

# 2009 Wilbur Swimming Pool Staff

## Pool Manager

Shelby Charland

## Assistant Manager/Senior Lifeguard

Danielle Porterfield

## Lifeguards

Leha Bodeau

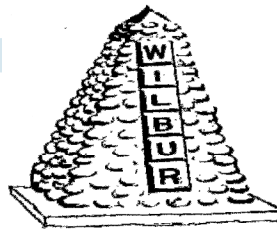
Codie Soule

Amanda Zeller

Dustin Taylor

Teri Haglin

# Wilbur Swimming Pool



Town Of Wilbur

# Hours of Operation

Daily

Monday-Saturday

1:00 p.m.-6:00 p.m.

Water Aerobics

Monday-Wednesday- Friday

6:00 p.m.- 7:00 p.m.

Lap Swim

Tuesday & Thursday

6:00 p.m.- 7:00 p.m.

# Admissions

Daily Fee ..... \$2.50

Baby Pool ..... \$1.50

# Passes

10 Day Punch Card..... \$25.00

Individual Monthly Pass ..... \$30.00

Family Monthly Pass ..... \$60.00

Individual Season Pass ..... \$75.00

Family Season Pass ..... \$150.00

# Pool Rental

2 Hours ..... \$100.00

(Includes Lifeguard Wages)

Maximum 50 People

# Swimming Lessons



Swimming Lessons .....\$25.00

Monday-Friday

Session 1 ..... June 22- July 3

Session 2 ..... July 13-24

## IPAP Infant and Preschool Aquatic Program

This is a water adjustment class for infants (6 months and older), preschoolers, and an adult. Instructors will introduce bubble blowing, underwater eye opening, gliding, flutter kicking, arm movements on front and back, and age appropriate skills.

### Level 1 Anemones

Water adjustment, moving through the water, supported float on face and back, introduction to alternating arm movement, entering and exiting water independently, and personal safety rules.

### Level 2 Sea Horses

Underwater breath holding, prone float, supine float, leveling off, introduction to deep water, back crawl and arm action, combined front stroke (5 yds.), combined stroke on back (5 yds.), turning over, and personal water safety.

### Level 3 Clown Fish

Retrieve object from bottom of pool with eyes open, jump into deep water, prone glide, supine glide, coordinate arm stroke with side breathing (10 yds.), coordinate back crawl (10yds.). Elementary back stroke, reverse directions while swimming, treading water, and personal water safety and rescue skills.

### Level 4 Angelfish

Rotary breathing, deep water bobbing, standing dive, elementary back stroke, front and back crawl (25yds.) breast stroke kick, scissor kick, basic turns, rescue breathing, and treading water with modified kicks.

### Level 5 Octopus

Alternate breathing, stride jump, forward dive from board, long shallow dive, breast stroke, side stroke, front and back crawl, open turns on front and back, spinal injury recognition, safe diving rules and feet first surface dives.

### Level 6 Shark Bait

Diving board approach and hurdle, front and back crawl, breast stroke, side stroke, butterfly, approach stroke, flip turns, speed turn and pull out, pike and tuck surface dives, and throwing rescues.