



# BENDER INDOOR POOL

940 14th Avenue SE  
Cedar Rapids IA 52403  
319-286-5790

## Public Swims

The public swim schedule below is in effect 8/21 through 12/1. It is subject to change and may vary around the holidays, during school inservice days, for special activities, maintenance needs and other events.

**Bender Pool will be closed for  
Labor Day, September 4  
Veterans Day, November 11  
Thanksgiving Day, November 23  
Thanksgiving Break, November 24**

### OPEN SWIM (All Ages)

Large inflatables will be in the pool on the first and third Friday of each month. The deep end is open the remaining Fridays of each month. Food is not allowed. Flotation devices, tubes, noodles, etc. are allowed crowd permitting. Begins 9/8.

F	3:30-7:30pm (No swim 10/27, 11/11, 11/24)
Su	1-4pm
	\$5 or pass

### LAP SWIM (15+ yrs.)

Take time for yourself and feel better after some laps. This is a good time for water walking. The baby pool will be closed, noodles will not be permitted.

M/W/F	11am-12:45pm (No swim 9/4, 11/24)
M/W	6:30-7:25pm (No swim 9/4)
Sa	7:30-8:45am (Begins 9/2, no swim 11/11)
Su	11:15am-12:45pm (Begins 9/11)
	\$4.75 or pass

### ADULT 18+ SWIM

Open swim for anyone age 18 or over.

M/W/F	1-3pm	\$4.25 or pass
	(No swim 9/4, 11/22, 11/24)	

### FRIDAY NIGHT SPOOKY SWIM (5-14 yrs.)

Celebrate Halloween at Bender Pool. You'll receive a bag of treats as you leave. No preregistration required. Swim passes are not accepted.

F	10/27	6-8:30pm	\$6/person
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### THANKSGIVING SWIM (All Ages)

School's Out! Enjoy an open swim at Bender Pool.

W	11/22	1-4pm	\$5 or pass
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## POOL ACCESSIBILITY

Bender Pool is equipped with a hydraulic chair and sloping steps in addition to traditional pool ladders.

## LOCKER ROOMS

The pool has locker rooms equipped with showers, hair dryers, electrical outlets, and baby changing tables. Bring your own padlock or rent one from the pool. (You will be required to leave your I.D. at the desk when you rent a lock. It will be returned when you return the lock.) Personal locks must be removed daily. Cedar Rapids Parks & Recreation is not responsible for locks or for lost or stolen items.

## GENERAL POOL RULES:

- Children ages 5 and under must be supervised by an adult within arm's length.
- Youth ages 6-10 must be supervised by an adult or responsible person at least age 14.
- Children's swimsuits with permanent built-in floats are permitted but not recommended. Lifejackets and suits with removable floats are not permitted.
- Actual swim attire is required. Fibers from street clothing damage the pool filter. (Sorry, no basketball shorts.)
- Swim diapers are required for children who are not toilet trained. They are available from the pool cashier for \$1.

## Photo I.D. Season Passes

Valid **Sept. 5, 2017 - May 18, 2018**

- You must bring your card with you to enter the facility.
- Plastic photo I.D. cards will be reusable from one season to the next. Don't throw them out, just renew them.
- Purchase passes through the Parks & Recreation Department at the NW Recreation Center, 1340 11th Street NW, or City Services Center, 500 15th Avenue SW.
- Pass holders present cards for entry verification and then keep cards themselves while at the pool. The pool is not responsible for lost or stolen season passes.
- Pass may be revoked for pool rule infractions.
- Passes are nonrefundable and nontransferable.
- Not all programs may be available even though the pass is valid.

### PUNCH PASS

This pass may be used by an individual, transferred to another person, or used by a family or group. No photo required. Pass expires on the 16th punch or May 18, 2018, whichever comes first. Purchase passes at NW Recreation Center or City Services Center (CSC).

\$68 Valid 9/5/17-5/18/18  
Nonrefundable

### INDIVIDUAL & SENIOR 60+ PASS

May be used for water exercise, lap swims, open swims, adult swims and holiday swims.

Individual: \$160 (R \$150)  
Senior 60+: \$135 (R \$125)  
Valid 9/5/17-5/18/18  
Nonrefundable, nontransferable

## Water Exercise

### CLASS MAXIMUMS

When a class reaches the maximum of 30 people, participants who arrive after that may be asked to attend at another time.

### WATER EXERCISE (15+ yrs.)

Concentrate on stretching, strengthening, flexibility and range of motion exercises during an aerobic workout. Drop-in program, preregistration is not required.

