

University of North Florida

# AQUATIC CENTER



FALL 1997



## AQUATIC CENTER INFORMATION

The UNF Aquatic Center is the finest aquatic facility in Northeast Florida. Built in 1987, the Aquatic Center features an indoor 50-meter by 25-yard heated pool. The facility is open to the public and operates on a year-round basis. A certified lifeguard is on duty at all times. The Aquatic Center is designed to accommodate instructional, recreational, and competitive aquatic activities.

### AQUATIC CENTER PHONE NUMBERS

(904) 620-2854 (V/TDD)

(904) 620-2871 (FAX)

### HOURS OF OPERATION

#### August 25 - December 12

Monday - Thursday:	7:00 a.m. – 8:30 p.m.
Friday:	7:00 a.m. – 7:00 p.m.
Saturday:	8:00 a.m. – 6:00 p.m.
Sunday:	Noon – 6:00 p.m.

#### December 13 - 20

Modified hours to be announced.

### FACILITY CLOSURES\*

Saturday, Sunday & Monday

Aug. 30, 31, Sept. 1

Labor Day Holiday

Tuesday, Nov. 11

Veteran's Day

Thursday - Sunday,

Nov. 27 - 30

Thanksgiving Holiday

Sun., Dec. 21 - Thurs., Jan. 1

Holidays and  
and Facility Maintenance

*\* Unforeseen circumstances may arise which could alter the availability of the Aquatic Center. Should this occur, a notice will be posted at the Aquatic Center as far in advance as possible.*

## MEMBERSHIP INFORMATION

Memberships are non-refundable, non-transferable, and subject to cancellation.

**MEMBERSHIP CLASSIFICATIONS:** "Individual" memberships are for persons who are at least 16 years old. "With Spouse or One Child" memberships denote husband and wife or the primary member and his/her child. "Family" memberships are comprised of the primary member and his/her spouse and/or children.

NOTE: Children included in memberships may be up to 21 years old and must reside with parent(s).

**MEMBERSHIP VALIDATION PERIODS:** Annual memberships are valid for 12 consecutive months from the date of purchase. Four-month memberships are valid for four consecutive months from the date of purchase. Semester memberships (available only to UNF student families and recent alumni) are valid for the current semester (August 25 - December 20). Semester memberships may not be pro-rated.

**MEMBERSHIP CARDS:** All Aquatic Center members are issued membership cards (except for UNF students, faculty, and staff)†. Members obtain the cards at the front desk. **Upon each visit to the facility, all members must sign in at the front desk and present their membership card before entering the pool area.** A fee is assessed for the replacement of a membership card.

† UNF I.D.s serve as membership cards for UNF students, faculty and staff.

**PARKING PERMITS:** Parking permits are included in the purchase price of the following membership categories: Community, Alumni\*, and FCCJ Students. "Individual" members receive one permit and all other membership classifications are entitled to a maximum of two permits. A fee is assessed for the replacement of a parking permit.

Parking permits are not issued to UNF students, faculty or staff. Students may purchase parking permits from the Aquatic Center only if a membership is also purchased.

*\*Parking permits are not included in complimentary memberships for recent alumni. This group may purchase parking permits from the Aquatic Center.*

## MEMBERSHIP FEES

### UNF STUDENTS (*Full or Part-time*)

	SEMESTER
Individual:	No charge
With Spouse or one Child:	\$ 17 + tax
Family:	\$ 33 + tax

### UNF FULL-TIME FACULTY AND STAFF

UNF faculty and staff members are encouraged to join the University's "Healthy State Club" (HSC). Information about the club is available at the Aquatic Center front desk.

	FOUR MONTHS	ANNUAL
HSC Member:	\$ 0	\$ 0
Non-HSC Member:	\$ 89 + tax	\$210 + tax

NOTE: Family members of UNF faculty and staff may join the Aquatic Center at the community membership rates.

### UNF ALUMNI\* AND FCCJ STUDENTS (*Full or Part time*)

	FOUR MONTHS	ANNUAL
Individual:	\$61 + tax	\$143 + tax
With Spouse or one Child:	\$82 + tax	\$194 + tax
Family:	\$98 + tax	\$232 + tax

\* Alumni are entitled to a free semester membership, valid within one year of graduation date.

