

Aquatics Division

Rapid City Aquatics Division

Roosevelt Swim Center

125 Waterloo Street
Rapid City, SD 57701
(605) 394-5223

Doug Lowe, Recreation Div. Manager
Cliff Zechiel, Maintenance Supervisor
Barb Iwan, Aquatics Specialist
Emily Carstensen, Aquatics Specialist
Nick Outka, Aquatics Coordinator
Karen Johnson, Admin. Secretary

Roosevelt 50M Pool Schedule

125 Waterloo Street
394-5223

Open Swim:

Monday-Sunday 1:00 pm - 5:00 pm

Lap Swim:

Monday-Friday 7:30 am - 7:30 pm
Saturday 8:00 am - 7:30 pm
Sunday 1:00 pm - 7:30 pm

Roosevelt Swim Center

Hours of Operation

(Pools will close 15 minutes
prior to the building.)

Swim Center Hours of Operation

Monday-Friday 5:30 am - 9:00 pm
Saturday 8:00 am - 8:00 pm
Sunday 1:00 pm - 8:00 pm

Swim Center Pool Schedule

Open Swim

Monday-Thursday 1:00 pm - 5:00 pm
Monday & Wednesday 6:30 pm - 8:45 pm
Friday 1:00 pm - 8:45 pm
Saturday 1:00 pm - 7:45 pm
Sunday 1:00 pm - 5:00 pm

Family Swim

Tuesday & Thursday 6:30 pm - 8:45 pm
Sunday 5:15 pm - 7:45 pm

Lap Swim

Monday - Friday 5:30 am - 8:45 pm
Saturday 8:00 am - 7:45 pm
Sunday 1:00 pm - 7:45 pm

Channel Walking

Monday - Friday 5:30 am - 1:00 pm
Saturday 8:00 am - 1:00 pm
Sunday 1:00 pm - 7:45 pm

Aquatic Facility Admission Rates

Daily Pass

Adult/Youth	\$ 6
Senior (62+)	\$ 5
Group Rate (30+)	\$ 5

20 Punch Pass

Adult/Youth	\$ 76
Senior (62+)	\$ 58
Family (4 passes)	\$ 192
Additional Family Member	\$ 33

Quarterly Pass **

Adult	\$ 92
Adult Couple *	\$ 140
Senior (62+)	\$ 62
Senior Couple *	\$ 100
Young Adult (18-25)	\$ 78
Youth (3-17)	\$ 73
Family Pass (4 passes)	\$ 200
Additional Family Member	\$ 33

Yearly Pass **

Adult	\$ 340
Adult Couple *	\$ 510
Senior (62+)	\$ 238
Senior Couple *	\$ 350
Youth (3-17 years)	\$ 259
Young Adult (18-25 years)	\$ 282
Family (4 passes)	\$ 612
Additional Family Member	\$ 62

*Couple - Defined as both customers
married or producing information
showing the same mailing address.

**Sales tax will be charged when
purchasing a quarterly or annual pass.

Group Rate

Group rate is available for groups of 30
or more and must have 1 week advance
notice. Call the Roosevelt Swim Center
to schedule your group with Emily
Carstensen or Barb Iwan.

Private Pool Rentals

Private rentals are scheduled through the
Swim Center for all pool facilities. Rentals
must be made 10 business days in advance.
Outdoor pools may be rented from June
10 through August 13. Please call 394-5223
for more information.

Swim Center User Groups/Clubs:

Great Swim Team:

<https://www.teamunify.com/Home.jsp?team=sdgrce>

Rapid City Racers Swim Team:

<https://www.teamunify.com/Home.jsp?team=sdsrce>

Black Hills Fencing

<http://www.blackhillsfencing.com/cms/>

Heartland Dance:

<http://www.heartlanddancing.com/>

Paha Sapa Area Divers (Scuba):

Contact Carol @ lorac@rushmore.com or Maurita
@ keepspinning@msn.com. Also come see us during
Bubble Night at the Swim Center.

