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 2014-2015
Tuesday and Thursday Mornings
6:00a-7:15a.
Session 1: September 9th – November 25th
Session 2: December 2nd — March 5th
(no meeting December 26th-Jan 1)
Session 3: March 10th—May 28th
Session 4: June 2nd—August 20th

*Please note registration for each session is available online 2 weeks prior to session start and sessions have limited enrollment.
Registration can be found at:
madisoncollege.edu/masters-swim
Please call (608) 245-2115 with any additional questions.

Parking Information

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

Please feel free to visit the following website for more parking information:

madisoncollege.edu/parking-and-parking-permits

Certifications

ARC Certification Classes and Reviews offered at various times throughout the year—
For course details, please visit:
madisoncollege.edu/pool

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.

Family Swim

Join us for a family swim format on select Fridays this year from 6-7:30 pm. We will have our diving boards available, toys to play with and great staff to keep you and yours safe.

Dates:
Oct 17th, Nov 14th, Dec 5th, Jan 23rd and Feb 13th.
Cost: $ 4 adults/$3 children/under age 2 free/Students free with valid OneCard

Group Rentals

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

For programming details and registration please visit:
madisoncollege.edu/pool

We’d love to see you at the pool!

Madison College Pool
Spring 2015

SWIMMING LESSONS
ALL AGES, skills and abilities welcome!
Group Lessons
Private Lessons for all ages
You-n-Me Lessons (a.k.a. "Parent/Child")

GROUP RENTALS
Daycares, Community Centers, Youth Groups
Corporate Events
Scout Troops
Social Groups
Private Parties
Birthdays
Special Events

CERTIFICATION CLASSES
ARC Lifeguard
GROUP CLASSES
Aqua Fitness
Masters

GROUP RENTALS
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 in advance.
Youth Lessons

For more information about levels or to register and participate in swimming lessons, please visit: 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 ~ $42 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* - 5
  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!

*CHILDREN MUST BE A MINIMUM AGE OF 4 YEARS OLD AT TIME OF REGISTRATION TO BEGIN LEVEL 1

Lesson Time Tables

Saturday Mornings

Session 1: January 24th to March 7th

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<table>
<thead>
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</thead>
<tbody>
<tr>
<td>You-n-Me</td>
<td>9:30a-10:00 a</td>
<td>9:30a-10:00 a</td>
</tr>
<tr>
<td>Level 1*</td>
<td>10:05a-10:50 a</td>
<td>10:05a-10:50 a</td>
</tr>
<tr>
<td>Level 2</td>
<td>11:00a-11:45 a</td>
<td>11:00a-11:45 a</td>
</tr>
<tr>
<td>Level 3</td>
<td>11:00a-11:45 a</td>
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*CHILDREN MUST BE A MINIMUM AGE OF 4 YRS OLD AT TIME OF REGISTRATION TO BEGIN LEVEL 1

Session 2: March 14th to May 2nd

*No class April 4th*

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

Lap Swim

ADULT LAP SWIM ~
$7 day pass fee or included with Fitness Center Membership
*Please see website for our winter and spring holiday schedule*

<table>
<thead>
<tr>
<th>DAY</th>
<th>MORNING</th>
<th>MID-DAY</th>
<th>EVENINGS</th>
</tr>
</thead>
<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>
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<tr>
<td>THU</td>
<td>7:15-9:20</td>
<td>11:30-12:25</td>
<td>3:30-6:00</td>
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<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>
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</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

<table>
<thead>
<tr>
<th>Madison College Student</th>
<th>Included with valid OneCard</th>
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</thead>
<tbody>
<tr>
<td>Faculty, Staff, Alumni, Retiree of the College</td>
<td>$110 per semester</td>
</tr>
<tr>
<td>Community Single</td>
<td>$135 semester</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$75 a semester</td>
</tr>
<tr>
<td>Day Pass</td>
<td>$7-access to all facilities for one day</td>
</tr>
<tr>
<td>Monthly Pass</td>
<td>$35 unlimited visit for a month from date of purchase</td>
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</tbody>
</table>

For your convenience, we offer the following items for sale:
Goggles $15 - Swim Caps $4 - Towels $5
(Wisconsin & city of Madison Sales Tax applicable)

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
Adults and children welcome
For lesson availability, please call (608) 245-2115.