M-F 8/21-12/1\* 9-9:55am \$5 or pass  
M/W 8/21-12/1 5:30-6:25pm \$5 or pass  
\*No class 9/4, 11/23, 11/24

### AQUATHERAPY (15+ yrs.)

Exercise at your own pace in the comfort of warm water. Please make your own arrangements if you need assistance dressing or in the locker room. Anyone entering the water must pay.

M/W/F 8/21-12/1\* 10-10:55am \$4 or pass  
\*No class 11/24

## Aquatic Programs

### ADULT LESSONS (15+ yrs.)

Wish you could swim better? This is the perfect opportunity for you to learn. Classes are for beginner level swimmers or those with minimal formal instruction.

#204215-01 M/W 9/11-9/27 7:30-8:20pm  
#204215-02 M/W 10/2-10/18 7:30-8:20pm  
#204215-03 M/W 10/23-11/8 7:30-8:20pm  
\$41 (R \$34) Bender

### TEEN/TWEEN GROUP LESSONS (11-14 yrs.)

It's never too late to learn to swim! This is the perfect class for kids ages 11-14 to learn basic swimming skills with others their own age.

#204213-01 Sa 9/2-9/30 12-12:40pm  
#204213-02 Sa 10/7-11/4 12-12:40pm  
\$35 (R \$28) Bender

### PRIVATE SWIM LESSONS (3+ yrs.)

Private (1 instructor/1 student) and semi-private (1 instructor/2 students of the same skill level) 30-minute lessons are available for kids or adults. Call 286-5741 for day/time.

Private Lessons \$41 (R \$34)/lesson  
Semi-Private Lessons \$46 (R \$39)/lesson

## BENDER POOL RENTALS

Reserve the pool now for your party from September 9 - November 26. Large inflatables are also available for \$50 per 2 hour block.

Call 319-286-5566. **Payment is required at the time when the rental reservation is made.**

Reservations must be made at least two weeks in advance of the date requested. Fees are non-refundable.

### Rental Times:

Friday from 8:00 - 10:00 p.m.  
Saturday from 1:00 - 8:00 p.m.  
Sunday from 4:30 - 9:00 p.m.



### Rental Fees:

1-30 people ..... \$160/2 hour block  
31-60 people .... \$180/2 hour block  
61-90 people .... \$200/2 hour block  
91-120 people.. \$220/2 hour block



## Lifeguard Classes

### AMERICAN RED CROSS LIFEGUARD TRAINING

(15+ yrs.)

*Class begins at NW Rec.* Successful completion results in certification as a lifeguard. Prerequisite skills test must be passed prior to the first day of class. Skills assessed will be 300 yd. continuous swim, timed 10 lb. brick retrieval, and 2 minutes treading water (no arms). Must be age 15 by the last day of class.

#### November Class (Register by 11/14)

#204209-01 F-Su 11/17-11/19

\$150 (R \$140) NW Rec/Bender

#### Pre-Test (Attend only one):

Su 11/12 7-8pm

Tu 11/14 7:30-8:30pm

#### Class:

F 11/17 5-10pm

Sa 11/18 8am-10pm

Su 11/19 8am-9pm

### LIFEGUARD REVIEW

(15+ yrs.)

Has it been two years since you last took a lifeguarding class? This class is for participants to demonstrate their knowledge and skill competency with little or no review. (Current lifeguard certifications are required.) Successful completion of this class renews your lifeguard, first aid, CPR-P, and AED. Bring pocket mask, book, suit, and towel.

#### November Class (Register by 11/15)

#204221-01 Sa 11/18 8am-8pm

\$93 (R \$85) NW Rec/Bender



## SWIMMING LESSON INFORMATION

Advanced registration is required. Choose the session, then pick the level and time of the desired class. Register using the corresponding number.

### WITHDRAWALS, REFUNDS, TRANSFERS

Withdrawals and transfers will be honored if they are made by 5pm the Wednesday before the first day of class. In all cases a \$4 nonrefundable handling fee will be deducted from the refund. **Once the Thursday before the first day of class arrives, refunds are not issued unless the program is cancelled by Parks & Recreation.**

### REGISTRATION INFORMATION

See page 55 for registration information. On Friday before the session begins, limited registration may be available.

### YOUTH SUPERVISION POLICY

Children are supervised by staff during the scheduled class time only. Please make arrangements for your child before and after class.

### CANCELLATIONS

While every effort will be made, there are no guarantees that classes cancelled by Parks & Recreation will be made up. Make up times/days are subject to pool schedule.

### LOW/HIGH ENROLLMENT

Classes not making the minimum enrollment may be cancelled. Maximums are not guaranteed.