Black Hills Paddlers (Kayak)

Come to Paddle Night at the Swim Center to meet
area kayakers.

Swim Lesson Program

Course Descriptions

(All Pools)

Registration for Summer Swim Lessons begins May 6, 2017. In-House registration will begin at 8:00 AM and online registration will be available at 12:00 Noon. Phone registrations will be accepted at 394-5223 beginning May 8th.

The Swim Lesson University format used by the City is explained below. Aquatics staff is available to answer questions if you do not find the description that matches your swimmer's level. Your child will be placed in the best suited swim level according to the prerequisites. Classes may be combined based on enrollment numbers. Ask to be added to the wait list if the class is full. (Being added to a wait list does not guarantee placement in a class.)

Parent & Me 101/102

Prerequisite: None

Arranged by age into 2 classes

- Parent & Me 101 - 6-18 months
- Parent & Me 102 - 19-36 months

Students **MUST** have a Swim Diaper or cloth re-usable swim diaper.

Swim 100

Prerequisite: None

- Swim 101 for 3 to 5 years
- Swim 102 for 6 to 9 years
- Swim 103 for 10 to 12 years

Required Equipment: Students must use a Power Swimr Flotation Device which will be provided. This is a swim aid and used during lessons only; Power Swimrs are not US Coast Guard approved.

Diving Lessons

Have you always wanted to impress your friends with a nice dive off the diving board? Come to Parkview Pool and learn from our instructors how to do surface dives, dives off the side of the pool and dives off the diving board.

Students must have basic swimming skills (comfortable in the water, able to swim to the edge of the pool).

Parkview Pool Fee \$40
June 26-29 10:45-11:30 am



Swim Strokes 200

Prerequisite: Swim 15 feet without the aid of a floatation device, face in the water, and breathing as needed.

- Swim Strokes 201 for 3 to 5 years
- Swim Strokes 202 for 6 to 9 years
- Swim Strokes 203 for 10 to 12 years

After passing Swim Strokes 200, students can take either Advanced Swim Strokes 300 or Lifesaving Strokes 400 in no particular order.

Advanced Swim Strokes 300

Prerequisite: Swim 25 feet of Backstroke and Freestyle with side breathing.

- Advanced Strokes 301 for 3 to 5 years
- Advanced Strokes 302 for 6 to 9 years
- Advanced Strokes 303 for 10 to 12 years

Lifesaving Strokes 400

Prerequisite: Swim 30 feet of Backstroke and Freestyle with side breathing.

- Lifesaving Strokes 401 for 3 to 5 years
- Lifesaving Strokes 402 for 6 to 9 years
- Lifesaving Strokes 403 for 10 to 12 years

**All 103, 203, 303 and 403 classes are combined with 102, 202, 302 and 402 (6-9 year olds) to ensure classes will not be cancelled due to low enrollment of 10-12 year olds.

Adult Swim Lessons

Adult lessons will follow the above format with the Beginner, Intermediate and Stroke Improvement levels in mind. Our instructors are here to design a lesson plan that will fit your abilities. We will ask you about your swimming goals.

Private Swim Lessons

Sessions are one-on-one with one student to one instructor. All private lessons are scheduled and taught at the Swim Center. Please stop by the Swim Center or call (605)394-5223 to fill out a request form or contact Nick Outka @ nick.outka@rcgov.org.

Swim Lesson University Swim Instructor Training

Participants must be 14 years of age to take this course. "Certification" cost is not included in course fee; tests are taken and paid for online.

Fee: \$50

June 5-8 9:00 am - 11:00 am

Adaptive Swim

Have a special need? We can help you find the appropriate instructor. Call the Swim Center at 394-5223 for assistance.

