

**NOTICE OF CALL OF SPECIAL MEETING
TO THE MEMBERS OF THE HONEY LAKE VALLEY RECREATION AUTHORITY:**

You are hereby notified that a SPECIAL MEETING of the HLVRA will be held in the Council Chambers of City Hall in the City of Susanville at 66 North Lassen Street, Susanville, California on **August 30, 2016 at 3:00 p.m.** to transact the following business:

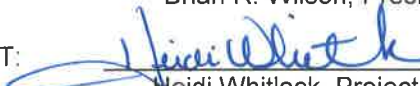
Call Meeting to Order
Roll Call

- 1 **APPROVAL OF THE AGENDA:**
- 2 **APPROVAL OF MINUTES:** None.
- 3 **PUBLIC COMMENT:** Members of the public may address the JPA concerning any item on the agenda prior to or during consideration of that item.
- 4 **MATTERS FOR BOARD CONSIDERATION:**
 - A. Operating Budget Workshop
- 5 **BOARD MEMBER ISSUES/REPORTS:**
- 6 **ADJOURNMENT:**



Brian R. Wilson, President

ATTEST:



Heidi Whitlock, Project Manager

AFFIDAVIT OF MAILING NOTICE

I, the undersigned Project Manager for the Honey Lake Valley Recreation Authority, do hereby certify that an original of the **NOTICE OF CALL OF SPECIAL MEETING, August 30, 2016 at 3:00 p.m.** was delivered to each and every person set forth on the list contained herein on the 26th day of August, 2016. A copy of said Notice is attached hereto.

I declare under penalty of perjury that the foregoing is true and correct.

Dated at Susanville, California this 26th day of August, 2016.



Heidi Whitlock, Project Manager

Brian Wilson	emailed
Jim Chapman	emailed
Kathie Garnier	emailed
Tom Hammond	emailed
David Meserve	emailed

Submitted By: Ian Sims, Project Manager

Action Date: August 30, 2016

AGENDA ITEM

SUBJECT: Honey Lake Valley Operating Budget Workshop

SUMMARY: On August 17, 2016 Honey Lake Valley Recreation Authority Board directed staff to schedule a public workshop for August 30, 2016 to discuss Pool programming and subsequent operating budget.

JPA Staff solicited input from local agencies and entities regarding their possible programming and scheduling needs.

Workshop Format:

- Operating Season
- Daily Operation Time Frame
- Pool Programs
 - Schedules
 - Staffing
 - Fees

FISCAL IMPACT: None.

ACTION REQUESTED: Direction to staff.

ATTACHMENTS: Proposed Honey Lake Valley Community Pool Program & Fee Schedule

City of Reno, Idlewild Pool:

Programs, Schedules & Fees (June 13 – Aug. 5, 2016)

Programs, Schedules & Fees (Aug. 6 – Oct. 30)

Swim Lessons Programs, Schedules & Fees

Lifeguard Classes, Schedules & Fees

City of Reno, Northwest Pool: (Indoor)

Water Fitness Programs, Schedules & Fees

City of Sparks, Alf Sorensen Pool: (Indoor)

Fee(s) and Programming Schedule(s)

City of Chico, Pleasant Valley & Sycamore Pools:

Programs, Schedules & Fees (June 4 – Aug. 14, 2016)

Programs, Schedules & Fees (May 28 – Sept. 5, 2016)

HLV Community Swimming Pool: Memorial Day (May 29th, 2017) to Labor Day (September 4th, 2017) 8am - 7pm

