

City of Fort Lauderdale Pools

www.fortlauderdale.gov/aquatics



BASS PARK POOL

2750 NW 19th Street (954) 828-6019

"Aqua Angels" Swim Team

Ages 5 - 18 years. Recreational swim team that will develop stroke technique of the advanced swimmer, forming of freestyle, backstroke, breaststroke, and butterfly. Participants must be able to swim 25 yards to join the team.

Dates: August 31 - June 3, 2016

Days: Monday - Thursday

Time: 5:00 - 6:30 p.m.

Residents: \$60 Non - Residents: \$90

Water Aerobics in the "Aqua Zone"

Variable intensity promotes fitness and social activity. Great music each day; coffee and tea served on Fridays!

Days: Monday - Friday

Time: 7:00 - 8:00 a.m.

Recreational Swim*

Go for a swim or lounge poolside. Bass pool is heated and offers a great way to spend time with friends family. Annual pass required.

Fall Hours (August 27 - November 19):

Saturdays: 1:00 - 4:00 p.m.

No School Days: 1:00 - 4:00 p.m.

(10/3, 10/28, 11/23)

CARTER PARK POOL

1450 W Sunrise Boulevard (954) 828-5407

Adult Swim

Great way to stay in shape! Swimming increases cardio, strengthens muscles, increases flexibility and helps with weight loss.
Days: Tue/Wed/Thur 7:00 - 9:00 a.m.

Recreational Swim*

Go for a swim or lounge poolside. Carter pool is heated and offers a great way to spend time with friends family. Water playground open Spring Break - Thanksgiving.
Annual pass required.

Fall Hours (August 27 - November 19):

Saturdays: 1:00 - 4:00 p.m.

No School Days: 1:00 - 4:00 p.m.

(10/12, 11/8)

American Red Cross Trainings

Water Safety Instructor: Become an American Red Cross swim lesson instructor! Class meets at Croissant Park, 245 W. Park Drive.

Dates: October 24 - November 5

Days/Times:

Mon & Wed: 6:00 - 10:00 p.m.

Saturdays: 9:00 a.m. - 5:00 p.m.

Cost: \$300. Scholarships available, please contact: dshirley@fortlauderdale.gov

CROISSANT PARK POOL

245 W. Park Drive (954) 828-6156

Adult Swim

Great way to stay in shape!

Sat/Sun: 7:30 - 9:30 a.m.

Mon/Wed/Fri: 6:00 - 8:00 a.m.

Aqua Zen

A combination of yoga, ai chi, stretching, and more. A total mind, body, and soul workout in the water!

Wed 11:15 a.m. - 12:15 p.m.

Hydro Fitness

This low impact class focuses on improving flexibility and range of motion.

Days: Mon/Wed/Fri

Times: 10:00 - 11:00 a.m.

Water Aerobics

High Intensity water aerobics class.

Mon/Wed/Fri: 8:30 - 9:30 a.m.

Saturdays: 10:00-11:00 a.m.

Recreational Swim*

Go for a swim or lounge poolside. Water playground open Spring Break - Thanksgiving.
Annual pass required.

Fall Hours (August 27 - November 19):

Saturdays: 1:00 - 4:00 p.m.

No School Days: 1:00 - 4:00 p.m.

(10/3, 10/28, 11/23)

RIVERLAND PARK POOL

950 SW 27th Ave (954) 828-5322

Water Aerobics

High Intensity water aerobics class.

Tues/Thur/Sat: 10:00 - 11:00 a.m.

Mon/Thur: 6:45 - 7:45 p.m.

Tues/Thur: 9:00 - 10:00 a.m.

Adult Swim

A great way to stay in shape! Swimming increases cardio, strengthens muscles increases flexibility and helps with weight loss.

Tues/Thur/Sat: 9:00 - 11:00 a.m.

Mon/Thur: 6:45 - 7:45 p.m.

Recreational Swim*

Go for a swim or lounge poolside. Riverland pool is heated and offers a great way to spend time with friends family. Water playground open Spring Break - Thanksgiving. Annual pass required.

Fall Hours (August 27 - November 19):

Saturdays: 1:00 - 4:00 p.m.

No School Days: 1:00 - 4:00 p.m.

(10/12, 11/8)

The City of Fort Lauderdale is a partner of:



If you would like this publication in an alternative format or if you need reasonable accommodation to participate in these programs, please contact 954-828-7275 or parkinfo@fortlauderdale.gov at least seven days prior to the program.

ADULT SWIM & H₂O AEROBICS

	<u>10 Visits</u>	<u>30 Visits</u>
Resident:	\$30	\$75
Non-Res:	\$45	\$112.50
Sen/Mil Res:	\$15	\$45
Sen/Mil NR:	\$25	\$75

RECREATIONAL SWIM ANNUAL PASS

Pass holders have unlimited admissions to Recreational Swim or Water Playground at Croissant, Riverland, Manors, and Bass Pools for 1 year from the date of purchase. Each guest 8 years and older must purchase an Annual Pass for admission. Children under 8 are admitted at no charge when accompanied by a current annual pass holder over the age of 16. Maximum capacity limits apply.

Resident Annual Pass: \$5/year

Non-Resident Annual Pass: \$7.50/year

GROUP SWIM LESSONS

Group swim lessons are available at the Fort Lauderdale Aquatic Complex:

Sundays: October 23 - December 18

Mondays: October 24 - December 19

Wednesdays: October 19 - December 14

For more information please visit www.fortlauderdale.gov/flac.



City of Fort Lauderdale Community Pools



FALL & WINTER 2016

BASS PARK POOL

2750 NW 19th Street

CARTER PARK POOL

1450 W Sunrise Blvd

CROISSANT PARK POOL

245 West Park Drive

RIVERLAND PARK POOL

950 SW 27th Ave

www.fortlauderdale.gov/aquatics