Swim Lesson Schedule**June 12-22**

2 week session \$50

Monday-Thursday

Swim 101

8am-8:30am

8:35-9:05am

5:15-5:45pm

5:50-6:20pm

Swim 102/103

8:00-8:30am

8:35-9:05am

5:15-5:45pm

5:50-6:20pm

Swim 201

8:00-8:30am

5:50-6:20pm

Swim 202/203

8:00-8:30am

8:35-9:05am

5:50-6:20pm

Swim 301

5:15-5:45pm

Swim 302/303

8:00-8:30am

5:15-5:45pm

5:50-6:20pm

Swim 401

8:35-9:05am

Swim 402/403

8:35-9:05am

5:15-5:45pm

July 10-20

2 Week Session \$50

Monday-Thursday

Swim 101

8:00-8:30am

8:35-9:05am

5:15-5:45pm

5:50-6:20pm

Swim 102/103

8:00-8:30am

8:35-9:05am

5:15-5:45pm

5:50-6:20pm

Swim 201

8:35-9:05am

5:15-5:45pm

Swim 202/203

8:00-8:30am

8:35-9:05am

5:15-5:45pm

5:50-6:20pm

Swim 301

8:00-8:30am

5:50-6:20pm

Swim 302/303

8:35-9:05am

5:50-6:20pm

Swim 401

8:00-8:30am

Swim 402/403

8:00-8:30am

5:15-5:45pm

July 24-Aug 3

2 Week Session \$50

Monday-Thursday

Swim 101

8:00-8:30am

8:35-9:05am

5:15-5:45pm

5:50-6:20pm

Swim 102/103

8:00-8:30am

8:35-9:05am

5:15-5:45pm

5:50-6:20pm

Swim 201

8:35-9:05am

5:15-5:45pm

Swim 202/203

8:00-8:30am

8:35-9:05am

5:15-5:45pm

5:50-6:20pm

Swim 301

8:00-8:30am

5:50-6:20pm

Swim 302/303

8:00-8:30am

5:50-6:20pm

Swim 402/403

8:35-9:05am

5:15-5:45pm

June 17-July 15

5 Week Session

Saturday Lessons

Parent and Me-\$30

5 Week Session

Parent and Me 101

8:15-8:45am

9:25-9:55am

Parent and Me 102

8:50-9:20am

9:25-9:55am

Group Lessons-\$35

5 Week Session

Swim 101

10:00-10:35am

10:40-11:15am

11:20-11:55am

Swim 102/103

10-10:35am

10:40-11:15am

11:20-11:55am

Swim 201

10:40-11:15am

11:20-11:55am

Swim 202/203

10:00-10:35am

10:40-11:15am

11:20-11:55am

Swim 301

10:00-10:35am

Swim 302/303

10:00-10:35am

11:20-11:55am

Swim 402/403

10:40-11:15am

Facility Amenities

- 8 Lane Lap Pool
- Hot Tub
- Vortex Pool
- Water Basketball
- Diving Board
- Current Channel
- Zero Depth Entry Leisure Pool
- Floating Clam Shell
- Play Structure
- Slide
- Fountains
- Multi-Purpose Room
- 2 Racquetball Courts
- Birthday Party Room
- Concession Stand

Swim Lesson Schedule

June 12-22

2 week session \$50

Monday-Thursday

Swim 101

10:00-10:30am

10:35-11:05am

11:10-11:40am

Swim 102/103

10:00-10:30am

10:35-11:05am

11:10-11:40am

Swim 201

10:35-11:05

Swim 202/203

10:00-10:30am

10:35-11:05am

11:10-11:40am

Swim 301

10:00-10:30am

Swim 302/303

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Swim 401

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Swim 402/403

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11:10-11:40am

Swim 301

11:10-11:40

Swim 302/303

10:35-11:05am

11:10-11:40am

Swim 401

10:00-10:30am

Swim 402/403

10:00-10:30am

Open Swim:

Monday thru Sunday

12:00-6:00 pm

Pool Amenities

- Zero Depth Entry
- Dinosaur Youth Slide
- 2 Big Slides
- Lily Pads
- Grass Area
- Concession Stand



