Adult Swim

Masters Swim ~
Competition size pool: 6 lanes, 25 yards long!

$80 community/$60 for student/staff (with OneCard)
Registration prerequisites: swimmer has the ability to swim 2000 – 4500 yards in 75 minutes and should be comfortable with 3-5 swimmers in same lane.

Madison College Masters Swim provides organized workouts for ages 18 and over. The program is open to all adult swimmers (competitive and noncompetitive) who are dedicated to enhancing their health through swimming.

Our knowledgeable coach(es) provide structured workouts and well-thought-out training assistance. Masters swim provides great training and networking when working towards the goal of competing in both-in-pool and open-water races.

Day and Times 2013-2014
Tuesday and Thursday Mornings
6:00a-7:15a.
Session 1: September 10th – November 26th
(no meeting Nov 28th)
Session 2: December 3rd – March 6th
(no meeting December 24, 26 or 31st)
Session 3: March 11th – May 29th
Session 4: June 3rd – August 21st

*Please note registration for each session is available online 2 weeks prior to session start and sessions have limited enrollment. Please call 608-245-2115 with questions.

Parking Information

Parking permits are available for our community members at the service desk.

Please feel free to visit our website for more parking information:
http://madisoncollege.edu/parking-and-parking-permits

Certifications

ARC Certification Classes and Reviews offered at various times throughout the year.
Please visit www.madisoncollege.edu/swimming-pool for course details

ARC Lifeguard (LG) Classes ~
Registration prerequisites: swim 300 yards continuously, retrieve brick in 9’ of water and tread water with no hands for 2 minutes. Applicant must be at least 15 years old.

• LG Full Class
• LG Review
• LGI (LG Instructor)

Water Safety Instructor (WSI) ~
Registration prerequisites: ability to swim all strokes in good form for 25 yards and be at least 16 years old.

We’re always looking for qualified staff with LG/WSI ARC certifications.
If you would like to apply please call 608-245-2115.

Group Rentals

Corporate Events—Daycares—Social Groups
Community Centers—Scouts—Private Parties
Birthdays—Family Reunions—Special Events

Please call 608-245-2115 for pricing, availability and reservations.

Group Rentals include:
• American Red Cross Certified lifeguard(s)
• Exclusive use of pool and locker room access
• Pool toys allowed in shallow end
• Water basketball hoop and two diving boards

What to bring:
Towels, swim cap, goggles, and lock (for locker).

Term & Conditions:
Adults must be present at all times.
Registration fees are non-refundable for any cancellations less than 72 hours.

We’d love to see you at the pool!
Youth Lessons

To register and participate in swimming lessons, please visit the website for level and registration information:
http://madisoncollege.edu/swimming-lessons or call 608-245-2115.

Swimming Lessons**
All lessons are led by qualified instructors.

Group Lessons ~ $41 per session
Offered at various levels for ages 6 months and up. Classes run once a week for seven weeks.

- You-n-Me Lessons (a.k.a. “Parent/Child”) This is the perfect time for you and your precious little one to bond and gain water confidence in an inviting, safe and comfortable environment.
- Levels 1* - 6 Call, email or visit our website for a description of each level—we would be thrilled to help find the best possible fit for your child!

**Classes need a minimum of 3 participants to run.**

Classes Of Group

*NOTE OF PROGRAMMING POLICY CHANGE-
CHILDREN MUST BE A MINIMUM AGE OF 4 YEARS OLD TO BEGIN LEVEL 1

Session 1: September 7th to October 19th
*No class held November 30th*

<table>
<thead>
<tr>
<th>Level</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>You-n-Me</td>
<td>9:30a-10:00 a</td>
</tr>
<tr>
<td>Level 1*</td>
<td>9:30a-10:00 a</td>
</tr>
<tr>
<td>Level 2</td>
<td>10:05a-10:50a</td>
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<tr>
<td>Level 3</td>
<td>10:05a-10:50a</td>
</tr>
<tr>
<td>Level 4/5</td>
<td>11:00a-11:45a</td>
</tr>
<tr>
<td>Adult Beginner</td>
<td>11:00a-11:45a</td>
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</table>

*CHILDREN MUST BE A MINIMUM AGE OF 4 YRS OLD TO BEGIN LEVEL 1

Session 2: October 26th to December 14th

<table>
<thead>
<tr>
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<th>Time</th>
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<tbody>
<tr>
<td>You-n-Me</td>
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Private Lessons

$25 per lesson
Each session consists of a thirty minute one-on-one with a qualified instructor. Sessions are customized to meet your specific needs and are offered at all levels.
For lesson availability, please call 608-245-2115.

Lesson Time Tables

Saturday Mornings

Lap Swim

ADULT LAP SWIM ~
$7 day pass fee or included with Fitness Center Membership

<table>
<thead>
<tr>
<th>Day</th>
<th>Morning</th>
<th>Mid-Day</th>
<th>Evening</th>
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<tbody>
<tr>
<td>MON</td>
<td>6:30-11:00</td>
<td>11:00-12:30</td>
<td>3:00-6:00</td>
</tr>
<tr>
<td>TUES</td>
<td>7:15-9:20</td>
<td>11:30-12:25</td>
<td>3:30-6:00</td>
</tr>
<tr>
<td>WED</td>
<td>6:30-11:00</td>
<td>11:00-12:30</td>
<td>3:00-6:00</td>
</tr>
<tr>
<td>THU</td>
<td>7:15-9:20</td>
<td>11:30-12:25</td>
<td>3:30-6:00</td>
</tr>
<tr>
<td>FRI</td>
<td>6:30-11:00</td>
<td>11:00-12:30</td>
<td>3:00-6:00</td>
</tr>
<tr>
<td>SAT</td>
<td>7:30-9:20</td>
<td>N/A</td>
<td>N/A</td>
</tr>
</tbody>
</table>

Aqua Fitness

TU/TH 11:30a-12:25p
$7 day pass fee or included with Fitness Center Membership
50-minute water workout incorporating aerobic and strength moves performed in shallow and optional deep areas.

Membership Fees

Madison College Student Included with valid OneCard
Faculty, Staff, Alumni, Retiree of the College
Community Single $125 semester
Senior (60+) $75 a semester
Day Pass $7-access to all facilities for one day
Monthly Pass $35 unlimited visit for a month from date of purchase

For your convenience, we offer the following items for sale:
Goggles $15
Swim Caps $4
Locks $5 or $8

(Wisconsin & city of Madison Sales Tax applicable)