

People's Pool Program Definitions

Lap Swim - Continuous swimming across the pool. No experience required, swim at your own pace. Water walkers are welcome at this time as well.

Water Exercise - Instructor led exercises that focus on flexibility, balance, stretching or cardio depending on the intensity level of the class.

Lap/Family Open Swim - Lap swimmers use half of the pool in the lap lane area. Only the spray pad, shallow area and vortex are available for play at this time. Parents must accompany children in the water and anyone under the age of 7 must stay within arm's reach of an adult.

Swim Lessons - 30 minute lessons are organized into 6 skill-based levels for participants who are 5 and up, plus pre-school classes for those who are 3 and 4 years old.

Open swim - The entire pool is open for play time. Includes the spray pad, lazy river, lily pad bridge and basketball hoops. Children under 7 must be accompanied into the water by an adult who remains within arm's reach.

Swim Team - The Metro Parks novice swim team (The Ducklings) introduces kids to competitive swimming in a fun and healthy environment. Participants improve their competitive strokes and learn racing turns and starts. Our emphases includes long-term enjoyment and success in swimming. Swimmers have fun every day! Competitions are completely optional. Prerequisite: Must be at least 6 years old and know how to swim backstroke and side-breathing crawlstroke.