



- **Season Dates:**  
**First Day-Saturday, May 28<sup>th</sup>, 2016**  
**Last Day-Monday, September 5<sup>th</sup>, 2016**



## 2016 Swim Guide

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### **Art Dague Pool and Waterslide**

1718 Railroad Avenue  
Rifle, CO 81650  
970 665 6571 in-season  
970 665 6573 off-season  
[www.riflenco.org/recreation](http://www.riflenco.org/recreation)

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or



**Sign in or create your account to register online**

**Visit [www.rifleco.org/aquatics](http://www.rifleco.org/aquatics) for up to date information about Art Dague Pool and Waterslide**



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## Letter from the pool manager:

I am very excited for the 2016 swim season, and a number of changes that go along with it. The mission statement for our Parks and Recreation Department is: To put forth the highest level of parks, programs, facilities, and services necessary to establish Rifle as the premier recreational community on the Western Slope. This is something that I hope to epitomize with Art Dague Pool and Waterslide. To create fluid, yearly adapting schedules, to meet the continuously changing community needs, introduce new programs to expand people's opportunities, improve existing programs where possible and continue to maintain that which is already proven successful, keep an aging and loved facility functioning the best it can, and, most of all, staff that facility with the best trained, finest community members we can find, to make all of the other goals a reality.

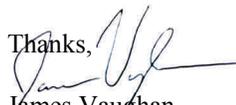
Throughout this brochure, you will find a number of new offerings, all of which cannot be detailed here. Shade structure rental, diving, inner tube water polo, training prerequisite preparation, an end of season dog day, dive-in movies, Olympic themed events, a triathlon, water aerobics offerings, SCUBA, a free swim lesson, and community first aid/CPR/AED classes are all new.

Arguably the biggest change this year will be a new timeslots for swimming lessons, 5:00pm-5:50pm, as well as Saturday mornings. This is being introduced for two reasons. First, 4:30pm-5:30pm was previously open swim time, which consistently had low usage. Second, throughout the entire summer, our 6pm swim lessons had waiting lists, as well as other lessons. Saturday morning experienced similar low usage. This change will expand our lesson offerings significantly with minimal effect on the rest of our open swim time. On a side note related to improving our lesson program, the way private lessons are to be handled on the backside will be improving this year as well, hopefully meeting the needs of people requesting those more efficiently.

Perhaps the most noticeable change this year is the fee structure. This is something that is evaluated and adjusted as needed every couple years. For 2016, we decided to combine the waterslide and open swim admissions price; subsequently all the other fees based on this benchmark, i.e. passes, family night, etc. This is because the fee was slightly low, our most prominent feature was underutilized, and slide passes negatively impacted admissions flow. Hopefully by meeting in the middle, we will be able to help with all of these aspects.

Finally, I would like to recognize the amazing staff, from last year and the coming one, who make the pool the incredible, fun, and safe place it is. If given a chance, take a moment to thank our lifeguards, office staff, aerobics instructors, swim instructors, swim coach, and assistant pool managers for the great work they do. It is their work that helps realize the mission statement of Rifle Parks and Recreation, and foster the potential of Art Dague Pool and Waterslide. We hope to continue to improve and serve the community as best we can.

Thanks,

  
James Vaughan  
Recreation Coordinator  
Aquatics and Recreation

City of Rifle

Parks & Recreation

James Vaughan  
Recreation Coordinator -  
Aquatics

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Rifle, CO 81650

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## Facility Policies

### General

- No running allowed on deck
- Shower before entering the pool
- Food must be kept behind blue railings
- Seating must all stay behind the blue railings
- No glass anywhere in facility
- No smoking of any kind
- Children under 5 years old must have an adult actively involved with them within arms reach at all times
- All swimmers are subject to a swim test that is given at an employee's discretion. Results of the swim test may restrict a swimmer from certain areas or require closer adult supervision
- Obey the lifeguards

### Diving Boards

- Only one person allowed on a diving board at a time
- Only one bounce allowed on diving board
- Lifejackets or goggles are not allowed in the deep end of the pool
- Hanging from diving boards is not allowed
- No catching people off the diving boards

### Waterslide

- Must be 42 inches tall to use the waterslide
- Goggles or flotation devices are not allowed on the waterslide
- Only one person allowed on the waterslide at a time
- Slide riders must remain feet first and face up at all times
- No catching people off the slide
- The catch pool and diving well must be exited immediately

### Thunder/Lightning Policy

No refund will be issued in the event of pool closure due to thunder or lightning, regardless of time spent swimming. Sight or sound of lightning or thunder or a strike indicator indicating lightning within 6 miles will result in a pool closure for 30 minutes from the last indication. The facility may close for the remainder of the day if indications persist for 2 hours.

### Multiple Use Passes

All passes are non-refundable and good for only the season in which they are purchased.

**Lifeguards and management reserve the right to enforce restrictions on any activity or behavior they deem unsafe, intrusive, or detrimental to people or the facility.**



**Open Swim**

Fees- Ages 0-2 Free; 3-59 \$6.00; 60+ \$3.00

Description- Open to all public, diving board open for use; however, may be limited for other programs overlapping open swim, e.g. junior lifeguarding. Everyone entering the facility, regardless of intent to swim or not, must pay admission.

**Family Swim**

Fee- \$3.00

Description- Come with your family to enjoy the end of the day at a discounted rate. Everyone entering the facility, regardless of intent to swim or not, must pay admission.

**Lap Swim**

Fee- \$3.00

Description- Four lap lanes available. No age limit; however, participants must continuously swim without stopping in the middle and impeding other swimmers.

**Water Aerobics Class**

Fee- \$4.00

Description- Varied aerobic workouts geared towards flexibility, mobility, and conditioning. See next page for more details.

