO REMAIN CLEAR FOR SAFETY AND LIFGUARD ACCESS.

**THE RULES AND GUIDELINES ARE FOR YOUR SAFETY AND SAFETY OF OTHERS
FOLLOWING THE RULES WILL MAKE FOR A FUN AND SAFE TIME WHILE YOU VISIT THE POOL**