### AGE REQUIREMENT

If your child turns the minimum age required within 30 days of the start of the program, they may be registered for that program unless an exception is noted otherwise.

### HEALTH REQUIREMENT

If your child is sick, he/she may not enter the water for two weeks after the last episode of diarrhea.

# AMERICAN RED CROSS SWIMMING LESSONS

## PARENT/CHILD

### ✓ PUDDLEJUMPERS

(Parent & Child 6 mos.-3 yrs.)

The purpose of this class is to expose the child to water adjustment skills. Front kicking, underwater exploration, and entering and exiting the water will be covered. One parent per child.

## SCHOOL AGE LEVELS

Read each level carefully and compare the skills listed to those your child is currently able to perform. **If you are certain that your child can complete the "TO PASS" skills, then register them for the next higher level if he/she is the appropriate age.**

*Note: In most cases, it will take a child more than one session of lessons to pass the level.*

### LEVEL 1 - INTRODUCTION TO WATER SKILLS

(3-5 yrs.)

Must be age 3 by the first day of class. Four year-olds who have passed a Level 1 class may go to Level 2

#### SKILLS INCLUDE:

- Putting face/head under water
- Floating
- Blowing bubbles
- Gliding on front/back

#### TO PASS:

- Enter independently, bob 5 times unassisted
- Glide on front, roll to back and return to vertical (with support if needed)
- Float on back

### LEVEL 2 - FUNDAMENTAL WATER SKILLS (5-10 yrs.)

Four year-olds may participate if they have passed Level 1

#### SKILLS INCLUDE:

- Bobbing
- Floating unsupported
- Front/back glides
- Combined stroke unsupported

#### TO PASS:

- Enter chest deep water, front float, roll to back float, return to vertical (Repeat starting with back float)
- Swim using combined front stroke, roll to back and float 15 seconds, return to front and continue swimming

### LEVEL 3 - STROKE DEVELOPMENT (5-10 yrs.) Must pass Level 2

#### SKILLS INCLUDE:

- Front crawl stroke
- Rotary breathing
- Elementary backstroke
- Breast stroke/dolphin/scissors kicks
- Treading
- Sitting/kneeling dives

#### TO PASS:

- Jump into deep water, recover to surface, maintain position 1 minute by floating/treading, swim front crawl or elementary backstroke 25 yards, exit water
- Swim front crawl 15 yards, change position and direction and swim elementary backstroke 15 yards, exit water

### LEVEL 4 - STROKE IMPROVEMENT (6-11 yrs.) Must pass Level 3

#### SKILLS INCLUDE:

- Breast stroke
- Side stroke
- Back crawl
- Butterfly
- Dives from side
- Open Turns

#### TO PASS:

- Perform feet-first entry into deep water, swim front crawl 25 yards, change direction and swim elementary backstroke 25 yards
- Submerge and swim 3-5 body lengths under water
- Swim breast stroke 15 yards, change direction and swim back crawl 15 yards

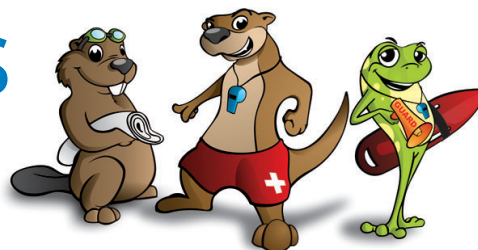
### LEVEL 5 - STROKE REFINEMENT (7-11 yrs.) Must pass Level 4

#### SKILLS INCLUDE:

- Side stroke
- Shallow dives
- Flip turns
- Survival float
- Stroke refinement

#### TO PASS:

- Perform shallow dive into deep water, swim front crawl 50 yards, change direction and swim elementary backstroke 50 yards
- Swim breast stroke 25 yards, change direction and swim back crawl 25 yards



### IMPORTANT!

If your child does not meet the age requirement, the computer will reject your registration and your child will not be enrolled. If your child turns the minimum age required within 30 days of the start of the program, he/she may register for that program. In this instance, you cannot register online. Call Cedar Rapids Parks & Recreation, 319-286-5566.