Parkview Pool • 4221 Parkview Drive • (605) 394-1892

Open Swim:
Monday thru Sunday
12:00-6:00 pm

Pool Amenities

- Zero Depth Entry
- Fountain Play Structure
- Diving Board
- Slide
- Grass Area
- Concessions
- Sand Volleyball

Swim Lesson Schedule

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Swim 301
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10:35-11:05am
11:10-11:40am

Swim 302/303
10:00-10:30am
11:10-11:40am

Swim 401
10:35-11:05

Swim 402/403
10:35-11:05

Open Swim:

Monday thru Sunday
12:00-6:00 pm

Pool Amenities

- ZeroDepth Entry
- Fountain Play Structure
- Youth Mountain Slide
- 2 Run-off Slides
- 1 Drop Slide
- Climbing Wall
- Water Basketball Hoop
- Vortex Pool
- Grass Area
- Concessions



Aquatics Division Policies & Information

Supervision

All Children ages 9 and under must be accompanied by someone 15 years of age or older at the facility. Children ages 6 and under are required to be within arms reach and supervised by someone 15 years of age or older in the water. Please refer to General Pool Safety Rules if you have any questions.

Individual Supervision Ratios

- 18 years of age and older:
8 children to 1 adult
- 17 to 15 years of age: 4 children to 1 teen
- See aquatics staff for groups larger than 10.

Swim Pants

Swimpants are required at all swimming pools for children who are not toilet trained.

Inclement Weather

No refunds will be offered for inclement weather. Patrons that enter aquatic facilities do so at their own risk. Every effort will be made to inform patrons of this policy when inclement weather seems to be approaching. Call the Roosevelt Swim Center or outdoor pool direct phone lines for closure information.

Roosevelt Swim Center	394-5223
Parkview Pool	394-1892
Jimmy Hilton Pool	394-1894
Horace Mann Pool	394-1891

Kids Night Out

Head to the Swim Center for an evening of fun! Start the night with a dip in the pool, fun and games in the multi-purpose room, and finish the night with popcorn and a movie. Bring a swim suit, towel, tennis shoes, comfortable clothes/pajamas, a sleeping bag and pillow. Concessions are available after swimming. Space is limited.

Roosevelt Swim Center 5:00-10:00 pm
Saturdays \$15 per child

- June 17, 2017
- July 15, 2017
- August 19, 2017

General Pool Safety Rules

1. Lifeguards are here for your safety. Please listen to them and follow the rules.
2. Swimmers must shower before entering the pool.
3. Children ages 9 and under must be accompanied by someone 15 years of age or older at the facility. Children ages 6 and under are required to be within arms reach and supervised by someone 15 years of age or older in the water.
4. All Personal Flotation Devices (PDF or Lifejacket) must be Coast Guard approved and used with adult supervision. No one wearing a PDF/Lifejacket will be allowed to go down the waterslide or off the diving board.
5. Swimmers must be 48 inches tall to go down the waterslide and be unassisted in the splash down. If either one is not met they may be prohibited from using the slide or the diving board.
6. Headfirst entries are only allowed in water that is at least six (6) feet deep. Starting blocks may only be used under supervision of a certified swim coach or swim instructor employed by Rapid City Aquatics.
7. Air mattresses and other floatables are not allowed as lifeguards cannot see under or through them.
8. Appropriate swimwear is required; a T-shirt may be allowed as a cover up but must be of light color not dark nor contain offensive wording or graphics.
9. Coolers are not allowed at Roosevelt complex. Parkview, Jimmy Hilton and Horace Mann reserve the right to inspect coolers at any time. No alcohol or glass containers are permitted at any aquatic facility.
10. Video and Still cameras not allowed in locker rooms or common changing areas.
11. All personal belongings should be secured in a locker. The city is not responsible for lost, stolen or damaged items. No items are to be checked with staff.
12. REFUNDS WILL NOT BE OFFERED FOR WEATHER RELATED CLOSURES OR FECAL INCIDENTS.
13. Swimming at this facility is a privilege. Any swimmer not following these SAFETY RULES may be asked to leave.
14. Not every SAFETY RULE can be in print. Individual Rules are posted at each Rapid City Aquatic Facility as pool features vary. These SAFETY RULES and others dictated by common sense will be enforced by the staff.