Program	Times		Days		Fee	Staffing		Notes
	1 - 3:55 pm	1 - 5 pm	Mon - Fri	Sat - Sun		2 Lifeguards		
Public Swim					Adult \$5 to \$8/ Youth \$3 to \$5 / Child & Senior \$2 to \$4			
Lap Swim	11:35 am - 12:55 pm	6:00 pm - 7:00 pm	Mon - Fri			1 Lifeguard		Punch Passes Available (10 punches @ 10% Discount) AM Lap Swim? 6:30 am - 8 am
Swim Lessons (Two Week Course)	12:00 pm to 1:00 pm		Sat - Sun					
6 months to 3 y/o (Parent Assisted)	12:00 - 12:30		Mon & Wed		\$50-\$100	1 Instructor		Parent-Assisted program helps small children become accustomed to the water while in the familiar hands of mom and dad
	12:00 - 12:30		Tues & Thurs					
3-5 y/o	9:40 - 10:10 am 10:20 10:50 am 11:00 - 11:30 am		Mon -Thurs		\$50-\$100	5 Students per Instructor		Instruction begins with basic physical and mental adjustment to the water. Participants are taught basic safety and swim readiness skills using play as the primary form of teaching. This class does not teach children to be accomplished swimmers, but helps to develop a comfort level in the water and establish the basic building blocks for future instruction.
6-15 y/o	9:40 - 10:25 am 10:35 - 11:20 am		Mon - Fri		\$60-\$120	8 Students per Instructor		Students will be introduced to the fundamentals and techniques of the front and back crawl, unsupported movement, under water exploration, compact diving and stroke development. Advance students will refine the strokes and skills presented in previous lessons. This course is broken out into six levels of progressive instruction.
15 y/o and up	10:35 - 11:20 am		Mon - Fri		\$60-\$120	1 Instructor		This program is designed to help those 15 years and older refine their skills. Instructors work with participants to identify goals for success and design the aims of the course to goal completion.
Swim Team	?							
Special Programs	?							
Private/Semi-Private Lessons	Call to Reserve				\$30 for 1 child \$55 for 2-5 Children	1 Instructor		
Private Pool Rental	Call to Reserve				\$150/hr.	1-2 Instructors 1-2 Lifeguards		Must be scheduled two weeks in advance.
Summer Family Swim Pass (Family of four)	1 - 3:55 pm		Mon - Fri		\$100-\$300			The Family Swim Pass is good May 29th through September 4th. Pass can only be used for Public Swim by immediate family members. The swim pass cannot be used for swim lessons or lap swim. If there are more than 4 members in the family, the price is \$100-\$300, plus 10% for each additional person.
	1 - 5 pm		Sat - Sun					

Idlewild Pool | June 13 - August 5, 2016

1805 Idlewild Drive • 334-2267

outdoor 50 Meter pool featuring 8 lanes and an instructional pool

Program	Times	Days	Fee
Public Swim	1 - 3:55 pm	Mon - Fri	Adult - \$5 Youth - \$3 Child/Senior - \$2 Passes Available
	1 - 5 pm	Sat & Sun	
Lap Swim	11:35 - 12:55 pm	Mon - Fri	
	6:00 pm - 7:00 pm		
	12:00 pm - 1:00 pm	Sat & Sun	
Water Babies	12:00 - 12:30 pm	Mon & Wed	See Schedule for Session Pricing
	12:00 - 12:30 pm	Tues & Thurs	
Tiny Tots	9:40 - 10:10 am	Mon - Thu	
	10:20 - 10:50 am		
	11:00 - 11:30 am		
Learn to Swim	9:40 - 10:25 am	Mon - Fri	
	10:35 - 11:20 am		
River Otters (pre-competitive)	9:40 - 10:25 am		
Adult Swim Clinic	10:35 - 11:20 am		
Private/Semi-Private Lessons	Call 334-2267 for more information		\$30 for 1 Child \$55 for 2-5 Children
Private Pool Rental	Call 334-2267 for more information		\$140 per hour

No classes on June 24th, July 4th, July 22nd and Pool is closed on June 24, 25, 26 and July 22, 23, 24

Idlewild

1805 Idlewild Drive • 334-2267

Outdoor 50 meter pool featuring 8 lanes and a teaching pool

2016 Fall Schedule

Program	Dates	Times	Days	Fee
Public Swim	August 6 - September 4	1 pm - 5 pm	Sat and Sun	\$5 - Adults \$3 - Youth \$2 - Seniors
Lap Swim	August 6 - October 30	7am - 9 am	Mon - Friday	
		11:30 - 1:30 pm		
		12 - 1 pm	Sat and Sun	
Private/Semi-Private Lessons	Call 334-2267 for more information			\$30 for 1 Child
				\$55 for 2-5 Children
Private Pool Rental	Call 334-2267 for more information			\$140 per hour

Swim Lessons

Water Babies: This Parent-Assisted program helps small children (6 months to 3 years old) become accustomed to the water while in the familiar hands of mom or dad.

