Aquatics Division

Roosevelt Swim Center

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

Aquatic Facility Admission Rates

<table>
<thead>
<tr>
<th></th>
<th>Daily Pass</th>
<th>20 Punch Pass</th>
<th>Quarterly Pass</th>
<th>Yearly Pass</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult/Youth</td>
<td>$5</td>
<td>$72</td>
<td>$88</td>
<td>$324</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$4</td>
<td>$55</td>
<td>$59</td>
<td>$486</td>
</tr>
<tr>
<td>Group Rate (30+)</td>
<td>$4</td>
<td></td>
<td>$96</td>
<td>$227</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th></th>
<th>Family Pass (4 passes)</th>
<th>Additional Family Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$191</td>
<td>$32</td>
</tr>
<tr>
<td>Senior Couple</td>
<td>$70</td>
<td></td>
</tr>
<tr>
<td>Youth</td>
<td>$75</td>
<td></td>
</tr>
<tr>
<td>Family Pass (4 passes)</td>
<td>$191</td>
<td></td>
</tr>
</tbody>
</table>

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=sdsrcr

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.

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

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-Limbo.

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 14. Please see website for rental fees or call 394-5223 for more information.
Swim Lesson Program
Course Descriptions
(All Pools)

Registration for Summer Swim Lessons begins May 7, 2016. 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 9th.

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 swimmers 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
For swimmers ages 6 to 36 months. 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 will use a Power Swimr Flotation Device which will be provided. These are a swim aid only and are not US Coast Guard approved. They will only be used during the lesson and not allowed at any other time.

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

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. Swimmer can take courses before or after Advanced Swim Strokes 300; that's totally up to you!
• Lifesaving Strokes 401 for 3 to 5 years
• Lifesaving Strokes 402 for 6 to 9 years
• Lifesaving Strokes 403 for 10 to 12 years

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.

One-on-One Swim Lessons
Sessions are one-on-one with one student to one instructor. All one-on-one 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.

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
May 31-June 3     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.
### Roosevelt Swim Center

**125 Waterloo St** • (605) 394-5223

**Swim Lesson Schedule**

<table>
<thead>
<tr>
<th>June 6-16</th>
<th>June 20-30</th>
<th>July 11-21</th>
<th>June 11-July 16</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 week session $50</td>
<td>2 Week Session $50</td>
<td>2 Week Session $50</td>
<td>*no class July 2</td>
</tr>
<tr>
<td><strong>Monday-Thursday</strong></td>
<td><strong>Monday-Thursday</strong></td>
<td><strong>Monday-Thursday</strong></td>
<td><strong>Saturday Lessons</strong></td>
</tr>
<tr>
<td>Swim 101</td>
<td>Swim 101</td>
<td>Swim 101</td>
<td><strong>Parent and Me-30</strong></td>
</tr>
<tr>
<td>8am-8:30am</td>
<td>8am-8:30am</td>
<td>8-8:30am</td>
<td>5 Week Session</td>
</tr>
<tr>
<td>8:35-9:05am</td>
<td>8:35-9:05am</td>
<td>8:35-9:05am</td>
<td><strong>Parent and Me 101</strong></td>
</tr>
<tr>
<td>5:15-5:45pm</td>
<td>5:15-5:45pm</td>
<td>5:15-5:45pm</td>
<td>8:15-8:45am</td>
</tr>
<tr>
<td>5:50-6:20pm</td>
<td>5:50-6:20pm</td>
<td>5:50-6:20pm</td>
<td>9:25-9:55am</td>
</tr>
<tr>
<td>Swim 102/103</td>
<td>Swim 102/103</td>
<td></td>
<td><strong>Group Lessons-$35</strong></td>
</tr>
<tr>
<td>8am-8:30am</td>
<td>8am-8:30am</td>
<td>8-8:30am</td>
<td>5 Week Session</td>
</tr>
<tr>
<td>8:35-9:05am</td>
<td>8:35-9:05am</td>
<td>8:35-9:05am</td>
<td><strong>Swim 101</strong></td>
</tr>
<tr>
<td>5:15-5:45pm</td>
<td>5:15-5:45pm</td>
<td>5:15-5:45pm</td>
<td>10-10:35am</td>
</tr>
<tr>
<td>5:50-6:20pm</td>
<td>5:50-6:20pm</td>
<td>5:50-6:20pm</td>
<td>11:20-11:55am</td>
</tr>
<tr>
<td>Swim 201</td>
<td>Swim 201</td>
<td>Swim 201</td>
<td><strong>Swim 102/103</strong></td>
</tr>
<tr>
<td>8-8:30am</td>
<td>8:35-9:05am</td>
<td>8:35-9:05am</td>
<td>10-10:35am</td>
</tr>
<tr>
<td>5:50-6:20pm</td>
<td>5:15-5:45pm</td>
<td>5:50-6:20pm</td>
<td>10-10:35am</td>
</tr>
<tr>
<td>Swim 301</td>
<td>Swim 301</td>
<td>Swim 301</td>
<td>11:20-11:55am</td>
</tr>
<tr>
<td>5:15-5:45pm</td>
<td>5:50-6:20pm</td>
<td>5:50-6:20pm</td>
<td>Swim 301</td>
</tr>
<tr>
<td>Swim 302/303</td>
<td>Swim 302/303</td>
<td></td>
<td>10-10:35am</td>
</tr>
<tr>
<td>8-8:30am</td>
<td>8-8:30am</td>
<td></td>
<td><strong>Swim 201</strong></td>
</tr>
<tr>
<td>5:15-5:45pm</td>
<td>8:35-9:05am</td>
<td>8-8:30am</td>
<td>10-10:35am</td>
</tr>
<tr>
<td>5:50-6:20pm</td>
<td>8:35-9:05am</td>
<td>5:50-6:20pm</td>
<td>11:20-11:55am</td>
</tr>
<tr>
<td>Swim 401</td>
<td>Swim 401</td>
<td>Swim 401</td>
<td><strong>Swim 202/203</strong></td>
</tr>
<tr>
<td>8:35-9:05am</td>
<td>8-8:30am</td>
<td>10-10:35am</td>
<td>10-10:35am</td>
</tr>
<tr>
<td>Swim 402/403</td>
<td>Swim 402/403</td>
<td></td>
<td>11:20-11:55am</td>
</tr>
<tr>
<td>8:35-9:05am</td>
<td>8:35-9:05am</td>
<td></td>
<td><strong>Swim 301</strong></td>
</tr>
<tr>
<td>5:15-5:45pm</td>
<td>5:15-5:45pm</td>
<td>5:15-5:45pm</td>
<td>10-10:35am</td>
</tr>
</tbody>
</table>

