

Summer Swimming Lessons 2022

Sign-up May 2nd from 7:45 am-1:00 pm at the Parks and Rec building.
There will be continuous sign up at the pool May 2nd throughout the summer.

Session dates: June 6 - 16
June 20 – June 30
July 11 - 21
July 25-August 4

Cost: All Lessons - \$36.00 /session

All lessons are Monday through Thursday
Parent/child lessons and Preschool are 30 minutes all other lessons are 50 minutes.

Time Schedule

7:00-8:00	Adult lessons
9:00-9:30	Parent/child
9:30-10:00	Preschool
9:00-9:50	Levels 1,2,3,4,5,6
10:00-10:30	Preschool
10:30-11:00	Preschool
10:00-10:50	Levels 1,2,3,4,5,6
11:00-11:30	Parent/child
11:30-12:00	Preschool
11:00-11:50	Level 1,2,3,4
11:00-12:00	Diving
1:00-1:30	Preschool
1:30-2:00	Preschool
1:00-1:50	Levels 1,2,3,4,5,6

If you have any questions please call the pool 332-7478

Lander Swim Club

The Lander Swim Club is a competitive age group swimming team affiliated with the United States Swimming Association (USS). Swim meets are held throughout the state on weekends and all swimmers are encouraged to attend any they desire and are required to swim in one home meet per year. Anyone who enjoys swimming is invited to join. All swimmers are taught the four competitive strokes; freestyle, back, breast, and butterfly by qualified USS coaches. For more information call the pool. (332-7478)

Adult Exercise Class

This class uses the resistance of the water to tone muscles and raise the heart rate. The low impact exercise helps circulation, flexibility and overall health.

Monday through Friday Time: 7:45-8:30 AM

Cost: \$3.00

Punch cards available 50 punch cards \$115.00

25 punch cards \$57.50

Water Aerobics

This class uses water resistance and other equipment. It is geared towards people who want muscle toning and a rise in heart rate.

Monday through Friday 11:45 AM -1:00 pm

Cost: \$3.00

Punch passes are available at the same prices as the adult exercise class.

Locker rental- \$35 for the 1st year. You will be issued a lock when you rent the locker.

To find a day by day schedule please go to landerschools.org and click on the **calendar**.

**Summer 2022
Lander Swim Pool**

	Lap Swim	Lessons	Rec Swim	Special
Sun	Noon-11:30-1:30	None	2:00-4:00 6:00-8:00	None
Mon	Morning 5:15-6:15 7:30-9:00 Noon 12:00-1:00 8:00-9:00 pm	9:00-12:00 1:00-2:00	2:00-4:00 6:00-8:00	6:00-8:00 Climbing wall
Tues	Morning 5:15-6:15 7:30-9:00 Noon 12:00-1:00 8:00-9:00 pm	9:00-12:00 1:00-2:00	2:00-4:00 6:00-8:00	None
Wed	Morning 5:15-6:15 7:30-9:00 Noon 12:00-1:00 8:00-9:00 pm	9:00-12:00 1:00-2:00	2:00-4:00 6:00-8:00	6:00-8:00 Climbing wall
Thurs	Morning 5:15-6:15 7:30-9:00 Noon 12:00-1:00	9:00-12:00 1:00-2:00	2:00-4:00 6:00-8:00	None
Fri	Morning 5:15-6:15 7:30-9:00 Noon 12:00-2:00	None	2:00-4:00 6:00-8:00	Family night 6:00-8:00 Special rate for families (\$8)
Sat	Noon- 11:30-1:30	None	2:00-4:00 6:00-8:00	6:00-8:00 Climbing wall

Regular Admission

Preschool through 6 th grade	\$1.50
7 th through 12 th grade-	2.00
Adult-	3.00
Senior-	1:50
Exercise class-	3.00

Other Passes

Family (one year)	\$400.00
Family (half year)	230.00
Weights only (half year)	50.00

50 Punch Passes

Preschool through 6 th grade-	\$60.00
7 th through 12 th grade-	75.00
Adult-	115.00
Senior-	60.00
Exercise class-	115.00

Single (one year)	\$180.00
Single (half year)	125.00
Weights only (full year)	100.00

*All punch passes for Rec and Lap Swim expire 1 year from date of purchase.

SUMMER FAMILY PASS

GOOD JUNE 6 THROUGH AUGUST 20

\$120.00

**The Pool will be closed May 22-June 5
and
July 4th**