### COMMUNITY

	FOUR MONTHS	ANNUAL
Individual:	\$ 89 + tax	\$210 + tax
With Spouse or one Child:	\$120 + tax	\$284 + tax
Family:	\$144 + tax	\$341 + tax

### DAILY ADMISSION FEES FOR NON MEMBERS†

Age 13 and over:	\$3.75
Ages 4 - 12:	\$2.75
Ages 3 and under:	No charge

† Non-Members must stop at the information booth located at the campus entrance and pay a daily parking fee of \$1.

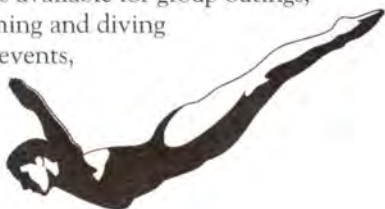
## YOUTH POLICY

Children under the age of 13 and not enrolled in UNF aquatic programs must be under the direct supervision of an adult guardian while visiting the Aquatic Center. If a child wishes to enter the water and he/she is a non-swimmer, the adult guardian must accompany the child in the water.

## GROUPS WELCOMED!

The Aquatic Center is available for group outings, team practices, swimming and diving competitions, special events, and birthday parties.

For details, call the Aquatics Director at 620-2854.



## PROGRAM INFORMATION

**REGISTRATION:** Registration with payment is required and must be done in person at the Aquatic Center. Registration for all Fall program sessions begins August 25 and continues until classes have reached maximum enrollment.

Register early to avoid disappointment. Waiting lists will be compiled for filled classes. If needed, additional sections may be offered.

Students will not be added to a program after the second class meeting. Classes that do not reach minimum enrollment figures will be cancelled.

**REFUND POLICY:** If a class is cancelled due to insufficient enrollment, a full refund will be issued. A person wishing to withdraw from a class will receive a full refund if notification is given to the Aquatic Center at least 48 hours prior to the first class meeting. Refunds will not be granted after that time.

**PARKING PERMITS:** Upon registration, non-member participants enrolled in weekday programs will receive a free parking permit, valid for the length of the course. A fee is assessed for the replacement of a parking permit.

**NOTE:** Parking permits are *not* required on weekends.

**PARENT OBSERVATION:** Parents may observe their children's participation in the aquatic programs. The bleachers located on the pool deck serve as the designated observation area.

## SWIMMING INSTRUCTION PROGRAMS

### AQUA BABES (6 - 17 months)

### AQUA TOTS (18 - 35 months)

Parent/adult accompaniment in the water is required in this American Red Cross program for infants and toddlers. Parents are given information and techniques to help orient their children to the water and to supervise water activities in a safe manner.

In the Aqua Babes level, children are introduced to basic skills such as kicking, floating, and gliding. The Aqua Tots level includes infant skills and builds upon them in an attempt to increase the toddler's endurance. Children at both levels progress through the skills at their own rates.

**Day/Time:** Saturday, 9:30 - 10 a.m.

**Sessions:** I: Sept. 13 - Oct. 18

II: Oct. 25 - Dec. 6  
(No class Nov. 29)

**Session Fee:** \$22 Members/ \$28 Non-Members

### PRESCHOOL PROGRAM (Ages 3 - 5)

In this American Red Cross course, preschoolers are taught the fundamentals of swimming and basic water safety skills. Students are grouped by skill level. Student-teacher ratios do not exceed 5:1. This ratio provides a safe environment and fosters group interaction. If needed, students are provided with flotation devices to help in the learning process.

**Days/Times:** Monday & Wednesday, 5:45 - 6:15 p.m.

Tuesday and Thursday, 6 - 6:30 p.m.

Saturday, 9:30 - 10 a.m.

10:10 - 10:40 a.m.