**Multiple Use Passes**

All multiple use passes are non-refundable. In the event of the facility reaching maximum capacity, possessing a pass does not guarantee entry. A pass grants admission to the designated activity for a full day.

Open Swim 20 Day Pass - \$100

Senior Open Swim 20 Day Pass - \$45

Family Night 20 Day Pass - \$45

Lap Swim 20 Day Pass - \$45

Aerobic Swim 20 Day Pass - \$60

**Note: For all purposes, the pool capacity is 225. If capacity is reached, no one will be permitted to enter until someone else leaves, regardless of the programming.**

## Admissions

### Water Aerobics Schedule

Day	Monday*	Tuesday	Wednesday	Thursday	Friday	Saturday*
Aqua-Flex	6:25am-7:25am		6:25am-7:25am			
Power Wave		6:25am-7:25am		6:25am-7:25am		
Deep Water				11:30am-12:30pm		11:30am-12:30pm

Aerobics begins June 4<sup>th</sup> and goes until August 11<sup>th</sup>

\*No class will be held on July 4<sup>th</sup> or 16<sup>th</sup>

#### Aqua-Flex

Varied low-tempo workouts designed to improve flexibility, mobilize joints, and tone.

#### Power Wave

Varied high intensity workouts geared towards strength and cardio.



#### Deep Water

Use equipment to keep yourself afloat as you perform moves and exercises that fit into a well-rounded workout.

### Showers

Fee- \$2.00

Description- In the area for a different activity, like climbing in Rifle Mountain Park? Stop by the pool and you can use just our locker rooms at a low cost.



### Concessions

Fees- Varies based on product

Description- We offer a variety of snacks, candy, and ice cream from our concessions window. Beverages are sold from a vending machine next to our concessions window, and there is a water fountain on deck. You are welcome to bring your own provisions, just remember, no glass please.



### Swim Diapers

Fee- \$2.00/diaper

Description- Forget to bring your child's swim diaper? We have them at our admissions window for sale at a per diaper rate. Size availability is always pending inventory. We ask all children 2 years of age and under wear a swim diaper, as well as those 3 years of age and older who are not potty trained. No refunds are available for swim diapers.

### Locks

Fee- \$12.00/lock

Description- Master Lock brand combination locks are available for purchase at the admissions window. No refunds are available for combination locks.



## Groups

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### Group Rates

Discounted group rates may be available during open swim times. To be eligible for the group rate, a reservation must be made at least 1 week in advance, and there must be 20 or more people in the group. Stop in or call to make a reservation. Groups over 120 must make a private rental reservation.

Fee- \$4.25 per person

### Private Pool Rentals

Dates, Days, and Times Available- May 28<sup>th</sup>-August 14<sup>th</sup>

Tuesdays 7:00pm-9:00pm / Saturdays 6:00pm-8:00pm / Sundays 8:30am-10:30am

Pricing-

<b>Number of People</b>	<b>Pool and Slide</b>	<b>Pool Only</b>
1-25	\$200	\$100
26-50	\$250	\$125
51-100	\$300	\$150
100-225	\$300 + \$3/person over 100	\$150 + \$1.50/person over 100
<b>Extra lifeguard</b>	<b>\$20</b>	<b>\$20</b>

- At the time of reservation, extra lifeguards will be required pending the recreation coordinator's assessment of activities taking place during the rental.
- A \$100 deposit is due at the time of reservation, and cancellation within 14 days of scheduled reservation results in forfeiture of this deposit.
- Inclement weather during the reservation may result in pro-rating or refund of the entire fee, if reservation is ended early or unable to occur.

### Open Swim - Shade Structure Rental

Dates- May 28<sup>th</sup>-August 14<sup>th</sup>

Timeslots Available- 12:30pm-2:30pm Sunday-Saturday

Pricing-\$25/hr. + Group Rate Admissions

The north, blue shade structure on the deck is available to reserve for private use. This space is ideal for birthday parties or family reunions during the day. A picnic table, 4 tables, and 6 lounge chairs provide seating for up to 28 people with space for up to 50. Reservations must begin at 12:30pm but may end anytime thereafter, not to exceed 2 hours.

## Activities

### Discovery Activities

Fee- \$10/day

Dates- Saturdays; June 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>, July 2<sup>nd</sup>, 9<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup>

Times- 10:30am-11:30am

Ages- 5+ and comfortable in the water

Registration- Sign up prior online or at the pool or drop in any day of to participate

Description- On Saturdays, join us to try out a new aquatics program! The activities vary, with the intention of introducing the community to different activities to have fun and see what people find interesting. These activities are open to all age groups of any ability level. This year's offerings will be:

#### Inner Tube Water Polo

June 4<sup>th</sup>, June 11<sup>th</sup>  
Fun for the whole family playing water polo while floating on top of inner tubes

#### Synchronized Swimming

June 18<sup>th</sup>, June 25<sup>th</sup>  
Bring a nose plug and get a taste of the skills involved for synchronized swimming

#### Diving

July 2<sup>nd</sup>, July 9<sup>th</sup>  
An introduction to what competitive diving is and some fundamentals of the sport

#### Athlete Aqua Jogging

July 23<sup>rd</sup>, July 30<sup>th</sup>  
Designed as an interval aqua jogging program for runners etc., who are looking for a no impact aerobic exercise.