Military Appreciation Weekend

Get into any of the City's pools during open swim by bringing 2 cans of food per person (with military ID). Call the Swim Center at 394-5223 for more information.
All Pools July 8-9, 2017

Scuba Bubble Night

(Certified Scuba Divers)

Get your bubble fix and keep diving talents current! Certified divers must submit dive certification ID to front desk staff. Please clean your gear before entering the pool. Scuba Bubble Night will be held on the last Friday of each month unless otherwise noted or due to holiday.

Roosevelt Swim Center: 7:00-9:00 pm
\$6 per person

Water Polo in Rapid City!!!

Come play water polo at the Roosevelt Swim Center on Saturdays from 11:00 am to 12:30 pm. Requirements:

- Players must be at least 18 years of age
- All levels welcome
- Basic swimming skills are required (all activities are done in the deep end of the pool).



**American Red Cross
Health and Safety Courses**

Rapid City Aquatics is pleased to be a Licensed Training Provider (LTP) and Strategic Partner for American Red Cross courses. Please see website for class dates. All class registrations end one week prior to start date. Classes with less than 5 participants may be cancelled.



Programming for All Ages

Aqua Kids

It's time for kids 8 and under to enjoy the pool for fun in the sun! Pool entrance fee or pool pass honored.

Horace Mann Pool 10:00-11:30 am
Fridays, June 9 - August 11

* If make up swim lessons are scheduled, this program will be cancelled. Please call in advance to check scheduling.

Chocolate Splash

Designed for families with small children ages 6 and under. Enjoy the leisure pool, play structure and lazy river with your little ones. Stay after for refreshing chocolate milk. No day cares please. \$6 per person.

Roosevelt Swim Center 11:00-12:00 pm
Fridays Continuous

CPR/AED/First Aid

Various course components can be taught together. We offer Adult, Child, Infant CPR/AED for the Lay Rescuer, BLS for the Health Care Provider (Formerly CPR for the Professional Health Care Provider), AED Training, First Aid, Bloodborne Pathogens, and Oxygen Administration.

Lifeguard Training

Lifeguard training with CPR/AED for the Professional Rescuer. Waterpark and Waterfront options are also available. Must be 15 years of age or older.

Water Safety Instructor Course

Teaches principles of instruction to prospective swim lesson instructors. Candidates should have a good understanding of swimming strokes and be able to demonstrate each. Also must have the will to learn and teach Front Crawl, Backstroke, Breaststroke, Butterfly and Sidestroke. Must be 16 years of age or older.

Kayakers Paddle Night (All ages)

Paddle night will be held on the first Saturday of each month from 7-9 pm unless otherwise noted or due to holiday. Boats and gear must be clean before entering pool.

Call the Swim Center at 394-5223 for more information.



Lifeguard Instructor

Training for instructor candidates to teach American Red Cross Lifeguarding, Shallow Water Lifeguarding, Waterfront Skills, Waterpark Skills, CPR/AED for the Professional Rescuer and Health Care Providers, Administering Emergency Oxygen, and Bloodborne Pathogens. Must be 17 years of age or older. See our website for additional requirements.

Call the Roosevelt Swim Center at 394-5223 for class times and rates.

Babysitter Training

What you need to know and what every parent wants in a safe and responsible babysitter! Designed for 11 to 15 year olds, the Babysitter's Training course can help you:

- Care for children and infants
- Be a good leader and role model
- Keep the children you babysit and yourself safe, and
- Handle emergencies such as injuries, illnesses and household accidents



**Birthday Parties at
Roosevelt Swim Center**

Parties are scheduled during open swim and pricing includes admission to swim, party favor bags, pop, ice cream/yogurt treats and paper products. Children under the age of 7 must have an adult in the water within arms reach. Call 394-5223 to reserve your time!

