**Recreational Swims**
Swim includes use of the slide, water fountain, river, diving board, and rope swing!
- **Tuesday:** 7:00-9:00pm
- **Thursday:** 7:00-9:00pm
- **Friday:** 3:00-5:00pm, 7:00-9:00pm
- **Saturday:** 1:30-5:00pm, 7:00-9:00pm
- **Sunday:** 1:30-5:00pm

**Monday, January 20th**
1:00—4:00 p.m.
**Monday, February 17th**
1:00—4:00 p.m.
**Spring Break - 3/23 to 3/27**
1:00-4:00 p.m.

**Moonlight Swims:**
Come join us for an adults-only (18+) recreational swim time, where the lights are turned down low and music is playing.
- **Friday, January 10th** 9:00-10:00pm
- **Saturday, February 8th** 9:00-10:00pm
- **Monday, March 9th** 8:00-9:00pm
**Annual Members:** Free
**Non-Members:** $3.00

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**Daily Rates**
- **Adult:** $6.00
- **Senior:** $5.00
- **Youth:** $5.00
- **Family (4 people in the same household):** $18.00
- **Additional family:** $3.00
- **Wading pool only:** $2.00

**Water Aerobics Pass**
This pass is valid for 3 months and has no limit on how many aerobic classes you can attend.
- **Adult/Senior:** $100

**20 Punch Card**
20 non-expiring day use admission
- **Adult:** $105
- **Senior:** $80
- **Youth:** $80

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**Annual Memberships**
One year commitment is required. Monthly payment plan is available.* This pass grants unlimited use during Lap, Recreation, and Water Aerobic class times.

Dallas Residents get a 10% discount (must live within city limits).

<table>
<thead>
<tr>
<th>Pay in Full</th>
<th>Monthly payments *(additional $5 charge per month) accounted for in this price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$275</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$225</td>
</tr>
<tr>
<td>Youth (under 18)</td>
<td>$225</td>
</tr>
<tr>
<td>Two Person</td>
<td>$425</td>
</tr>
<tr>
<td>Family (4 people in one household)</td>
<td>$500</td>
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</tbody>
</table>

**Additional Benefits of Membership**
- 5 free day passes a year — 10% off any swim suit in stock — 10% off swim lessons — 10% off facility rentals — Discounts on Special Events

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**Health Insurance Fitness Benefit Programs**
Insurance plans accepted here! Ask front desk for more information.
- **Silver & Fit**
- **Active & Fit**
- **Renew Active**
- **Silver Sneakers**
- **Prime**

Other insurance reimbursement programs available. Contact your insurance company for details.

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**Water Aerobic Classes**
1: Beginner 2: Medium 3: Advanced
All Classes are for adults 18 and older. Daily admission or membership covers cost.

<table>
<thead>
<tr>
<th>1: Joint Efforts</th>
<th>M/W/F</th>
<th>8:00-8:55am</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M-F</td>
<td>9:00-9:55am</td>
</tr>
<tr>
<td></td>
<td>M/W/F</td>
<td>11:00-11:55am</td>
</tr>
</tbody>
</table>

Therapy pool will be closed to other swimmers when there are 15 or more participants in the class.

<table>
<thead>
<tr>
<th>2: Aquacise</th>
<th>M/W/F</th>
<th>6:00-6:55am</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>M-F</td>
<td>8:00-8:55am</td>
</tr>
<tr>
<td></td>
<td>M-F</td>
<td>9:00-9:55am</td>
</tr>
<tr>
<td></td>
<td>Sat.</td>
<td>9:05-10:00am</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>2: Deep Water</th>
<th>M/W/F</th>
<th>8:00-8:55am</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>T/TH</td>
<td>6:00-6:55pm</td>
</tr>
</tbody>
</table>

| 3: Raging River | M/W | 6:00-6:55pm |

Pool is closed at this time unless you are in the class

**Additional Adult Activities**
- **Water Joggers**
  - **M-F:** 9:30-11:00am
  - Stair lane is reserved for water joggers at this time
  - **Adult Diving**
    - Tu 7:15-8:00am
  - **Adult Volleyball**
    - F & S 10:00-10:30am
Youth Activities

Swim Lessons: Winter lessons began January 7th! Registration for session A and B is open for members and nonmembers!

ARC Wednesdays: We open early (4:15 pm) every Wednesday for adults and children with disabilities. $4.00 per swimmer and caregivers swim for free! Price is good 4:15-5:15, but swimmers are welcome to stay until we close at 8:00pm.

Tot Time: Friday mornings moms and tots (or grandmas, grandpas, and dads too) can come swim from 11:00am-1:00pm. Adult and child together is $3.50 additional children or adults are $2.00.

Jr. Lifeguards: Youth ages 11-16 participate in this volunteer program. Call for more information. Supervisor: Kiley Yost

Blue Dolphin Swim Team: This fun swim team activity is for youth swimmers of all abilities. This is an all year long competitive swim team that travels and competes with other local clubs. For more information, Contact coach Mark Maxwell at 503-538-6862 or www.bluedolphinswimteam.org

Birthday Party Packages: We offer two different birthday party packages; check out our birthday party flyer. We would love to celebrate with you!

Extended Hours

No School Recreation Swims
Monday, January 20th
Recreation swim 1:00 to 4:00pm
Monday, February 17th
Recreation swim 1:00 to 4:00pm

Spring Break
Monday, March 23rd through Thursday, March 26th
Recreation swim 1:00 to 4:00pm
Friday, March 27th
Recreation swim 1:00 to 4:00pm

Friends of the Dallas Aquatic Center
Friends of the Dallas Aquatic Center is a nonprofit organization formed to increase awareness of the pool and to raise funds to support specific projects and defray the costs of operations of the Dallas Aquatic Center.

For more information please find them on Facebook or email them at fdac503@gmail.com
To donate contact them or bring donations directly to the Aquatic Center

Weather Closures
If we are closed, opening late, or closing early the best way to get that information will be to call and check the phone recording. We will also post on our Facebook page so be sure to follow us there.

Happy Winter!

Lifeguard Class

Our Spring Break lifeguard course will be held March 23rd through March 26th from 9:00 a.m. to 5:00 p.m. The cost for this class is $150 (financial assistance is available). You must pass the prerequisites in order to join the course.

The prerequisites are a 2 minute tread without hands, 300 yard swim (breaststroke and freestyle), and a timed brick retrieval. If you would like to practice these skills, join our pre-guard class and the cost of that class will apply to the cost of the lifeguard course.

More information can be found on the Lifeguard Course flyer or from the front desk staff.

Special Events

Wednesday Night Volleyball: Please join us on Wednesday for volleyball. We offer intergenerational volleyball also on Saturdays and adult only volleyball on Friday mornings. Youth must have an adult in the water with them per adult swim rules. Times are as follows—All Ages: Wednesday—7:00-7:50pm & Saturday 10-10:30am—Adults Only: Friday—10-10:30am

Dive In Movie: Come enjoy 101 Dalmatians in the pool! The Friends of the Dallas Aquatic Center will be hosting their 2nd annual Dive In Movie here on February 22nd from 5-7pm. Tickets available Feb 1st.

Laps for Life: February 1st from 5:00—7:00 pm we are home to this annual Relay for Life fundraiser! For more information on pledging or participating contact Kay Graven via email at gkr@q.com