### PADI Discover SCUBA Diving Provided by Joe's SCUBA Shack

Fee- \$50/Session

Dates- 3 Separate Sessions: Saturdays; June 11<sup>th</sup>, July 9<sup>th</sup>, August 6<sup>th</sup>

Times- 7:30am-9:30am

Ages- 8+ and be comfortable in the water

Registration- Sign up online or in-person at any location

Registration Deadlines-

Session 1-June 3<sup>rd</sup> / Session 2-July 1<sup>st</sup> / Session 3-July 29<sup>th</sup>

Description- A certified dive leader describes the equipment basics, and then leads participants through the Discover Scuba program. Participants don the gear and experience the world of diving, 4-6 at a time, always under direct supervision. You will learn a few basic skills such as clearing a regulator and mask and how to inflate and deflate your BCD (buoyancy compensator device). Come join us to experience the underwater world. We will provide masks, fins, snorkels and all scuba gear (and maybe a toy or two). With a few tips, even novices will feel comfortable. Bring your own snorkel gear if you wish.



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### Dive-In Movie Nights

Fee- \$6 Description- Join us on these Friday nights after the sun goes down for an extended family swim for a fun, family, underwater themed movie. All times are subject to change.

June 17<sup>th</sup>  
8:45pm--11:09pm  
Pirate Movie Night  
Hook



June 24<sup>th</sup>  
8:45pm-10:15pm  
The Spongebob  
Squarepants Movie



July 15<sup>th</sup>  
8:45pm-10:32pm  
Finding Nemo



8:45pm-10:49pm  
Jaws  
\*parental consent form  
required for children  
under 13\*



### Annual Events

#### Pirate and Mermaid Party



Fee- \$8  
Date- June 17<sup>th</sup>  
Time- 9:30am-11:30am  
Description- Aarrgg. Put on your best pool friendly pirate/mermaid costume and let's get together for some pirate fun!

Refreshments, games, and crafts provided. We've found an old map and believe that there's hidden treasure at the Art Dague Pool. Make sure that you can get wet in case you fall off the boat.



#### Dog Day

In partnership with Rifle Animal Shelter!  
Fee- None! Suggested donation of \$5  
Date- September 9<sup>th</sup>  
Time- 2:30pm-6:30pm  
Description- Bring your dog along to the pool at this end of season event. Let them splash around, play fetch, and enjoy the water before we close it for the season. There will also be a "Flying Dog" competition. No humans will be allowed in the water. Fee is charged per dog.

#### Chalk it UP!

Fee- None!  
Date- June 22<sup>nd</sup>  
Description- Come by the pool or Civic Plaza and show us your artistic ability. Chalk and supplies will be provided.

#### Independence Day Parade

Fee- None!  
Date- July 4<sup>th</sup>  
Description- Join Rifle Recreation and our lifeguards in celebrating Independence Day with a parade, fun games at Heinze Park, and even a water balloon fight! Check back later for more event details such as times.



*We are looking for additional sponsors. Contact James Vaughan at 970-665-6573 or [jvaughan@rifleco.org](mailto:jvaughan@rifleco.org) for more information!*

## Competitive Swimming

### Swim Team

Fee- \$100 for practices; \$200 for practices and meets

Dates- June 6<sup>th</sup>-July 29<sup>th</sup>

Times- Monday-Friday 7:30am-8:30am

Preseason and postseason practices are available

Ages- 5-18

Prerequisites- Inquire at location, we are looking to build the team!

Description- This 5 practice per week swim team focuses on building all the aspects for a foundation of a competitive swimmer. Swim meet times, dates, and locations are to be determined.



### Rifle Triathlon

Fee- \$50 Individual / \$90 Team

Date- Saturday July 23<sup>rd</sup>, 2016

Time- 7:00am Check-In opens/9:00am Race starts

Registration- Sign up online from April 11<sup>th</sup> to June 24<sup>th</sup> and get a t-shirt. Sign ups will be allowed after that up to July 8<sup>th</sup>. Day of registration will also be available at a fee of \$60 individual or \$110 for a team.



Description- Get ready for the brand new Rifle Triathlon! The Rifle Triathlon is a super sprint triathlon based out of Metro Park that will encompass the entire northeast quadrant of Rifle. The 450 yard swim will take place with heated timing at Art Dague Pool and Waterslide. After splashing out of the water, racers will mount bicycles and embark on a 10.2 kilometer journey along Rifle Creek Trail, up around Deerfield Park, along the eastern city limits, then back to Whiteriver Ave., en route back to Metro Park. After hurriedly stowing bikes, racers will then set out to summit a foreboding 16<sup>th</sup> St. hill along their 2.5 kilometer run, rounding out back to Whiteriver Ave., and taking everyone back to the start at Metro Park. This epic competition of human endurance will end with a collective celebration in the park, where awards and prizes will be given.

More information is available on the website, or call 970-665-6570.

The Rifle Triathlon is made possible by the following sponsor:



*We are looking for additional sponsors. Contact James Vaughan at 970-665-6573 or [jvaughan@rifleco.org](mailto:jvaughan@rifleco.org) for more information!*

## Summer Olympics 2016 - Rio De Janeiro

The 2016 Summer Olympics will be taking place August 5<sup>th</sup> to 21<sup>st</sup>, 2016 in Rio de Janeiro, Brazil. Swimming events will take place from August 6<sup>th</sup> to 13<sup>th</sup>. Get in the spirit by participating in our Rifle Olympics swimming programs.

### The Gold Medal Plan

Participate in The Gold Medal Plan, developed by Bob Bowman and Joel Stager that was published in Men's Journal in January 2005. These workouts will be posted each Monday, Wednesday, and Friday at the pool, designed to take you from swimming 500 yards in a workout all the way up to 3500. Check the website at [www.rifleco.org/aquatics](http://www.rifleco.org/aquatics) for a link to the complete article.

### Olympian Workout

A single sample workout designed (with modified intervals) for an Olympian will be posted at the pool and online, which details a 9,500 yard workout. See how long it takes you to complete this burner. Take your time, you have all season. Track your progress on sheets at the pool, and if you complete the challenge, turn it in, there are prizes (pending availability)!