**Weekday Sessions:** I: Sept. 8 - Oct. 9

(10 classes)

II: Oct. 20 - Nov. 20 (No class  
Tuesday, Nov. 11; Make-up is  
Friday, Nov. 14)

**Saturday Sessions:** I: Sept. 13 - Oct. 18

(6 classes)

II: Oct. 25 - Dec. 6  
(No class Nov. 29)

**Weekday Session Fee:** \$35 Members/ \$45 Non-Members

**Saturday Session Fee:** \$26 Members/ \$32 Non-Members

## YOUTH PROGRAM (Ages 6 -14)

This American Red Cross "Learn to Swim" program offers seven class levels ranging from beginner to advanced. Children are evaluated on the first day of the session to determine their group placement. Students learn stroke techniques, personal water safety skills, and methods of basic rescue.



Also available for advanced swimmers is the "Aqua Champs" program (see page 7 for listing.)

**Days/Times:** Monday and Wednesday, 6:25 - 7:10 p.m.  
Saturday, 10:50 a.m. - 11:35 a.m.  
11:45 a.m. - 12:30 p.m.

**Weekday Sessions:** I: Sept. 8 - Oct. 8  
(10 classes) II: Oct. 20 - Nov. 19

**Saturday Sessions:** I: Sept. 13 - Oct. 18  
(6 classes) II: Oct. 25 - Dec. 6  
(No class Nov. 29)

**Weekday Session Fee:** \$40 Members/ \$50 Non-Members

**Saturday Session Fee:** \$29 Members/ \$35 Non-Members

## ADULT PROGRAM (Ages 15 and up)

This program is for those who want to learn to swim or those who want to improve their present skills. Instruction is based on the needs of the students. Survival skills and stroke techniques are emphasized.

**Days/Times:** Tuesday and Thursday, 6:40 - 7:25 p.m.  
Saturday, 11:45 a.m. - 12:30 p.m.

**Weekday Sessions:** I: Sept. 9 - Oct. 9  
(10 classes) II: Oct. 21 - Nov. 20 (No class  
Tuesday, Nov. 11; Make-up is  
Friday, Nov. 14)

**Saturday Sessions:** I: Sept. 13 - Oct. 18  
(6 classes) II: Oct. 25 - Dec. 6  
(No class Nov. 29)

**Weekday Session Fee:** \$30 UNF Students  
\$40 Members/ \$50 Non-Members

**Saturday Session Fee:** \$23 UNF Students  
\$29 Members/ \$35 Non-Members

## AQUA CHAMPS

**NEW!**

### AQUA CHAMPS (Ages 7 - 14)

This new program for advanced swimmers\* offers an introduction to competitive swimming and lifesaving skills. Students will learn starts and turns and they will participate in drills for the competitive strokes. The drills are designed to improve technique and to develop both speed and endurance.

Students will also learn "junior lifesaving" skills to include rescue techniques for passive and active victims, and victims of spinal injuries.

Reach for the next level: become an "Aqua Champ"!

**Day/Time:** Saturday  
11:45 a.m. - 12:45 p.m.

**Session:** I: Sept. 13 - Oct. 18  
II: Oct. 25 - Dec. 6  
(No class Nov. 29)

**Fee\*:** \$33 Members  
\$39 Non-Members

**\*Pre-requisite:** Participants must possess a minimum of Level V (Dolphin) swimming skills. This includes: swimming front crawl and back crawl for 50 yards each; breaststroke for 10 yards; and performing a standing front dive from the deck.

## SPRINGBOARD DIVING PROGRAM

In this program, diving instruction is individualized according to each student's skill level.

Beginners learn the basic components of diving which include the approach, hurdle, and takeoff. Beginners also work on jumps, front dives, and back dives from both the one meter and three meter boards.

Students at the intermediate and advanced levels learn required and optional dives from the five categories: forward, back, reverse, inward and twist.



*Continued on next page*



### ***Springboard Diving, continued***

The instructor is **Tony Perriello**. Tony is a champion Masters diver and coach of River City Diving.

**Day/Times:** Saturday  
9:45 - 10:45 a.m. (*Ages 6 - 10*)  
10:45 - 11:45 a.m. (*Ages 11 - up*)

**Sessions:** I: Sept. 13 - Oct. 18  
II: Oct. 25 - Dec. 6  
(No class Nov. 29)

**Session Fee:** \$33 Members  
\$43 Non-Members

**Pre-requisite:** Participants must be comfortable in deep water.

## **SYNCHRONIZED SWIM PROGRAM**

### **SYNCHRONIZED SWIMMING (*Ages 7 and up*)**

Synchronized Swimming is an Olympic event which is gaining popularity across the nation. This sport combines the elements of gymnastics, swimming, and dance.

