

# AQUATICS PROGRAM

## NEW! ADULT AQUATICS CLASS COMING SOON

Franklin Parks & Recreation is partnering with Grace United Methodist Church to write a grant to get funding for a new aquatics class. More information coming in late Fall!

### ADAPTIVE SWIM TIME

This swim time is going to be a time specifically for those with special needs. If you are interested in Adaptive Swim Time, please contact the Aquatics Director, Kendall Paris at [kparis@franklin.in.gov](mailto:kparis@franklin.in.gov). Times and location will be determined using the amount of interest shown.

### ADULT SWIM LESSONS

This program is specifically designed to meet the needs of each participant. Each participant will have the opportunity to work one-on-one with a swim instructor to provide personalized attention. Classes are 30 minutes in length. Adult lap swim will be directly after, where you may stay and work on your skills for free on the days of your lessons! Classes close 1 week before start date. All sessions are held at the Franklin Community Middle School pool. **Ages: 18 & up**

241103-A	\$96	Saturday	9/10-10/1	10:00-10:30am
241103-B	\$96	Saturday	9/10-10/1	10:45-11:15am
241104-C	\$96	Saturday	9/10-10/1	11:30-12pm
241104-D	\$96	Tuesday/Thursday	9/13-9/27	6:00-6:30pm
241104-E	\$96	Tuesday/Thursday	10/18-11/1	6:00-6:30pm
241104-F	\$96	Tuesday/Thursday	11/3-11/17	6:00-6:30pm
241104-G	\$96	Mon/Wed/Fri	11/28-12/7	6:00-6:30pm
241104-H	\$96	Mon/Wed/Fri	12/9-12-19	6:00-6:30pm

### FRANKLIN U.S. MASTERS SWIMMING CLUB

If interested in this program, please contact our Aquatics Director, Kendall Paris at [kparis@franklin.in.gov](mailto:kparis@franklin.in.gov). We have pool availability and resources to start our club back up, but need a person who is interested in coaching.

### DEVELOPMENTAL SWIM PROGRAM

Our Developmental Swim Program introduces proper stroke technique, starts, and turns. This is a great program for those who want to learn the skills to stay in shape or for future competitive swimmers wishing to advance to the FRST program. Classes close 1 week before start date. **Ages: 8-17**

221100-A	\$32	Tuesday/Thursday	9/13-10/6	6:00-7:00pm
221100-B	\$32	Tuesday/Thursday	10/18-11/10	6:00-7:00pm
221100-C	\$40	Mon/Wed/Fri	11/28-12/19	6:00-7:00pm

### ONE-ON-ONE SWIM LESSONS

This program is specifically designed to meet the needs of each participant. Each participant will have the opportunity to work one-on-one with the swim instructor to provide personalized attention for a more adaptable pace. Classes are 30 minutes in length and instructors are certified lifeguards trained in CPR/AED. **Ages: 3 & up**

221102-A	\$78	Saturday	9/10-10/1	10:00-10:30am
221102-B	\$78	Saturday	9/10-10/1	10:45-11:15am
221102-C	\$78	Saturday	9/10-10/1	11:30-12:00pm
221102-D	\$96	Thursday/Thursday	9/13-9/27	6:00-6:30pm
221102-E	\$96	Thursday/Thursday	10/18-11/1	6:00-6:30pm
221102-F	\$96	Thursday/Thursday	11/3-11/17	6:00-6:30pm
221102-G	\$96	Mon/Wed/Fri	11/28-12/7	6:00-6:30pm
221102-H	\$96	Mon/Wed/Fri	12/9-12-19	6:00-6:30pm

# GRAMS

## LIFEGUARD TRAINING CLASS

This lifeguard certification course is designed for candidates who wish to pursue certification for lifeguarding public swimming pools. Successful completion of the course is recognized with an American Red Cross Lifeguard certification. Participants must be able to pass a 300-yard swim, dive to the bottom of the 13-foot well to retrieve a 10-pound brick, and tread water for 2 minutes on the first night.

Pool sessions will be held at the FCMS pool. Participants must attend ALL classes and pass 2 end of course written tests and end of course water skills tests to become certified. Classes close 1 week before start date.

**Ages: 15 & up**

231101-A	\$150	Mon/Wed/Sat	11/28-12/10	M/W 5:30-7:30pm, Sat 9am-12pm
231101-B	\$150	Mon/Wed/Sat	2/6-2/18	M/W 6:30-8:30pm, Sat 9am-12pm

## CITIZEN CPR

The purpose for this course is to teach untrained bystanders how to perform HANDS-ONLY CPR. You must be 12 years of age to take this course and need to be able to perform end of course skills. You will not receive a certificate for this course, it is purely informative. **Ages: 12 & up**

261106-A	\$15	Tuesday	10/18	5:00-6:00pm
261106-B	\$15	Wednesday	11/30	5:00-6:00pm

## CHALLENGE CPR

The purpose for this course is to train lay-responders to overcome any reluctance to act in an emergency situation and to recognize and care for life-threatening respiratory and cardiac emergencies with a focus on CPR/AED and choking. You must complete all written tests and skills tests to receive your American Red Cross certificate. You will also get a mini CPR keychain that holds a face shield! **Ages: 14 & up**

261106-C	\$29	Saturday	1/14	9:00am-1:00pm
261106-D	\$29	Tuesday	10/25	4:00-8:00pm

## WATER AEROBICS

Get a great workout without all the stress on your joints! The water is 3-5 feet deep. No swimming skills are necessary. There is an easy entry stairway for those needing extra help getting in and out of the pool. We have a great instructor! All classes are held at the Franklin Community Middle School Pool. **Ages: Teens & Adults**

241105-A	\$48	M/W/F	9/26-10/28	7-8pm
241105-B	\$48	M/W/F	11/7-12/7	7-8pm
241105-C	\$48	M/W/F	1/9-2/3	7:30-8:30pm
241105-D	\$48	M/W/F	2/13-3/10	7:30-8:30pm



## LAP SWIMMING

We offer lap swimming throughout the year. Cost is \$3 per person, per day. All participants must sign-in with the lifeguard on duty and pay. Swimmers must be willing to share lanes with other swimmers. Monthly schedules may be found online at [www.franklinparks.org](http://www.franklinparks.org), at the front desk at the Cultural Arts & Recreation Center, or email Kendall Paris ([kparis@franklin.in.gov](mailto:kparis@franklin.in.gov)) to be added to the swim calendar group. **Don't forget to purchase your Swim Punch Card so you don't have to carry \$3 each time! May be purchased at the front desk of the Cultural Arts & Recreation Center. Ages: 18 & up**

## COMMUNITY SWIM

The whole family will love community swim sessions occurring every Sunday (October 2nd-May 14, except during FCS breaks) from 3-5 pm. Cost is \$3 per person. All children 12 years and younger must have an adult (18 years or older) accompany them. Non-swimmers must have an adult in the water with them. The lap swim lane will always be available. You must sign-in and pay the lifeguard on duty. Locker rooms/showers will also be available.