


Tolleson Union High School Pool

Open May 28—July 28, 2018

9419 W. Van Buren St.
Tolleson, Arizona 85353
On the Tolleson High School Campus

POOL HOURS	FEES												
<p>Open Swim:</p> <table border="1"> <tr> <td>Monday</td> <td>11am -5:00pm, 6:00-8:00pm</td> </tr> <tr> <td>Tuesday</td> <td>11am -5:00pm, 6:00-8:00pm</td> </tr> <tr> <td>Wednesday</td> <td>11am -5:00pm, 6:00-8:00pm</td> </tr> <tr> <td>Thursday</td> <td>11am -5:00pm, 6:00-8:00pm</td> </tr> <tr> <td>Friday</td> <td>1:00-7:00pm</td> </tr> <tr> <td>Saturday</td> <td>1:00-7:00pm</td> </tr> </table> <p>Closed Sundays and as posted due to weather and/or swim meets.</p> <p>Lessons: Monday-Thursday 9:00 - 11:00am & 5:00 - 6:00pm See class schedule for details</p>	Monday	11am -5:00pm, 6:00-8:00pm	Tuesday	11am -5:00pm, 6:00-8:00pm	Wednesday	11am -5:00pm, 6:00-8:00pm	Thursday	11am -5:00pm, 6:00-8:00pm	Friday	1:00-7:00pm	Saturday	1:00-7:00pm	<p>Open Swim: Toddlers 3 & Under: FREE Children 4-17: \$1.00 Adults 18 & Up: \$3.00</p> <p>Lessons: \$25/student Available for youth & Adults Divided into four (4) 2 week sessions</p> <p>Swim Team: \$50/athlete All sales are final. No refunds.</p> <p>PAY ONLINE AT: https:// az-tolleson.intouchrecepting.com/</p> 
Monday	11am -5:00pm, 6:00-8:00pm												
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The pool will host various special events during the summer including dive-in movie nights. Registration for summer swim lessons and swim team must be done online. We no longer accept in-person registration and payments.

For information, please visit www.tuhsd.org or 623-478-4398. The pool staff can be reached via email at tollesonpool@tuhsd.org. The swim team can be reached at tidalwaves@tuhsd.org.

Swim Lessons 2018

Course Descriptions Lessons for youth and adults cost \$25.00 per person (per session)

Level 1: Swimmers will build their comfort level with the water. They will learn how to blow bubbles, hold their breath, float, and basic kicking. Students must be able to follow simple instructions (Recommended age 4+).

Level 2: Swimmers will begin learning standard strokes: freestyle and backstroke. They will learn how to change direction in the water, safely enter and exit the pool, and safely float, all while building on the skills that they learned in Level 1.

Level 3: Swimmers will begin learning advanced strokes: breaststroke and the butterfly. At the conclusion of the class, students will need to complete one complete lap of the pool using all four of the strokes they have learned.

Level 4: Swimmers will perfect their swimming in preparation for competitive team membership. They will tread water, learn survival swimming, and drill to increase stamina and skill.

Session Schedules

June 4 – June 14 (Monday – Thursday) Session 1

Level 1	Level 2	Level 3	Level 4
9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:45am
9:30 – 10:00am	9:30 – 10:00am	9:30 – 10:00am	
10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:45am
10:30 – 11:00am	10:30 – 11:00am	10:30 – 11:00am	
5:00 – 5:30 pm*	5:00 – 5:30 pm*	5:00 – 5:30 pm*	5:00 – 5:45 pm*
5:30 – 6:00 pm*	5:30 – 6:00 pm*	5:30 – 6:00 pm*	

* Thursday, June 7th lesson cancelled due to Swim Meet, but lesson will be made up on Friday, June 8th during the normal class time.

* Thursday, June 14th lesson cancelled due to Swim Meet, but lesson will be made up on Friday, June 15th during the normal class time.

June 18 – June 28 (Monday – Thursday) Session 2

Level 1	Level 2	Level 3	Level 4
9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:45am
9:30 – 10:00am	9:30 – 10:00am	9:30 – 10:00am	
10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:45am
10:30 – 11:00am	10:30 – 11:00am	10:30 – 11:00am	
5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:45 pm
5:30 – 6:00 pm	5:30 – 6:00 pm	5:30 – 6:00 pm	

July 2 – July 12 (Monday – Thursday) Session 3

Level 1	Level 2	Level 3	Level 4
9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:45am
9:30 – 10:00am	9:30 – 10:00am	9:30 – 10:00am	
10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:45am
10:30 – 11:00am	10:30 – 11:00am	10:30 – 11:00am	
5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:45 pm
5:30 – 6:00 pm	5:30 – 6:00 pm	5:30 – 6:00 pm	

July 16 – July 26 (Monday – Thursday) Session 4

Level 1	Level 2	Level 3	Level 4
9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:45am
9:30 – 10:00am	9:30 – 10:00am	9:30 – 10:00am	
10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:45am
10:30 – 11:00am	10:30 – 11:00am	10:30 – 11:00am	
5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:45 pm
5:30 – 6:00 pm	5:30 – 6:00 pm	5:30 – 6:00 pm	

Swim Team

The Tolleson Tidalwaves Swim Team participates in the MarWest Swim League. In order to participate in the swim team, swimmers must be able to swim the length of the pool without assistance and without stopping. Swim team practice is Monday through Thursday from 7:00am-9:00am (No practice Memorial Day & Fourth of July). The swim team coaches will be helping swimmers perfect specific strokes, but will not be teaching basic swim skills (please see the swim lesson schedule above if your swimmer needs basic swim instruction).

The registration cost pays for the league registration, meet medals, and other miscellaneous costs associated with the swim team. Each swimmer must provide an appropriate swimsuit – royal blue in color (NOT navy blue). Parents/Guardians are responsible for all transportation to and from swim practices, meets and other team events. Parents/Guardians will be required to sign a league parent code of conduct and will be expected to honor that code of conduct at all league events including practices. Swim meets are scheduled Thursday evenings and Saturday mornings to compete against participating west valley recreation swim teams both at home (Tolleson) and away (at participating west valley pools).

The Tolleson Tidalwaves need volunteers to assist with both home and away swim meets. To be successful each parent/guardian volunteer is asked to volunteer for at least one meet to ensure we are able to staff the swim meets appropriately. If interested, there will be a parent meeting on Tuesday, May 29 at 8:00am at the Tolleson Pool where this is discussed in more detail. Practice will start on Tuesday, May 29 as well. Ages 10 and under will practice from 9:00am until 10:00am, and 11 and over will practice from 10:00am until 11:00am. The first swim meet is on Thursday June 7 at Tolleson.