### Pool 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
- 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

<table>
<thead>
<tr>
<th>June 6-16</th>
<th>June 20-30</th>
<th>July 11-21</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 week session $50</td>
<td>2 Week Session $50</td>
<td>2 Week Session $50</td>
</tr>
<tr>
<td><strong>Monday-Thursday</strong></td>
<td><strong>Monday-Thursday</strong></td>
<td><strong>Monday-Thursday</strong></td>
</tr>
<tr>
<td>Swim 101</td>
<td>Swim 101</td>
<td>Swim 101</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 102/103</td>
<td>Swim 102/103</td>
<td>Swim 102/103</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 201</td>
<td>Swim 201</td>
<td>Swim 201</td>
</tr>
<tr>
<td>10:35-11:05</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>11:10-11:30am</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Swim 202/203</td>
<td>Swim 202/203</td>
<td>Swim 202/203</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 301</td>
<td>Swim 301</td>
<td>Swim 301</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 302/303</td>
<td>Swim 302/303</td>
<td>Swim 302/303</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 401</td>
<td>Swim 401</td>
<td>Swim 401</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 402/403</td>
<td>Swim 402/403</td>
<td>Swim 402/403</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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

<table>
<thead>
<tr>
<th>June 6-16</th>
<th>June 20-30</th>
<th>July 11-21</th>
</tr>
</thead>
<tbody>
<tr>
<td>2 week session $50</td>
<td>2 Week Session $50</td>
<td>2 Week Session $50</td>
</tr>
<tr>
<td><strong>Monday-Thursday</strong></td>
<td><strong>Monday-Thursday</strong></td>
<td><strong>Monday-Thursday</strong></td>
</tr>
<tr>
<td>Swim 101</td>
<td>Swim 101</td>
<td>Swim 101</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 102/103</td>
<td>Swim 102/103</td>
<td>Swim 102/103</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 201</td>
<td>Swim 201</td>
<td>Swim 201</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>11:10-11:40am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>11:10-11:40am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>Swim 202/203</td>
<td>Swim 202/203</td>
<td>Swim 202/203</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 301</td>
<td>Swim 301</td>
<td>Swim 301</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>Swim 302/303</td>
<td>Swim 302/303</td>
<td>Swim 302/303</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>10-10:30am</td>
<td>10-10:30am</td>
</tr>
<tr>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
<td>10:35-11:05am</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 401</td>
<td>Swim 401</td>
<td>Swim 402/403</td>
</tr>
<tr>
<td>10-10:30am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
<tr>
<td>Swim 402/403</td>
<td>Swim 402/403</td>
<td>Swim 402/403</td>
</tr>
<tr>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
<td>11:10-11:40am</td>
</tr>
</tbody>
</table>
## Swim Lesson Schedule