### Pool Records

See how you stack up against your community, the Art Dague staff, and the Rifle swim team. Posted online and on the pool deck will be fastest time records in many of the events that will be seen in the coming Olympics. Alongside these times will also be times needed to qualify for the Olympic Team Trials that take place from June 26th to July 3<sup>rd</sup>, 2016. Also on the record board will be world records, so you can compare to the fastest swimmers in the world! Anytime during a designated lap swim time, you can ask a staff member to time you swimming a certain event.

### Community Swim Meet

Fee- \$20  
 Date- August 13<sup>th</sup>  
 Time- 7:30am-11:30am  
 Description- A swim meet open to all ages and abilities. Come down to the pool this Saturday morning with the whole family and friends and have a fun time swimming races with the rest of the community. Entry fee will allow you to compete in as many events as desired. Events with only 1 participant will be cancelled. Due to the depth of the pool, no diving to start will be allowed, so all events will start from in the water. Prizes will be awarded in an assortment of categories. Following the meet a barbeque will be provided, courtesy of our sponsors. The events will be (we can help form relay teams!):

100 Medley Relay	50 Free	200 Free Relay	100 Breast
200 Medley Relay	"Diving"	500 Free	400 Free Relay
200 Free	50 Fly	50 Back	100 Free Relay
200 IM	100 Fly	100 Back	
25 Free	100 Free	50 Breast	



The Rifle Community Swim Meet is made possible by:



Walker Electric, Inc.

(970) 625-5192



## Training Opportunities

### Lifeguard Training

Fee - \$150; No charge if hired with Art Dague Pool and Waterslide

Dates- May 6<sup>th</sup>, 7<sup>th</sup>, 13<sup>th</sup>, 14<sup>th</sup> (Must attend all dates and times for successful completion)

Times- 9am-7pm

Ages- 15+

Prerequisites-

- Swim continuously 300 yards using a combination of front crawl and breaststroke while demonstrating rhythmic breathing.
- Tread water without using arms or hands for 2 minutes
- Swim 20 yards, retrieve a 10 pound brick from the diving well, return to the surface with two hands on the brick and face out of the water, swim 20 yards back to the start point, place the brick on the deck and exit the water using the wall. Time limit for the brick test is 1 minute 40 seconds.
- All prerequisites will be tested during the first class.

Description- American Red Cross Lifeguarding course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize, and respond to aquatic emergencies and to provide professional level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services personnel take over. Certification in Lifeguarding/First Aid/CPR/AED with waterpark module will be issued upon successful completion. Job opportunities are available.



### Training Prerequisite Preparation - Lifeguard

Fee-\$20 -Reimbursed if hired with City as lifeguard

Dates- April 25<sup>th</sup>, 27<sup>th</sup>, 29<sup>th</sup>, May 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup>

Times- 4:30pm-5:30pm

Prerequisites- None

Description- Not sure if you can meet the prerequisites for Lifeguard Training? Come into these evening preparation sessions and be helped by instructor level staff in how to swim distance, tread, and retrieve a brick. Participation in Training Prerequisite Preparation does not guarantee successful completion of Lifeguard Training Prerequisites or Lifeguard Training.

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### **Water Safety Instructor Training**

Fee- \$100 —Checks must be made out to Grand Valley Recreation Center

Dates– May 31<sup>st</sup>-June 3<sup>rd</sup> (Must attend all dates and times for successful completion)

Times- 10:00am-3:00am

Location- Grand Valley Recreation Center (31<sup>st</sup>-2<sup>nd</sup>) and Art Dague Pool and

Waterslide (3<sup>rd</sup>)

Ages- 16+

Prerequisites-

- Able to swim front crawl, back crawl, elementary backstroke, sidestroke, breaststroke, and butterfly to Level 4 proficiency
- Able to tread water and back float for 1 minute each

Description- This class teaches you how to become a swim lesson instructor in accordance with the American Red Cross Learn-to-Swim program. Job opportunities are available.



### **Training Prerequisite Preparation - Water Safety Instructor**

Fee- \$25 -Reimbursed if hired with City as WSI

Dates– May 16<sup>th</sup>, 18<sup>th</sup>, 20<sup>th</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 27<sup>th</sup>, 30<sup>th</sup>

Times– 4:30pm-5:30pm

Prerequisites– None

Description– Not sure if you can meet the prerequisites for Water Safety Instructor Training? Come into these evening preparation sessions and be helped by instructor level staff in how to properly swim all the strokes. Participation in Training Prerequisite Preparation does not guarantee successful completion of Water Safety Instructor Training Prerequisites or Water Safety Instructor Training.

## Training Opportunities

### **American Red Cross Adult and Pediatric First Aid/CPR/AED**

Fee- \$110

Dates- 2 Separate Sessions: Saturdays; June 18<sup>th</sup>, August 13<sup>th</sup>

Times- 2:30pm-5:30pm

Location- Parks Maintenance Facility; 3100 Dokes Lane

Registration- Register online or in-person by: Session 1-May 27<sup>th</sup> / Session 2-July 22<sup>nd</sup>

Description- This class will be partially completed online. All online content must be completed prior to the session date. Certify for a job, your community, or your loved ones. Take a few hours to give yourself the tools to increase your readiness to assist in an emergency situation.



### **Junior Lifeguard Training**

Fee- \$75

Dates- June 6<sup>th</sup> to July 27<sup>th</sup> (No class July 4<sup>th</sup>)

Times- Monday and Wednesdays from 2:30pm-4:30pm at Art Dague Pool and Waterslide

Ages- 11-14

Prerequisites-

- Swim the front crawl for 25 yards continuously while breathing to the front or side.
- Swim the breaststroke for 25 yards using a pull, breathe, kick and glide sequence.
- Tread water for 1 minute using arms and legs.
- Show a level of comfort on the back by floating on the back for 30 seconds or swimming on the back for 25 yards using the elementary backstroke or back crawl.
- Submerge and swim a distance of 10 feet under water.

