



The Carroll ISD Aquatics Center is a 186-foot by 75-foot pool with transitory bulkheads allowing for multiple competition courses.



Aquatic Center Programs 2016

Adult (16 & older) Lap Swim Hours

Monday – Friday 11:30am-1:30pm
 Saturday – Sunday 1:00pm-5:00pm

*Open Family Swim

Saturday 1:00-5:00pm
 Sunday 1:00-5:00pm

Lap swim availability will be a minimum of 2 lanes. We do not guarantee personal lane space.

****Please check the website, www.cisdaquatics.com, for Aquatic Center closings.****

Admission Fees

*Child/Student Ages 3-17, Adult Ages – 18-54, Senior Ages 55 and older
 CISD / City of Southlake Employee (Full-Time only)*

CISD Resident					
<u>Single Admission</u>		<u>25 Visit Pass</u>		<u>Annual Pass</u>	
Child/Student	\$2.00	Child/Student	\$40.00	Child/Student	\$120.00
Adult	\$3.00	Adult	\$60.00	Adult	\$180.00
Senior	\$1.00	Senior	\$20.00	Senior	\$60.00
				Family	\$300.00

CISD / City of Southlake Employee			
	<u>Single</u>	<u>25 Visit</u>	<u>Annual</u>
Child/Student	\$1.50	\$40.00	\$108.00
Adult	\$2.50	\$60.00	\$162.00
Senior	\$1.00	\$20.00	\$54.00
Family			\$270.00

Non-Resident			
	<u>Single</u>	<u>25 Visit</u>	<u>Annual</u>
Child/Student	\$2.50	\$44.00	\$132.00
Adult	\$3.50	\$66.00	\$198.00
Senior	\$1.50	\$22.00	\$66.00
Family			\$300.00

Aquatic Center Policies

All visitors must check in with the Lifeguards and sign in. Registrations must be filled out for Lap Swim and Swim Pass purchases.

Only certified USA Swim Coaches, Dive Coaches and UIL Coaches are allowed on deck to coach swimmers & divers.

AN ADULT OR GUARDIAN MUST ACCOMPANY CHILDREN UNDER THE AGE OF 12.

CHILDREN OVER THE AGE OF 5 ARE NOT ALLOWED IN OPPOSITE SEX LOCKER ROOMS.

NO GLASS CONTAINERS, ALCOHOLIC BEVERAGES, TOBACCO PRODUCTS, INFLATABLE RAFTS, BEACH BALLS, SQUIRT GUNS ALLOWED IN AQUATIC FACILITY.

Inclement Weather Policy: In the event the National Weather Service issues a tornado warning, the natatorium will close and reopen when the storm has passed.

Swim Lessons

Our Swim School program has 10 well-defined levels that represent “graduation points” to the next level in the system. We are committed to teaching the proper stroke mechanics from the very beginning. There is an emphasis on correct learning from the very first lesson. Our program coordinators will “graduate” your student at any time in the lesson as spot testing determines that they are ready for the next level. Your child will receive a certificate at the end of the session with his/her mastered skills.

Swim School Classes (*online registration)

*Mom and Me – Ages 6 mos to 2 years

*Pre-School – Ages 3 to 5

*Children – Ages 6 and Older

*Private Lessons

Special Needs - Online registration is **not** available specifically for Special Needs classes. Those with special needs are integrated into our regular programming. Please call

Aquatic Center office for information on scheduling Special Needs classes.

Adult Classes – Online registration is **not** available for adult specific classes. Private lessons are offered for all ages.

*For more details and to register, please visit our website www.cisdaquatics.com.

Competitive Programs

Stroke Team – Emphasis on developing sound fundamentals of the four competitive strokes for swimmers not ready for competition. A transition program from swim lessons to swim team.

North Texas Nadadores – USA Swim Club allowing swimmers ages 6 to 18 to participate in the sport of swimming and develop lifetime skills under the direction of professional coaches. For more information on NTN, visit their website at <http://www.ntnadadores.org>.

Southlake Stingrays - The Stingrays are a Southlake Park & Recs sponsored recreational swim team that is governed by the Texas Amateur Athletic Federation (TAAF). Our program emphasizes fun & good sportsmanship while participating in recreational competitive swimming. The practices & swim meets build confidence & team skills you swimmer will use in years to come. www.southlakestingrays.com

GC Divers – Divers achieve success through professional coaching and competitions. For more information and availability contact Krista Klein at (817)424-0878 or www.gcdivers.com.

Masters Swimming – Masters is for anyone who wants to improve their swimming and enjoy the fellowship of like-minded people. Any swimmer, regardless of ability, can have a goal, and no one’s goal is more or less worthy because it is faster or slower than someone else’s. You can sign-up online at www.damswim.com or call 214-219-2300.

Masters Times: 5:15am (M,T,W,F) 7:00am (Sat)

Thunder Water Polo – USA Water Polo Club allows players ages 6 to 18 to participate and develop skill to compete at all levels. For more information visit www.thunderpolo.com or email Coach Joe Linehan at joelinehan@earthlink.net.

Fitness Programs

Water Aerobics Classes – Cardio vascular and fitness conditioning developed through shallow and deep water running, upper body and abdominal toning using buoys, noodles, and dumbbells. Classes are taught by Diane Gill. Register at front office. Visit our website www.cisdaquatics.com for class schedules. Come and try your first class for free.

SGT H2O’s Combat Swim – Strength and cardio conditioning in a pool. Have fun and get fit! Lead by Justin Bradshaw. Visit the website www.combatswim.com for more information.

Instructional Programs

Lifeguard & CPR Classes – Classes are taught by an American Red Cross Instructor. Visit our website www.cisdaquatics.com or <http://www.northstarasi.com/lifeguard-training.html> for class schedules and times.

Scuba – For information concerning classes call Atlantis Scuba (817)421-9200 or visit their website www.atlantisscuba.com.