

## Fitness Options

We are big supporters of water fitness! Aquatic exercise builds cardiovascular stamina, burns body fat, increases circulation, aids in healing muscles and joints, and increases strength and flexibility. We have several options and times set aside to meet these goals.

### Aquasize

\$30 punch card or \$2.00 per time

Aquasize has been apart of the West Central pool area for many years!

This is a fun and comfortable option for fitness. Work at your own pace and enjoy your time.

- **Monday - Wednesday- Friday**  
11:00am - 12:00pm

(time change occurs mid-November to fit our Elementary swim program. Class will be pushed 1 hour Nov - Feb 12:00pm - 1:00pm)

- **Tuesday and Thursday**  
3:30pm - 4:30pm

### Open Fitness

\$30 punch card or \$2.00 per time

Sometimes coming to one of our Aquasize/Fitness classes doesn't fit into your schedule. Open fitness may be a better option for some of you!

Open Fitness is a non-instructed fitness time. Feel free to use our equipment, swim laps, use a fitness dvd or do your own thing. This time is yours to work on your fitness goals!

- **Tuesday and Thursday**  
5:00pm - 6:00pm

### Early Morning Lap Swim

Perfect for those early risers! Tackle your fitness goals and enjoy the rest of your day.

Tuesday and Thursday  
6:00am - 7:00am

- Extended hours in the summer (June and July) 6:00am - 7:30am

We ask that all swimmers arrive 15 minutes before end time

## Gym/Swim

West Central has the awesome opportunity to trade out PE class to teach our Elementary students the importance of swimming and water safety. Students swim for 12 weeks. During those 12 weeks, we focus on developing strokes, water and land emergencies, and much more. We also have a lot of fun!  
Gym/Swim begins in November.

### Why do elementary students wear swim caps?

There are several reasons students wear swim caps. Our first priority is safety. Students start in a yellow cap. This means students have not met all requirements for being a safe swimmer. They may struggle in deep water, or not feel comfortable in certain part of the pool. As they pass their skills tests they will move up in color. Our cap colors are yellow, green, blue, red, purple and black. All aquatic staff understands these colors and what they are capable of doing. Lifeguards can quickly detect if a student is not safe. This also gives students a goal. Most students want to achieve the next color.

Caps also keep hair dry and out of the pool. Our students swim during the cold months. We strive to keep hair as dry as possible. Once students are sent back to the locker area, it is fast paced. We need to use our time wisely to get them back to class as quick as possible. Dry hair makes this much easier. Our pool also sees many swimmers in a week. Keeping hair tied back or in a cap helps keep our water clean.

## Swim Club

Swim Club is offered to Elementary students wanting to enjoy an after school activity or better their swimming abilities. This is by registration only. Information forms will be sent home with which cap color/level we will be working with each month. Class cost varies due to class days.

We do like to take a break in our colder months from Swim Club. During these months we offer surprise activities. Examples being water polo, reindeer games and competitive racing. Make sure to check our Facebook page or flyers sent home with more info.

Enjoy swimming as a family! This is available to everyone, any age. Music, games, snack cart, rental equipment, and much more!  
Lap lanes available upon request for those who may have missed their fitness opportunity.



## Open Swim

Come swim with us!

- **Monday, Wednesday, and Friday**
  - 3-4:30pm
- **Tuesday & Thursday**
  - 6:30-8pm (whistle blows at 7:45)

Price: \$1 per swimmer

- **Swim passes also available**  
\$10 pass for 11 swims
  - Lap lane available upon request
  - Guard on duty at all times

## The Dive - In Snack Bar and Equipment Rental

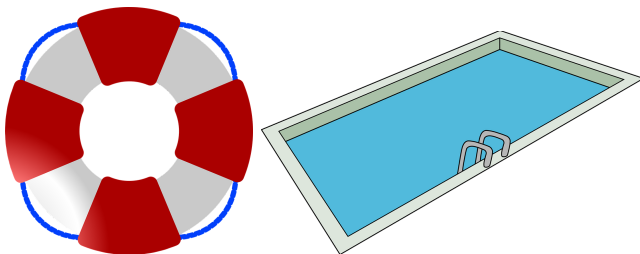
Snacks available to all swimmers and patrons. All snacks are \$1.00 or less. We also have rental equipment such as noodles, goggles, and flippers. All rentals are \$0.50



### **Top Pool Rules:**

- Women/girls suits must cover stomach
- Caps need to be worn by all WC Elementary students (if students have a latex allergy please ask for one of our silicone caps)
- No running
- No profanity or horse play
- Food and drink is not allowed in the locker room area
- Check signs on equipment before using
- 1 person on diving board and NO backflips
- Personal belongings need to be kept in a locker or safe space. We are not responsible for items lost or stolen. Locks are available upon request
- Bring personal pool toys at your own risk
- No video or pictures without permission of Supervisor
- Supervisors, Lifeguards and Jr. Guards need to be treated with respect. They have final say on all rules

**Our goal is to prevent injury and create a clean, safe, and fun environment for everyone.**



### **Summer Swim**

We are very proud of our Summer Swim program. Instructors and helpers have been helping kids learn to swim for many years. We have worked with kids from all area schools, ages, and swim abilities. This is, by far, our most SUCCESSFUL program!

Summer Swim begins early June. We offer 3 weeks of lessons. Classes are limited and it is first come, first serve basis. Patrons can choose which weeks and times work for them. We understand summer is full of VBS, vacations, camps, and much more. We hope 1 of the 3 weeks work for you!

Information is revealed about 8-10 weeks prior to lessons.

### **Rentals**

**Did you know you can rent the pool? Enjoy a birthday party, church event or family reunion. For questions and availability times, please contact the WC Elementary Office.**

### **Lifeguard - Jr.Lifeguard - Instructor/Supervisor Training**

Classes are offered mid-fall and early spring

- Instructor/Supervisor  
18yrs and older  
CPR, first aid, AED, and water safety
- Lifeguard  
15yrs and older  
CPR, first aid, AED, and water safety
- Jr.Lifeguard  
4th - 8th grade students  
CPR, first aid, AED, and water safety

# West Central Pool



Water activities for everyone!

**We love to try new classes or hold 1x events for fitness or family fun. Like our Facebook page (West Central Pool) or visit the West Central Elementary School website to stay up to date!**

## ***FITNESS***



**We are huge supporters of water fitness! Aquatic exercise builds cardiovascular stamina, burns body fat, increases circulation, aids in healing muscles and joints, and increases strength and flexibility. We have several options and times set aside to meet these goals.**

### **Aquasize**

Work at your own pace.  
Comfortable and friendly!

Monday - Wednesday - Friday  
11:00am-12:00pm  
(winter hours November -  
February 12pm - 1pm)  
Tuesday and Thursday  
3:30pm-4:30pm

**Cost \$30.00 punch pass  
(good for 15 classes)  
or \$2.00 per visit  
FIRST TIME IS FREE!**

### **Morning Lap**

Tackle your fitness goals  
early!

Tuesday & Thursday  
6:00am-7:00am  
Summer (June and July) hours  
6:00am - 7:30am  
**\$1.00 per swimmer**

### **Open Fitness**

Your time, your fitness!

Tuesday and Thursday  
5:00pm-6:00pm

**Cost \$30.00 punch pass  
(good for 15 classes) or  
\$2.00 per visit**

### **Open Swim**

Lap lanes available  
upon request

Tuesday and Thursday  
6:30pm - 8:00pm

**\$1.00 per swimmer**

Questions ?  
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