In this beginner level program, students learn the basic components of synchronized swimming. These include sculling techniques, figures, basic transitions, and some choreography/routine work.

The instructor is **Debbie Stallard**, Synchronized Swimming Coach of the Jacksonville Aquarians.

**Day/Time:** Saturday  
10 - 10:45 a.m.

**Sessions:** I: Sept. 13 - Oct. 18  
II: Oct. 25 - Dec. 6  
(No class Nov. 29)

**Session Fee:** \$27 Members  
\$37 Non-Members

**Pre-requisite:** Participants must be comfortable in deep water.

## LIFEGUARD PROGRAM

### LIFEGUARD TRAINING (*Ages 15 and up*)

This updated, all-inclusive course offers the most current training in lifeguarding, first aid, and CPR. Students learn what is expected of professional lifeguards with instruction in topics such as interaction with the public, patron and facility surveillance, injury prevention, emergency procedures, equipment-based rescues, and spinal injury management.

**Valuable first aid training and CPR for the Professional Rescuer are included in the course.**

**Days/Times:** Monday and Wednesday, 6 - 9:30 p.m.  
Saturday, 9 a.m. - 4 p.m. (includes lunch break)

**Session:** Oct. 20, 22, 25, 27, 29, Nov. 1, 3, and 5

**Fee\*:** \$74 UNF Students  
\$90 Members  
\$110 Non-Members

\*Fee includes two textbooks.

## CPR/FIRST AID PROGRAM

### COMMUNITY FIRST AID AND SAFETY

In this comprehensive American Red Cross course, students learn how to recognize and care for breathing emergencies, heart attack, and cardiac arrest in adults, infants, and children. Students also learn to identify and care for bleeding, shock, injuries, and sudden illnesses such as poisoning and heat emergencies.

Upon successful completion of the course, participants receive two certificates: Community CPR (valid for one year) and Community First Aid and Safety (valid for three years). Two course sessions are being offered.

**Sessions:** I: Saturday, Oct. 4  
8 a.m. - 5 p.m. (includes lunch break)

II: Saturday, Nov. 15  
8 a.m. - 5 p.m. (includes lunch break)

**Fee per session\*:** \$25 UNF Students  
\$30 Members  
\$35 Non-Members

\*Fee includes textbook.

## WATER EXERCISE PROGRAMS

### AQUA AEROBICS

This water exercise program provides a total body workout for people of all ages and fitness levels. Classes include exercises for aerobic conditioning, flexibility, and strength. Aqua Aerobics offers a safe and refreshing way to exercise. Classes are held in the shallow end of the pool. Non-swimmers are urged to join in the fun! Pre-registration is not required.

**Days/Times:** Monday - Friday, 9 - 10 a.m.  
Monday, Wednesday, and Friday,  
12 noon - 1 p.m.  
Monday - Thursday, 5:30 - 6:30 p.m.

**Fee per class:** Members: No charge  
Non-Members: \$2.50

**Program Membership:** \$66

*(Four months of unlimited class visits and parking permit)*

### ARTHRITIS AQUATICS PROGRAM

This program is co-sponsored by the UNF Aquatic Center and the Arthritis Foundation. It is designed for people who experience discomfort in their joints. Mild exercises in the water help to relieve aches and pains while improving strength and flexibility. The pool is equipped with a swim lift to make water entries and exits easier. Non-swimmers may join the class. You will make new friends and feel better, too!

Participants must have a physician's consent form completed and returned to the Arthritis Foundation before participating in the program. Consent forms may be obtained at the Aquatic Center.

**Days/Times:** Monday, Wednesday, and Friday  
2 - 2:45 p.m.

**Fee per class:** Members: No charge  
Non-Members: \$2.25

**Program Membership:** \$60

*(Four months of unlimited class visits and parking permit)*

*On the cover: Aquatic Center member Debbie Johnson*

*Photo by: Bob Doughty*

# **N** UNIVERSITY OF **NORTH** **FLORIDA**

4567 St. Johns Bluff Road, S.  
Jacksonville, FL 32224-2645



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