Description- Not old enough to be a lifeguard? American Red Cross Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. The Junior Lifeguarding course does not certify participants in first aid, CPR or AED or as a lifeguard. Volunteer opportunities are available.

### **Water Safety Instructor Aide Training**

Fee- \$20

Dates- June 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>

Times- 8:30am-10:30am

Ages- 10-15

Prerequisites-

- Level 3 swimming skills or greater.

Description- Not old enough to be a water safety instructor? Learn how to be an instructor aide to help a water safety instructor teach swim lessons. Learn about teaching techniques, our swim lesson structure, and what an aide does during volunteer times.

Get a head start on becoming a water safety instructor. Volunteer opportunities are available.

**Job Opportunities**

**Pool Office Personnel**

Application Deadline- May 20<sup>th</sup>  
Description- Responsible for various office duties, including admissions, registrations, concessions, and facility upkeep.  
Hours Available- Sunday-Saturday  
5:00am-9:30pm  
Pay Range- \$9.00-11.00/hr.

**Lifeguard**

Application Deadline- May 14<sup>th</sup>  
Description- Certified American Red Cross Lifeguard responsible for patron safety and facility upkeep.  
Hours Available- Sunday-Saturday  
5:00am-9:30pm  
Pay Range- \$9.50-\$11.50/hr.

**Water Safety Instructor**

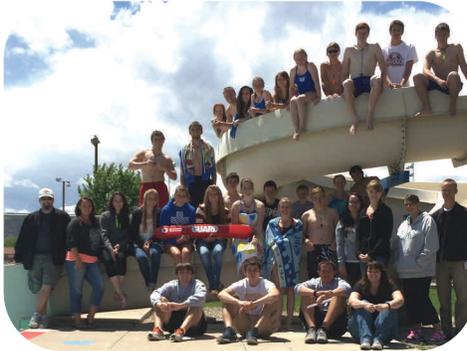
Application Deadline- June 3<sup>rd</sup>  
Description- Certified American Red Cross Water Safety Instructor responsible for teaching swim lessons.  
Hours Available- Monday-Friday  
8:00am-7:00pm  
Pay Range- \$10-12.00/hr.

**Swim Coach**

Application Deadline- May 30<sup>th</sup>  
Description- Coach the youth swim team, at Art Dague Pool and Slide.  
Hours Available- Monday-Thursday  
7:30am-8:30am, Friday 6:30am-8:30am,  
and Saturday 10:30am-11:30am;  
June 5<sup>th</sup>-August 6<sup>th</sup>  
Pay Range- \$11-13.50/hr.

**Assistant Pool Manager**

Application Deadline- May 2<sup>nd</sup>  
Description- Responsible for overseeing lifeguards, water safety instructors, water aerobics instructors, office personnel, and swim coaches at Art Dague Pool and Slide.  
Hours Available- Sunday-Saturday  
5:00am-9:30pm  
Pay Range- \$13-16/hr.



Stop into City Hall to pick up an application or apply online at rifleco.org

**Volunteer Opportunities**

**Junior Lifeguards**

Ages- 11-14  
Description- Perform assorted duties at Art Dague Pool and Slide, such as cleaning, assisting with training, and assisting with pool operation. Must be active in, or have already passed, a Junior Lifeguarding program. Earn free admission for volunteering.  
Hours Available- Various at-will drop in times available.

**Water Safety Instructor Aides**

Ages- 11-15  
Description- Assist with instructing swim lessons at Art Dague Pool and Slide by assisting with setup and teardown of lessons and demonstrations and coaching during lessons. Earn free admission for volunteering.  
Hours Available- Monday-Friday 8:00am-11:30am, 5:00pm-7:00pm Must commit to a full session at a time, i.e. two weeks.

## Swim Lesson Policies

### Group Swim Lessons

Fee- \$35

- Refunds and pro-rates cannot be authorized after the third day of lessons has begun. If you have any questions regarding this please seek a manager.

Dates & Times– See pages 16-17

Registration Dates– April 11<sup>th</sup> to the Friday before each session's start date.

- A late fee of \$5 will be assessed if registering after the registration deadline.
- In person registrations are available at the pool or the recreation department. Online registration is available at [www.riflco.org](http://www.riflco.org)

Descriptions & Prerequisites– See pages 14-15

- All weekday classes are 50 minutes long, except Parent-Tot, which is 25 minutes long.
- If you are unsure what level to sign up for, call 970-665-6571 to schedule a free swim assessment prior to the first day of the session. The swim assessment takes around 10-15 minutes. Bring a suit and goggles to the assessment.
- Instructors reserve the authority to move your child into another level, other than the one signed up for, based on skill level.
- Based on the instructor's assessment, if a participant needs to be moved due to inadequate skill level, and the other class to be moved to is full, the participant may be asked to move into a different time slot that may accommodate this change, or withdraw from the session.

### Saturday Lessons

Can't make those weekday lessons work with your schedule? We are happy to introduce lessons that take place on Saturday mornings. These will meet once a week, so the session lasts all season long, for a total of 8 classes, each 1 hour long.

### Swim Lesson FAQ's

**Drop off and pick up:** Your child can wait outside the main gates until five minutes before their session starts. They will be let in and will need to take a shower before reporting to their assigned classes. After 50 minutes, the class will end and they will exit through the gate directly underneath the slide. We have them exit through that gate so the transition between each time slot is smooth.

**Showers:** It is important that a shower is taken each day before entering the pool so we can maintain a clean facility. If a shower is to be taken after a lesson, please communicate that need with your instructor.

**Parent Day:** During swim lessons, parents may watch from behind the fence in the park. Adults and children not taking swim lessons may not remain in the pool area. The final day of each session parents are invited poolside to watch the final day of lessons.

