Adult Swim

Competition size pool: 6 lanes, 25 yards long!

**Masters Swim** – $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 non-competitive) 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**

**Tuesday and Thursday Mornings**
6:00a-7:15a.
Session 1: September 11th–November 29th
(no meeting 11/24)
Session 2: December 4th — March 7th
(no meeting Dec 25, 27 or Jan 1)
Session 3: March 12th—May 30th
Session4: June 4th—August 22nd

**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.

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
• LG Challenge
• 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 or suggest someone, please call 608-245-2115.

Group Rentals

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

$50 per hour - please call 608-245-2115 for 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 padlock (for locker).

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

Swimming Rentals

Daycare Community Centers Youth Groups
Corporate Events Scout Troops Social Groups
Private Parties Birthdays Special Events

Certifications & Classes

ARC CPR-Pro/AED, Lifeguard & WSI/LGI
Aqua Fitness & Aerobics
Masters, and More!

Madison College
Truax Pool
Fall 2012

We'd love to see you at the pool!

Pool Coordinator
pool@madisoncollege.edu
Telephone: (608) 245-2115
Fax: (608) 245-2119

For programming details and registration please visit: http://madisoncollege.edu/swimming-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.
ALL ages & skill levels welcome.
**Classes need a minimum of 3 participants to run.

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!

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.

Lessons Time Tables

Saturday Mornings

Session 1: September 8th-October 20th

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<tbody>
<tr>
<td>You-n-Me</td>
<td>Level 1</td>
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<td>9:30a-10:00 a</td>
<td>9:30a-10:00 a</td>
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<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>
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<tr>
<td>Level 4/5</td>
<td>11:00a-11:45a</td>
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<tr>
<td>Adult Beginner</td>
<td>11:00a-11:45a</td>
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Session 2: October 27th-December 15th

*No class on November 24th*

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Aqua Fitness

The fitness center offers a 50-minute water workout incorporating aerobic and strength moves performed in shallow and optional deep areas.

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>EVENINGS</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>
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<td>TUES</td>
<td>7:15-9:20</td>
<td>11:30-12:25</td>
<td>3:30-6:00</td>
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<td>WED</td>
<td>6:30-11:00</td>
<td>11:00-12:30</td>
<td>3:00-6:00</td>
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<td>7:15-9:20</td>
<td>11:30-12:25</td>
<td>3:30-6:00</td>
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<td>FRI</td>
<td>6:30-11:00</td>
<td>11:00-12:30</td>
<td>3:00-6:00</td>
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<tr>
<td>SAT</td>
<td>7:30-9:20</td>
<td>N/A</td>
<td>N/A</td>
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For your convenience, we offer the following items for sale:
- Goggles $15
- Swim Caps $4
- Locks $5
(Wisconsin Sales Tax applicable)

WHAT ABOUT PARKING?

- Parking permits are available for our community members at the Fitness, Health & Recreation (Trux campus) window.
- Due to construction our main entrance now faces Anderson Street. We do have limited handicapped parking available on the Anderson Street side and gated visitor parking in the student parking lot. Please feel free to visit our website for more parking information.

www.madisoncollege.edu/parking-and-parking-permits