### June 6-16
- 2 week session $50
- Monday-Thursday
- Swim 101
  - 10:10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 102/103
  - 10:10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 201
  - 10:35-11:05am

- Swim 202/203
  - 10:10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 301
  - 10:10-10:30am

- Swim 302/303
  - 10:10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 401
  - 11:10-11:40am

- Swim 402/403
  - 10-10:30am

### June 20-30
- 2 Week Session $50
- Monday-Thursday
- Swim 101
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 102/103
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 201
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 202/203
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 302/303
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 401
  - 10:35-11:05

- Swim 402/403
  - 10-10:30am

### July 11-21
- 2 Week Session $50
- Monday-Thursday
- Swim 101
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 102/103
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 201
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 202/203
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 301
  - 10-10:30am

- Swim 302/303
  - 10-10:30am
  - 10:35-11:05am
  - 11:10-11:40am

- Swim 401
  - 10:35-11:05

- Swim 402/403
  - 10-10:30am

### 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 6:00-11:00 pm
Saturdays $15 per child
- June 18, 2016
- July 16, 2016
- August 13, 2016

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 9-10, 2016

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.

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 maybe 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.

Water Polo in Rapid City!!!
Come to 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).

For more information contact Jorge Gonzalez (jorgewpge@gmail.com), or call the Roosevelt Swim Center at (605) 394-5223.
Birthday Parties at Roosevelt Swim Center
Parties are scheduled during open swim and pricing includes admission to swim, party favor bags, pop, mini melts ice cream and paper products. Children under the age of 6 must have an adult in the water within arms reach. Call 394-5223 to reserve your time!

$80 - 2 1/2 hours for 8 children
$8 for each additional child
$5 admission for ages 3-59 not receiving the extras.

$65 - 1 1/2 hours for 8 children
$8 for each additional child
$5 admission for ages 3-59 not receiving the extras.

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 10 - August 12

* 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.
$5 admits one child and one adult.
Roosevelt Swim Center 11:00-12:00 pm
Fridays

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 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 website for additional requirements.

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.

Introduction to Kayaking
Come have fun while learning basic paddling skills in the comfort of a nice warm outdoor pool. This course will cover the 5 essentials of kayaking: wet exits, positioning, paddle strokes, rescues, hip snaps and more.

A minimum of 6 students is required for this course. bring towel and swim wear. Kayaks and all gear will be provided.

Instructor: Chad Andrews, ACA
Roosevelt 50 Meter Pool
Saturday $90
July 16 8:00 am-12:00 pm

Kayakers Paddle Night (All Ages)
Learn a new hobby or keep your skills polished during the winter months. Call ahead if you want to participate but do not have a boat or gear. Boats and gear must be clean before entering pool. Paddle Night will be held on the first Saturday of each month unless otherwise noted or due to holiday.

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.

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

American Red Cross
Together, we can save a life

Birthday Parties at Roosevelt Swim Center
Parties are scheduled during open swim and pricing includes admission to swim, party favor bags, pop, mini melts ice cream and paper products. Children under the age of 6 must have an adult in the water within arms reach. Call 394-5223 to reserve your time!

$80 - 2 1/2 hours for 8 children
$8 for each additional child
$5 admission for ages 3-59 not receiving the extras.

$65 - 1 1/2 hours for 8 children
$8 for each additional child
$5 admission for ages 3-59 not receiving the extras.
### Water Exercise Class Descriptions