**Weather:** If lessons are canceled due to weather we will use the Friday of the second week to make up the missed lesson. If you have any concerns about rain vs. lightning you can contact our office at 665-6571. Cancellations will be communicated via Twitter, Facebook, and Rained Out.



**Refer-A-Friend**

Refer another family to enroll in 2016 swim lessons that has not taken swim lessons before or hasn't taken them within the last 3 years (since before 2013) and receive: \$10 for 1 family, \$20 for 2 families, or \$35 for 3 families. These funds will be credited to your account for use on other Rifle Recreation programs.

Family already enrolled: \_\_\_\_\_

Member of family: \_\_\_\_\_

Family being referred: \_\_\_\_\_

Members of family: \_\_\_\_\_

*Qualifying Conditions*

- A family is determined by household. A credit will be issued on a per family basis, regardless of the number of participants in a family.
- The family being referred may not have had any member of their household enrolled in swim lessons in the past 3 years.
- Credit for a referral may be issued to any 1 person in a household.
- The family that has referred the friend must currently be enrolled in a swim lesson session.
- A new customer must enroll in at least 1 full session.
- Credit will be awarded following the conclusion of the referred participant's first session.
- Withdrawal by either party will cancel any scheduled credits.
- The credit may scale and be awarded based on multiple references, but may not exceed \$35.
- Refer-A-Friend qualifies only for enrollment in the Rifle Recreation Learn-to-Swim program, which includes the swim lessons: Parent-Tot, Preschool 1, Preschool 2, Level 1, Level 2, Level 3, Level 4, Level 5, Level 6, and Adult.
- Credits have no cash value and may only be used on qualifying Rifle Recreation programs. Inquire at the recreation office as to exact programs that qualify.

## Private Lessons



### Private Lessons

Private and semi-private (two people) lessons are available. Please fill out a private lesson interest form at the pool or online to get on the wait list. Private lesson availability varies based on instructor availability. Instructors will contact you if they have a time that is mutually agreed upon. **Interest submittal does not guarantee fulfillment.** Fee- \$25 per half hour

#### Private Lesson Interest Form

Time Preferences (Check if preferred and list more detailed times if desired)

- Monday Mornings \_\_\_\_\_
- Monday Afternoons \_\_\_\_\_
- Tuesday Mornings \_\_\_\_\_
- Tuesday Afternoons \_\_\_\_\_
- Wednesday Mornings \_\_\_\_\_
- Wednesday Afternoons \_\_\_\_\_
- Thursday Mornings \_\_\_\_\_
- Thursday Afternoons \_\_\_\_\_
- Friday Mornings \_\_\_\_\_
- Friday Afternoons \_\_\_\_\_
- Saturday Mornings \_\_\_\_\_
- Saturday Afternoons \_\_\_\_\_
- Sunday Mornings \_\_\_\_\_
- Sunday Afternoons \_\_\_\_\_

Recurring? Y / N

How many lessons would you like? \_\_\_\_\_

Do you have an instructor preference? Y / N

If so, who? \_\_\_\_\_

Would you be willing to use a different instructor if the requested is unavailable? Y / N

Participant's Name: \_\_\_\_\_

Participant's Age: \_\_\_\_\_

Approximate LTS Skill Level: \_\_\_\_\_ (See descriptions on p. 20-21)

Please circle here skills that are currently known, and star the ones that want to be worked on:	Comfortable in water	Back crawl
	Back float	Breaststroke
	Front float	Sidestroke
	Submerging	Butterfly
	Front crawl	Comfortable in deep water
	Elementary backstroke	Diving

Other: \_\_\_\_\_

Contact's Name: \_\_\_\_\_

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Contact Phone Number: \_\_\_\_\_



**World's Largest Swim Lesson**

Fee- Free!

Date- Friday, June 24<sup>th</sup>, 2016

Time- 10:30am-11am

Description- Join us for a free swim lesson on June 24<sup>th</sup> as part of the international world record attempt! This is your opportunity to be a part of a Guinness World Record and enjoy a swimming lesson at the same time! Last year, 22 countries and over 38,000 participants helped support the global effort to spread the word that *Swimming Lessons Save Lives!*

**Red Cross Learn-to-Swim App**

Be sure to download the free app to help keep your swimmer motivated, while providing the latest in water safety guidance to help ensure safety in, on, and around the water.

Features include:

- Reward and share your swimmer's achievements as they earn badges for mastering skills
- Keep track of the skills and water safety topics your swimmer will learn in each Learn-to-Swim level with videos and detailed charts
- Ensure your swimmer understands and retains the water safety tips they learn with the games and videos in the special section just for kids
- Do fun activities with your swimmer
- Learn how to keep your family safe in a variety of environments, such as home pools, rivers, lakes and oceans

American Red Cross  
**Swim App**  
Get more out of your swim lessons



## Swim Lesson Descriptions

### **Parent-Tot—Water Introduction**

Length- 25 minutes Ages- 6 months-2 years

Prerequisites- None

Focus- This class is intended to develop a high comfort level in and around water and a readiness to swim. It is designed for parents to be a part of the learning process, teaching the child introductory skills in the water as well as teaching the parent proper techniques to help orient their child.

---

### **Preschool 1—Water Introduction and Exploration**

Length- 50 minutes (last 10 minutes are supervised independent practice)

Ages 3-4 years old

Prerequisites- None

Focus- This class provides an opportunity for water adjustment and swimming readiness skills.

---

### **Preschool 2—Water Exploration and Primary Skills**

Length- 50 minutes (last 10 minutes are supervised independent practice)

Ages- 3-4 years old

Prerequisites- Be able to fully submerge independently and be able to perform front and back floats.

Focus- This class introduces rolling over, adding in arms and kicks on front and back.

