

PRIVATE SWIM LESSONS AT THE CRESCO FITNESS CENTER

You may sign-up up until the first day of classes if openings are available.

A late fee of \$5.00 will apply for those sign ups one week prior to start of class

No Refunds, must pay at the time of sign-up, may bring lesson cards to confirm level

Private lessons are offered year-round, so take them out of the busy summer schedule and do during the off season.

\$50.00 each member, \$100.00 each non-member 4 thirty-five minute lessons



EVENINGS:

OCTOBER 15, 17, 22, 24 (Mon and Wed)
NOVEMBER 6, 8, 13, 15 (Tues and Thurs)
DECEMBER 17, 18, 19, 20 (Mon thru Thurs)
JANUARY 7, 8, 9 10 (Mon thru Thurs)
MARCH 4, 6, 11, 13 (Mon and Wed)
APRIL 2, 4, 9, 11 (Tues and Thurs)
APRIL 8, 10, 15, 17 (Mon and Wed)

Registration forms available @ www.cityofcresco.com

Water Safety and Lesson Retention = Parents Responsibility

- **Children progress faster through lessons** with practice.
- Continuing lessons throughout the year is best as well as having your children exposed to the water.
- **Swimming is a skill that takes practice,** and if you don't require children to go to the pool and practice throughout the year they are probably going to be starting all over.
- Children with parents who show enjoyment for the water tend to learn faster than those who don't.
- Going to the pool and playing with your child under **safe, supervised conditions** is one of the best ways to help your child be successful in swimming lessons.

WHAT IS CONSIDERED SAFE, SUPERVISED CONDITIONS

There is NEVER a guarantee that there won't be a drowning accident. No one is "drown-proof!" Most drownings occurred in swimming pools and is the second leading cause of unintentional deaths of children age 14 and under. Recent research shows that 88% of children who drown were under adult supervision and that parents are overconfident about their children's safety and abilities around water. Because drowning can occur silently and in a matter of seconds, at least 1 parent should always be completely focused.

Here are some tips:

- Practice "touch supervision" & keep children within an arm's reach
- Enroll child in swimming lessons & support swimming year-round
- Remember that inflatable swimming aids do **NOT** prevent drowning
- Be **DIRECTLY** in the water with your children: do not read books, talk on cell phones, etc.
- **Show by example, that the whole family enjoys and uses the water.**

SWIMMING POOL ACCIDENTS ARE USUALLY PREVENTABLE, SO PARENTS NEED TO BE ON GUARD AT ALL TIMES TO HELP PREVENT ANYTHING BAD FROM HAPPENING.

CRESCO FITNESS CENTER & THOMSON POOL 2018-19

During the School Year – Fall, Winter and Spring

CONTACT INFORMATION

Phone

(563) 547-3443

Location

316 3rd Ave E
Cresco, IA 52136

Email

fitnesscenter@cityofcresco.com

Website

www.cityofcresco.com



FACILITY HOURS

Monday-Thursday 5:00 am – 9:00 pm
Friday 5:00 am – 9:00 pm (7:00pm Memorial Day thru October)
Saturday 9:00 am – 6:00 pm (4:00pm Memorial Day thru October)
Sunday 1:00 pm – 6:00 pm

OPEN SWIMMING

Monday - Thursday 4:00 pm - 8:00 pm
Friday 4:00 pm - 8:00 pm (7:00pm Memorial Day thru October)
Saturday 10:00 am - 6:00 pm (4:00pm Memorial Day thru October)
Sunday 1:00 pm - 6:00 pm
No school days: Pool opens 1:00 - 4:00 p.m.
Early-out days: Pool opens on the hour after dismissed (but not before 1:00 pm)

ADULT / LAP SWIMMING

Monday, Wednesday & Friday - 5:00 - 8:00 am
Tuesday and Thursday: 11:30am – 1:00pm (September – May)

SCHEDULE CHANGES: Labor Day, New Year's Day and Memorial Day: Open 1:00-6:00pm
Thursday or Friday thru Sunday of the Howard County Fair
Homecoming Friday: closed all afternoon
Closed Holidays: Thanksgiving, Christmas Eve, Christmas, New Year's Eve, Easter
The CFC **could be** closed due to maintenance, cleaning, or repairs: **Call ahead to confirm hours before traveling over.**

DAILY ADMISSION: **\$6 Adult,** **\$5 Student** (1st thru College/Military; age 23 and younger)
\$2 K & under (4 and under free w/ paying admission adult – Limit 2)
Call for Group Rate Admissions (over 10 people participating) and Party Room Rentals

THE FUN PLACE TO COME FOR YOUR NEXT PARTY OR EVENT

POOL – \$60.00/hr (with one lifeguard) Available before or after open swim hours.

GYM – \$25.00/hr Available with reservations at front desk.

MEETING ROOM (GREAT FOR BIRTHDAY PARTIES) – Non-members \$20/event + Daily Admissions for participants

GROUP LOCK INS – This can be scheduled for Friday or Saturday nights: includes the first 2 hrs in the lifeguarded pool and an overnight stay in the upper gymnasium for \$200.00, may add the fitness room for \$50.00.

PERSONAL TRAINING: One-on-one sessions with a certified trainer.

See front desk for availability of trainers and pricing.

GOLF and BATTING AREAS: PUTTING AND DRIVING AREAS AND BATTING CAGE

Sign in at front desk. 15 and under must be with an adult.

OTHER FUN ACTIVITIES THROUGHOUT THE FALL, WINTER AND SPRING SEASONS

MEN'S BASKETBALL LEAGUE: Wednesday nights November - March.

CO-ED VOLLEYBALL LEAGUE: Thursday nights with pick-up games/league (usually January – March).

FITNESS EQUIPMENT ORIENTATION: A 20-minute orientation is recommended before using the equipment, especially new 7th graders. Appointments are made at the front desk. All children 6th grade and younger are **not** allowed in and/or around the fitness equipment (on the black mat area).

AEROBICS CLASSES: \$2.00 to \$5.00 per class - See current schedule

- **FLOOR AEROBICS:** Multiple classes offered at various times of the year for low-moderate intensity aerobics, toning, and stress relief. May include but not limited to Pilates, Body 360, Boot Camp and Aerobic Dance.
- **WATER AEROBICS:** This is a great way to work out without added stress to your joints. You don't have to know how to swim to participate. You must be in 7th grade or older to participate. Come and enjoy the fun!