# Bender Indoor Swim Lessons

## SESSION DATES:

**“A” 8/28-10/5**

6 weeks - No class 9/4

**“B” 10/7-11/16\***

6 weeks - No class 10/31

\*Saturday classes end on 11/4

**“BB” 11/28-12/14**

3 weeks

A	B	BB	Level	Days	Times	A Fee	A Res. Fee	B Fee	B Res. Fee	BB Fee	BB Res. Fee
X	204208-07	204208-13	Puddlejumpers	Tu/Th	10-10:30am	X	X	\$44	\$37	\$33	\$26
204208-02	204208-08	204208-14	Puddlejumpers	Tu/Th	5:40-6:10pm	\$44	\$37	\$41	\$34	\$33	\$26
204208-03	204208-09	204208-15	Puddlejumpers	Tu/Th	6:50-7:20pm	\$44	\$37	\$41	\$34	\$33	\$26
204208-04	204208-10	X	Puddlejumpers	Sa	9:35-10:05am	\$26	\$22	\$26	\$22	X	X
204208-05	204208-11	X	Puddlejumpers	Sa	10:45-11:15am	\$26	\$22	\$26	\$22	X	X
204208-06	204208-12	X	Puddlejumpers	Sa	11:20-11:50am	\$26	\$22	\$26	\$22	X	X
204201-01	204201-13	X	Level 1	M/W	4:15-4:45pm	\$41	\$34	\$44	\$37	X	X
204201-02	204201-14	X	Level 1	M/W	4:50-5:20pm	\$41	\$34	\$44	\$37	X	X
204201-03	204201-16	204201-27	Level 1	Tu/Th	4:30-5pm	\$44	\$37	\$41	\$34	\$33	\$26
204201-04	204201-17	204201-28	Level 1	Tu/Th	5:05-5:35pm	\$44	\$37	\$41	\$34	\$33	\$26
204201-05	204201-18	204201-29	Level 1	Tu/Th	5:40-6:10pm	\$44	\$37	\$41	\$34	\$33	\$26
204201-06	204201-19	204201-30	Level 1	Tu/Th	6:15-6:45pm	\$44	\$37	\$41	\$34	\$33	\$26
204201-07	204201-20	204201-31	Level 1	Tu/Th	6:50-7:20pm	\$44	\$37	\$41	\$34	\$33	\$26
204201-08	204201-21	X	Level 1	Sa	9-9:30am	\$26	\$22	\$26	\$22	X	X
204201-09	204201-22	X	Level 1	Sa	9:35-10:05am	\$26	\$22	\$26	\$22	X	X
204201-10	204201-23	X	Level 1	Sa	10:10-10:40am	\$26	\$22	\$26	\$22	X	X
204201-11	204201-24	X	Level 1	Sa	10:45-11:15am	\$26	\$22	\$26	\$22	X	X
204201-12	204201-25	X	Level 1	Sa	11:20-11:50am	\$26	\$22	\$26	\$22	X	X
204202-01	204202-08	X	Level 2	M/W	4:30-5:20pm	\$51	\$44	\$55	\$48	X	X
204202-02	204202-09	204202-15	Level 2	Tu/Th	4:30-5:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204202-03	204202-10	204202-16	Level 2	Tu/Th	5:30-6:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204202-04	204202-11	204202-17	Level 2	Tu/Th	6:30-7:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204202-05	204202-12	X	Level 2	Sa	9-9:50am	\$35	\$28	\$35	\$28	X	X
204202-06	204202-13	X	Level 2	Sa	10-10:50am	\$35	\$28	\$35	\$28	X	X
204202-07	204202-14	X	Level 2	Sa	11-11:50am	\$35	\$28	\$35	\$28	X	X
204203-01	204203-07	X	Level 3	M/W	4:30-5:20pm	\$51	\$44	\$55	\$48	X	X
204203-02	204203-08	204203-13	Level 3	Tu/Th	4:30-5:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204203-03	204203-09	204203-14	Level 3	Tu/Th	5:30-6:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204203-04	204203-10	204203-15	Level 3	Tu/Th	6:30-7:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204203-05	204203-11	X	Level 3	Sa	9-9:50am	\$35	\$28	\$35	\$28	X	X
204203-06	204203-12	X	Level 3	Sa	11-11:50am	\$35	\$28	\$35	\$28	X	X
204204-01	204204-06	204204-11	Level 4	Tu/Th	4:30-5:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204204-02	204204-07	204204-12	Level 4	Tu/Th	5:30-6:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204204-03	204204-08	204204-13	Level 4	Tu/Th	6:30-7:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204204-04	204204-09	X	Level 4	Sa	9-9:50am	\$35	\$28	\$35	\$28	X	X
204204-05	204204-10	X	Level 4	Sa	10-10:50am	\$35	\$28	\$35	\$28	X	X
204205-01	204205-03	204205-05	Level 5	Tu/Th	6:30-7:20pm	\$55	\$48	\$51	\$44	\$41	\$34
204205-02	204205-04	X	Level 5	Sa	11-11:50am	\$35	\$28	\$35	\$28	X	X