---

### **Level 1—Water Exploration**

Length- 50 minutes (last 10 minutes are supervised independent practice)

Ages- 5-17

Prerequisites- None

Focus- This class will orient participants to the aquatic environment and teach them elementary skills, such as floats, glides, and strokes with assistance.

---

### **Level 2—Primary Skills**

Length- 50 minutes (last 10 minutes are supervised independent practice)

Ages- 5-17

Prerequisites: Ability to perform unsupported front and back glide with kick with fully submerged face.

Focus- This class introduces front crawl, swimming on the back, and deep water.

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### **Level 3—Stroke Readiness**

Length- 50 minutes Ages- 5-17

Prerequisites- Be able to swim half the length of the pool with front crawl and rolls. Be able to swim half the length of the pool with elementary backstroke.

Focus- This class continues to work on breath control and introduces breaststroke, backstroke, deep water proficiency, and introduces a number of different kicks.

---

### **Level 4—Stroke Development**

Length- 50 minutes Ages- 5-17

Prerequisites- Be able to swim 15 yards front crawl with rotary breathing. Be able to swim 25 yards elementary backstroke. Be able to do the whip kick.

Focus- This class refines the front crawl and back crawl, while adding in and working on all the components of breaststroke and sidestroke. This class introduces butterfly, dives, surface dives, and open turns.

---

### **Stroke 5—Stroke Refinement**

Length- 50 minutes Ages- 5-17

Prerequisites- Be able to swim 25 yards of the following strokes: Front crawl, back crawl, elementary backstroke, and breaststroke.

Focus- This class will refine the front crawl, back crawl, breaststroke, and butterfly while adding increased distances. Flip turns will be introduced and open turns refined. Deep water proficiency such as dives, surface dives, and treading will also be focused on.

---

### **Level 6—Swimming and Skill Proficiency**

Length- 50 minutes Ages- 5-17

Prerequisites- Be able to swim 50 yards of the following strokes: Front crawl, back crawl, elementary backstroke, breaststroke, and sidestroke. Be able to swim 25 yards butterfly. All strokes must demonstrate proper breathing and turns. Be able to tread water for 5 minutes.

Focus- This class will build endurance and refinement on the six strokes. This class will also introduce dives from the diving board as well as some advanced water safety techniques.

---

### **Adult—Water Proficiency**

Length- 50 minutes (last 10 minutes are supervised independent practice)

Ages- 16 and older

Prerequisites- None

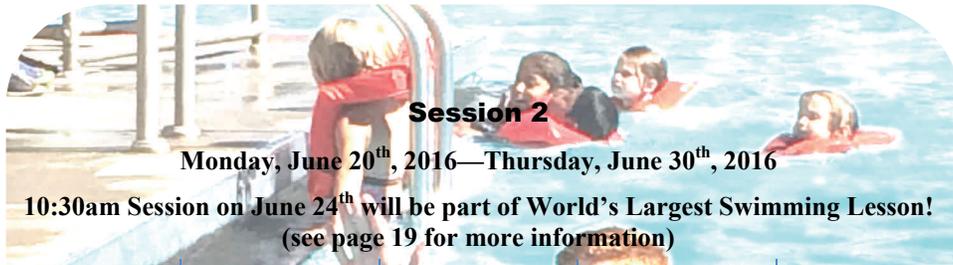
Focus- This class is tailored to individual needs and will provide instruction on skills similar to those found in the levels.

## Swim Lesson Schedules



**Session 1**  
Monday, June 6<sup>th</sup>, 2016—Thursday, June 16<sup>th</sup>, 2016

830am-920am	930am-1020am	1030am-1120am	5pm-550pm	6pm-650pm
Preschool 1	Preschool 2	Preschool 1	Preschool 1	Preschool 2
Level 1	Level 1	Level 1	Level 1	Level 1
Level 2	Level 2	Level 2	Level 2	Level 2
Level 3	Level 3	Level 3	Level 3	Level 3
Level 4	Level 4		Adult	Parent-Tot(6:00)
Level 6	Level 5			Parent-Tot(6:30)



**Session 2**  
Monday, June 20<sup>th</sup>, 2016—Thursday, June 30<sup>th</sup>, 2016

**10:30am Session on June 24<sup>th</sup> will be part of World's Largest Swimming Lesson!  
(see page 19 for more information)**

830am-920am	930am-1020am	1030am-1120am	5pm-550pm	6pm-650pm
Preschool 1	Preschool 2	Preschool 1	Preschool 2	Preschool 1
Level 1	Level 1	Level 1	Level 1	Level 1
Level 2	Level 2	Level 2	Level 2	Level 2
Level 3	Level 3	Level 3	Level 3	Level 3
Level 4	Level 4	Level 4	Level 4	Level 5
Level 5	Level 6	Parent-Tot(10:30)		
		Parent-Tot(11:00)		

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### Session 3

**Tuesday, July 5<sup>th</sup>, 2016—Friday, July 15<sup>th</sup>, 2016**

830am-920am	930am-1020am	1030am-1120am	5pm-550pm	6pm-650pm
Preschool 1	Preschool 2	Preschool 1	Preschool 1	Preschool 2
Level 1	Level 1	Level 1	Level 1	Level 1
Level 2	Level 2	Level 2	Level 2	Level 2
Level 3	Level 3	Level 3	Level 3	Level 3
Level 4	Level 4		Parent-Tot(5:00)	Level 4
Level 6	Level 5		Parent-Tot(5:30)	Adult