\$85 - 2 1/2 hours for 8 children
\$9 for each additional child
\$6 admission for ages 3-59 not receiving the extras.

\$70 - 1 1/2 hours for 8 children
\$9 for each additional child
\$6 admission for ages 3-59 not receiving the extras.

Land Exercise Class Descriptions
See Online Schedule for Time, Location of Class and Instructor

Beginner Yoga - This class is suitable for all levels, from beginner to advanced.

Body Sculpt - Combination of strength training and cardio. Instructor welcomes all ability levels; be ready to sweat!

Noon Spin - Beginner to intermediate indoor cycling class with some basic sculpting added as a bonus. We will show you all you need to know to get started on a spin bike and begin burning calories on your lunch hour.

Muscle Pump - The original barbell class that strengthens your entire body! Challenge your major muscles and get the results you came for.

Silver Sneakers Classic - Move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.

Spin Mornings - Join the fun (no choreography here, just an awesome cardio workout!) as we ride on indoor bikes to great music. The workout changes every week as we focus on climbing hills, sprinting, intervals, and working "out of the saddle". The class ends with about 10 minutes of abdominal training. All levels are welcome!

Strength/Core/Yoga - Great class for any fitness level! We'll begin the class with 10 minutes of active and dynamic warm up, followed by a 30 minute circuit workout that will include cardio, strength, and core training. Experience the success of muscle confusion utilizing different pieces of equipment: dumbbells, barbells, bands, balls, kettle bells, body weight and more. Finally, enjoy 20 minutes of simple to follow Yoga poses combined with modern day stretches.

Tai Chi - Reduce stress through "meditation in motion". TaiChi has evolved into a graceful form of exercise which promotes serenity through gentle movements connecting the mind and body.

**Saturday Tai Chi moves to Sioux Park near the flower gardens for the summer months.

Zumba - This program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: we want you to want to work out, to love working out, and to get hooked!

Water Exercise Class Descriptions
See Online Schedule for Time, Location of Class and Instructor

Aqua Power - Join this moderate to intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.

Deep Water Energized - Higher energy class in deep water for 45 minutes of strength and endurance training based on individual fitness levels. Whether you have been exercising for years or are just starting a new fitness program, you will enjoy the energy and variety this class has to offer.

Early Energizers - Start this water class by warming up in the channel, then head to the deep pool for a guaranteed challenge by traveling through the water to maximize your stamina.

H2O Transformers - Warm up in the leisure pool transitioning to the lap pool for balance, strength and toning. Belts, balance boards, noodles and other equipment will be used.

Masters Swim - Adult (17 & over) class for fitness swimmers, triathletes, and competitive or previously competitive swimmers. Class emphasizes improved stroke technique and swimming endurance while having fun in a group setting. Workouts for different levels/speeds are offered. If you have any questions please contact Coach Beth at bbeth.eldridge@yahoo.com.

Parkinson's Wellness Recovery In-Water - Participants work in the water on motor skills essential to every day life.

Pilates Stretch/Wet - The water is the perfect medium for performing motions that gently improve alignment, posture and balance. This is a low to non-impact, non-aerobic class suitable for all fitness levels including those with balance challenges on land. Beginner and Advanced classes offered.

Rusty Hinges - Keep your joints moving, restore flexibility and strength, and protect your joints from further damage by exercising in shallow water.

Silver Sneakers Splash - Improve your agility, flexibility and cardiovascular endurance through this shallow water exercise class.

Stroke Re-Growth - Stroke recovery participants discover and share drills to enhance their re-wiring. Body mechanics are studied to re-learn the simple and intricate movements of daily life. The water is a friendly environment for stability and resistance.

CLASSES ARE SUBJECT TO CHANGE WITHOUT NOTICE. PLEASE SEE THE WEBSITE FOR UP-TO-DATE SCHEDULE.

OUTSIDE PERSONAL TRAINING IS NOT ALLOWED.
 Participants for water and land exercise classes must be 15 years of age.