*See Online Schedule for Time, Location of Class and Instructor*

<table>
<thead>
<tr>
<th>Class Description</th>
<th>Days</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Aqua Power</strong> - Join this intense aqua workout with interval training, plyometrics, and power moves to improve cardiovascular fitness, muscular endurance, strength and flexibility.</td>
<td>Mon/Th</td>
<td>5:30 - 6:30 pm</td>
</tr>
<tr>
<td><strong>Deep Water Energized</strong> - 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.</td>
<td>Mon/Tue/Wed/Th</td>
<td>9:45-10:30 am</td>
</tr>
<tr>
<td><strong>Early Energizers</strong> - 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.</td>
<td>Mon/Tue/Wed/F</td>
<td>5:30-6:30 am</td>
</tr>
<tr>
<td><strong>H2O Transformers</strong> - Warm up in the leisure pool with low to moderate impact moves, then transition to the lap pool for balance, strength and toning. Belts, balance boards, noodles and other equipment will be used. You do not have to be a swimmer to join this class.</td>
<td>Mon/Wed/Th</td>
<td>7:30-8:30 am</td>
</tr>
<tr>
<td><strong>H20-X</strong> - This is a fast paced cardiovascular aquatic workout utilizing equipment for muscular strength training, toning and stretching, all done in the shallow water.</td>
<td>Mon/Wed</td>
<td>7:00 - 8:00 am</td>
</tr>
<tr>
<td><strong>Masters Swim</strong> - Adult (17 &amp; 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 <a href="mailto:bbeth.eldridge@yahoo.com">bbeth.eldridge@yahoo.com</a>.</td>
<td>Mon/Tue/Th/Fri</td>
<td>11:30-1:00 pm</td>
</tr>
<tr>
<td><strong>Parkinson’s Wellness Recovery In-Water</strong> - Participants work in the water on motor skills essential to every day life.</td>
<td>Fri</td>
<td>9:30-11:00 am</td>
</tr>
<tr>
<td><strong>Pilates Stretch/Wet</strong> - 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.</td>
<td>Tues/Fri</td>
<td>7:00-8:00 am</td>
</tr>
<tr>
<td><strong>Rusty Hinges</strong> - Keep your joints moving, restore flexibility and strength, and protect your joints from further damage by exercising in shallow water.</td>
<td>Tue/Thu</td>
<td>9:30-10:15 am</td>
</tr>
<tr>
<td><strong>Silver Sneakers Splash</strong> - Improve your agility, flexibility and cardiovascular endurance through this shallow water exercise class. No swimming ability needed.</td>
<td>Mon/Wed</td>
<td>9:30-10:15 am</td>
</tr>
<tr>
<td><strong>Stroke Re-Growth</strong> - 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.</td>
<td>Thur</td>
<td>9:00-10:30 am</td>
</tr>
</tbody>
</table>

**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.
### Land Exercise Class Descriptions

See Online Schedule for Time, Location of Class and Instructor

<table>
<thead>
<tr>
<th>Class</th>
<th>Description</th>
<th>Days/Time</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Beginner Yoga</strong></td>
<td>This class is suitable for all levels, from beginner to advanced.</td>
<td>Mon/Wed/Fri 7:30 - 8:30 am</td>
</tr>
<tr>
<td><strong>Body Sculpt</strong></td>
<td>Combination of strength training and cardio. Instructor welcomes all ability levels; be ready to sweat!</td>
<td>Mon/Wed 5:15 - 6:15 pm</td>
</tr>
<tr>
<td><strong>Noon Spin</strong></td>
<td>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.</td>
<td>Mon/Wed 12:00-12:50 pm</td>
</tr>
<tr>
<td><strong>Muscle Pump</strong></td>
<td>The original barbell class that strengthens your entire body! Challenge your major muscles and get the results you came for.</td>
<td>Tue/Thur 7:30 - 8:30 am</td>
</tr>
<tr>
<td><strong>Silver Sneakers Classic</strong></td>
<td>Move through a variety of exercises designed to increase muscular strength, range of movement, and activities for daily living.</td>
<td>Tue/Thur 10:45 - 11:30 am</td>
</tr>
<tr>
<td><strong>Spin Mornings</strong></td>
<td>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 &quot;out of the saddle&quot;. The class ends with about 10 minutes of abdominal training. All levels are welcome!</td>
<td>Mon/Wed/Fri 6:45 - 7:30 am</td>
</tr>
<tr>
<td><strong>Strength/Core/Yoga</strong></td>
<td>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.</td>
<td>Tue/Thur 9:30 - 10:30 am</td>
</tr>
</tbody>
</table>
| **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 session will be held in Sioux Park during the summer and will move back to the Swim Center in the Fall.** | Wed 6:15 - 7:15 pm  
Sat * 9:15 - 10:30 am |
| **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! | Tue/Thur 5:15 - 6:15 pm |

**OUTSIDE PERSONAL TRAINING IS NOT ALLOWED.**

Participants for water and land exercise classes must be 15 years of age.