### Session 4

**Monday, July 18<sup>th</sup>, 2016—Thursday, July 28<sup>th</sup>, 2016**

830am-920am	930am-1020am	1030am-1120am	5pm-550pm	6pm-650pm
Preschool 2	Preschool 1	Preschool 1	Preschool 2	Preschool 1
Level 1	Level 1	Level 1	Level 1	Level 1
Level 2	Level 2	Level 2	Level 2	Level 2
Level 3	Level 3	Level 3	Level 3	Level 3
Level 4	Level 4	Level 4	Level 5	Level 4
Level 5	Parent-Tot(9:30)	Level 6		Level 6
	Parent-Tot(10:00)			

### Saturday Session

**Saturday, June 4<sup>th</sup>, 2016—Saturday, August 6<sup>th</sup>, 2016**

**No class Saturday, July 2<sup>nd</sup> and 23<sup>rd</sup>, 2016**

930am-1030am

Preschool 1

Level 1

Level 2

## Pool Schedules

### Saturday, May 28<sup>th</sup>, 2016—Friday, June 3<sup>rd</sup>, 2016

Day	Morning Open Swim	Noon Lap Swim	Afternoon Open Swim	Family Swim
Saturday	8:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	
Sunday		11:30am-12:30pm	12:30pm-6pm	
Monday	7:30am-11:30am	11:30am-12:30pm	12:30pm-6pm	7pm-9pm
Tuesday	7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	
Wednesday	7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	7pm-9pm
Thursday	7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	7pm-9pm
Friday	7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	7pm-9pm

All times are subject to change. Stay up to date by calling, visiting our website, or subscribing to any of our update sources.

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### Saturday, June 4<sup>th</sup>, 2016—Saturday, July 30<sup>th</sup>, 2016

Day	Morning Lap Swim	Aerobics Class	Swim Team	Morning Swim Lessons	Activity	Noon Lap Swim	Afternoon Open Swim	Evening Swim Lessons	Family Swim
Monday		6:25am-7:25am	7:30am-8:30am	8:30am-11:30am		11:30am-12:30pm	12:30pm-4:30pm	5pm-7pm	7pm-9pm
Tuesday		6:25am-7:25am	7:30am-8:30am	8:30am-11:30am		11:30am-12:30pm	12:30pm-4:30pm	5pm-7pm	
Wednesday		6:25am-7:25am	7:30am-8:30am	8:30am-11:30am		11:30am-12:30pm	12:30pm-4:30pm	5pm-7pm	7pm-9pm
Thursday		6:25am-7:25am 11:30am-12:30pm ****	7:30am-8:30am	8:30am-11:30am		11:30am-12:30pm	12:30pm-4:30pm	5pm-7pm	7pm-9pm
Friday	630am-730am***		7:30am-8:30am	8:30am-11:30am*	8:45pm-End of movie**	11:30am-12:30pm	12:30pm-4:30pm	5pm-7pm*	7pm-9pm**
Saturday		11:30am-12:30pm****		9:30am-10:30am	10:30am-11:30am	11:30am-12:30pm****	12:30pm-6pm		
Sunday						11:30am-12:30pm	12:30pm-6pm		

\*Every other Friday

\*\*June 17<sup>th</sup>, 24<sup>th</sup>, July 15<sup>th</sup> family swim ends at 8:30pm for setup for dive-in movies. See times on for dive in movies on page 5.

\*\*\*No morning lap swim on July 1<sup>st</sup> or 29<sup>th</sup> due to swim meets

\*\*\*\*No water aerobics on July 4<sup>th</sup> or July 16<sup>th</sup>

\*\*\*\*\*July 16<sup>th</sup>, all activities before 12:30pm are cancelled due to the Rifle Triathlon. See page 10 for more details.

July 4<sup>th</sup> holiday hours: 7:30am-11:30am open swim, 11:30am-12:30pm lap swim, 12:30pm-4:30pm open swim

All times are subject to change. Stay up to date by calling, visiting our website, or subscribing to any of our update sources.

## Pool Schedules

### Sunday, July 31<sup>st</sup>, 2016—Sunday, August 14<sup>th</sup>, 2016

Day	Morning Lap Swim	Aerobics Class	Morning Open Swim	Noon Lap Swim	Afternoon Open Swim	Family Swim
Sunday				11:30am-12:30pm	12:30pm-6pm	
Monday		6:25am-7:25am	7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	7pm-9pm
Tuesday		6:25am-7:25am	7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	
Wednesday		6:25am-7:25am	7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	7pm-9pm
Thursday		6:25am-7:25am 11:30am-12:30pm	7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	7pm-9pm
Friday	6:30am-7:30am		7:30am-11:30am	11:30am-12:30pm	12:30pm-7pm	7pm-9pm**
Saturday		11:30am-12:30pm*		11:30am-12:30pm	12:30pm-6pm	

\*No aerobics class on August 13<sup>th</sup> due to the Community Swim Meet. See page 11 for more details.

\*\* August 5<sup>th</sup> family swim ends at 8:30pm for setup for dive-in movies. See times on for dive in movies on page 5.

All times are subject to change. Stay up to date by calling, visiting our website, or subscribing to any of our update sources.

## City of Rifle - 2016 Swim Guide

### Monday, August 15<sup>th</sup>, 2016—Monday, September 5<sup>th</sup>, 2016

Day	Morning Lap/Aerobic Swim	Open Swim	Evening Lap/Aerobic Swim
Monday		Closed	
Tuesday		Closed	
Wednesday		Closed	
Thursday		Closed	
Friday	9am-10am	10am-6pm	6pm-7pm
Saturday	9am-10am	10am-6pm	6pm-7pm
Sunday	9am-10am	10am-6pm	6pm-7pm

Labor Day holiday hours: 9am-10am lap swim, 10am-6pm open swim, 6pm-7pm lap swim  
 Dog Day takes place September 9<sup>th</sup> from 2:30pm-6:30pm. See page 9 for more details

**All times are subject to change. Stay up to date by calling, visiting our website, or subscribing to any of our update sources.**

