

The Haines Pool

News Release Date
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Haines Pool & Sauna

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6AM-8:30AM LAP SWIM		6AM-8:30AM LAP SWIM		6AM-8:30AM LAP SWIM		The Haines POOL 766- 2666
8:30AM-9:30AM AQUA AEROBICS	Cold water safety K-5 **CLOSED TO PUBLIC**	8:30AM-9:30AM Wise woman Aqua Aerobics	Cold water safety K-5 **CLOSED TO PUBLIC**	8:30-9:30am Wise woman Aqua Aerobics		
9:30am-10:30am Tot time				9:30am-10:30am Tot time		
10:30AM-1PM OPEN REC/LAP SWIM		10:30AM-1PM OPEN REC/LAP SWIM		10:30AM-1PM OPEN REC/LAP SWIM	2pm-3pm LAP SWIM	
3:15-6:00 HDST **Closed practice**	3:15-6:00 HDST *Closed practice*	3:15-6:00 HDST **Closed practice**	3:15-6:00 HDST *Closed practice*	3:15-6:00 HDST **Closed practice**	3pm-5pm REC/LAP	Rec/Lap 1-3
6:00PM-8PM REC/LAP SWIM		6:00PM-8PM REC/LAP SWIM		6:00PM-8PM REC/LAP SWIM		**NEW** Kayak Roll practice 3-5
Day Pass..... <i>Senior/Student \$5.....Adult \$7</i> 10 Punch Pass..... <i>Senior/Student \$30.....Adult \$40</i> Family.....\$12 5 & under.....free Sauna/Shower pass.....\$3 Seasonal pass.... <i>Senior/student/Adult \$150...Family \$200</i>			Recreational/Lap: Room to swim straight or in circles. All users welcome. Lap Swim: 5-6 lanes available for Lap swimmers only. Aqua Aerobics: A low impact workout, designed to improve joint stability, coordination, heart health and strength. HDST: Haines dolphin swim team practice. The building is closed to all other patrons at this time. The Sauna is available during all open Swims.			

** The Haines pool will be closed February 19th for Presidents' day**

Mission Statement

The Mission of the Haines Borough Swimming Pool is to enhance the quality of life in the Haines community by offering a variety of aquatic recreational opportunities. Our goal is to see that every child in the community has the opportunity to access aquatic recreation. Of equal importance, the pool facility should be a place in which our patrons experience satisfaction, the goal of the staff is to promote an environment in which individual patrons can exercise, relax, and learn to be safe in the water.

The Pool, Lobby, and Plant room are community spaces for all users! Interested in knitting, doing yoga, meditating, or creating with a small group of folks? The plant room can provide a great space for you to do these things. The plants would love the company! Call our staff to find out what times would work best!

Entrance

The Pool was built in 1980 and is connected to the Haines Borough School. The entrance leads to a maze of ramps that will lead you to the lobby! Enjoy viewing the pool from the viewing/plant area. Check in at the front desk by typing in your name (if you have a pass) on the IPAD. Confirm your swim by pressing the green button! This will show you how many passes you have left. If you are new or are a guest, type in "Guest" and punch in. You can pay for your swim before or after, depending on front desk attendant status.

Lockers

Lockers are available for the season or to just use during your swim. Once used, please leave open for cleaning. Please use a lock or a "signifier" to let other patrons know it is being used. Lockers are free. If you are 12 and under, please check in with staff regarding locker availability for the season.

Swim Gear

Goggles, towels, swim gear, and toys are on deck for you to enjoy. Thank you for placing in "used gear" bucket for rinsing after use.

Showers

There are two private showers in the women's locker room and open showers in both. Turning on the shower before you change, will allow for the water to heat up before you shower off dirt, oils, fecal matter and debris. Showering off keeps our water clear and clean!

Lanes

Our 25 yard pool has 6 lanes available during Lap Swim and 2-4 during Recreational/Lap Swim times. Goggles, fins, towels, and gear are located on deck for you.

Sauna

Beautiful cedar sauna built by our Friends of the pool. A shower is located outside the sauna for you to rinse off chemicals before and sweat after, before entering the pool. Sweat it out and rinse it off!

Rentals

The community pool is a great space to hold a birthday party or simply a gathering of friends.

For \$75 you get the pool for an hour, with 15 minutes prior and 30 minutes after in the lobby if needed. Thanks for cleaning up afterwards!

For \$100, you can add our inflatable features into the mix. We have a jungle gym, slide, and balance beam that include platforms.



m for the month of July. Please contact the
s or Learn to swim Levels 1 & 2. other classes



Tuesdays & Thursdays 10am-11am

*ages 0-3, please be prepared to be in the water with your child to learn ways to get your child comfortable in the water and beginning steps to floating**

** For infants and younger children you may bring a fleece onesie or wet suit to help them stay warm. Swim diapers necessary. Water temperature is 82 degrees**

‡This class has unlimited space. **

Preschool aquatics

Tuesdays & Thursdays 11:30-12/ 12:15-12:45

**Beginner swimmers. Ages 5-7 **

Learn to float, beginning to learn front crawl, back stroke

parents may watch from the plant room. This class is to learn to float and beginning swimming so please do NOT bring floaties. Child must be comfortable in the water (can put face in the water and be comfortable without parent present).

5 pp per class

Learn-to-swim level 1

Tuesdays & Thursdays 1pm-1:45pm

ages 6+

Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Learn-to-Swim. In addition, participants start developing positive attitudes, effective swimming habits and safe practices in and around the water. Learn-to-Swim Level 1 skills overlap with the Preschool Aquatics Level 1 and 2 skills

5 participants per class

Learn-to-swim level 2

Tuesdays & Thursdays 2pm-2:45pm

** Fundamental Aquatic Skills **

** 5 participants per class**

The objective of Learn-to-Swim Level 2 is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced

The American Red Cross Adult Swim courses are intended for older teens and adults wishing to improve their knowledge of, and skill in, the water. Adult Swim offers three options to meet specific needs and interests—Learning the Basics, Improving Skills and Swimming Strokes, and Swimming for Fitness

****ages 18+****

****This class has unlimited space****

Lessons are July 11th, 13th, 18th, 20th, 25th

And August 1st and 3rd. total of 7 sessions

- Parent child aquatics- \$15 per session per participant or \$100 for all 7 sessions (\$5 off)
- Preschool aquatics- \$35 per session per participant or \$225 for all 7 (\$20 off)
- Learn to swim 1 &2 - \$35 per session per participant or \$225 for all 7 (\$20 off)
- Adult swim- \$15 per session per participant or \$100 for all 7 sessions (\$5 off)

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