Idlewild Pool		
12 - 12:30pm -- Mon & Wed		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 13 - Jul 6 (no 7/4)	7836	\$49
Jul 11 - Aug 3	7837	\$56
12 - 12:30pm -- Tue & Thu		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 14- Jul 7	7834	\$56
Jul 12 - Aug 4	7835	\$56

Northwest Pool		
6:00 - 6:30pm -- Tues & Thurs		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 14 - Jul 7	7868	\$56
Jul 12 - Aug 4	7869	\$56
9:30 - 10:00am -- Saturday		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 18 - July 9	7870	\$28
July 16 - Aug 6	7871	\$28
12:30 - 1:00 pm -- Saturday		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Aug 20 - Sept 3	7872	\$21
Sept 17 - Oct 1	7873	\$21
Oct 15 - 29	7874	\$21

Tiny Tots: Certified American Red Cross instruction begins with basic physical and mental adjustment to the water. Participants are taught basic safety and swim readiness skills using play as the primary form of teaching. This class does not teach children to be accomplished swimmers, but helps to develop a comfort level in the water and establish the basic building blocks for future instruction. Participants are 3 – 5 years old. 5 students per instructor.

Idlewild Pool		
9:40-10:10am -- Mon, Tue, Wed, Thu		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 13-23	7838	\$56
Jun 27 - Jul 7 (no 7/4)	7839	\$49
Jul 11-21	7840	\$56
Jul 25 - Aug 4	7841	\$56
10:20-10:50am -- Mon, Tue, Wed, Thu		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 13-23	7842	\$56
Jun 27 - Jul 7 (no 7/4)	7843	\$49
Jul 11-21	7844	\$56
Jul 25 - Aug 4	7845	\$56
11-11:30am -- Mon, Tue, Wed, Thu		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 13-23	7846	\$56
Jun 27 - Jul 7 (no 7/4)	7847	\$49
Jul 11-21	7848	\$56
Jul 25 - Aug 4	7849	\$56

Northwest Pool		
6:30 - 7:00pm -- Mon thru Thu		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
June 13 - 23	7875	\$56
Jun 27 - Jul 7*	7876	\$49
Jul 11 - 21	7877	\$56
Jul 25 - Aug 4	7878	\$56
10:15 - 10:45am -- Saturday		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 18 - July 9	7879	\$28
July 16 - Aug 6	7880	\$28
1:00 - 1:30 pm -- Saturday		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Aug 20 - Sept 3	7881	\$21
Sept 17 - Oct 1	7882	\$21
Oct 15 - 29	7883	\$21
1:30 - 2:00 pm -- Tues & Thurs		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Aug 16 - Sept 1	7884	\$42
Sept 13 - 29	7885	\$42
Oct 11 - 27	7886	\$42

* Class not held 7/4

Learn to Swim: Students will be introduced to the fundamentals and techniques of the front and back crawl, unsupported movement, under water exploration, compact diving and stroke development. Advanced students will refine the strokes and skills presented in previous lessons. This course is broken out into six levels of progressive instruction, and is geared for students 6 years and up, with a 8 student per instructor ratio.

Idlewild Pool		
9:40-10:25am -- Mon, Tue, Wed, Thu, Fri		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 13-23 (no 6/24)	7850	\$63
Jun 27 - Jul 8 (no 7/4)	7851	\$63
Jul 11-21 (no 7/22)	7852	\$63
Jul 25 - Aug 5	7853	\$70
10:35-11:20am -- Mon, Tue, Wed, Thu, Fri		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 13-23 (no 6/24)	7854	\$63
Jun 27 - Jul 8 (no 7/4)	7855	\$63
Jul 11-21 (no 7/22)	7856	\$63
Jul 25 - Aug 5	7857	\$70

River Otters - Pre-Competitive Swim Team

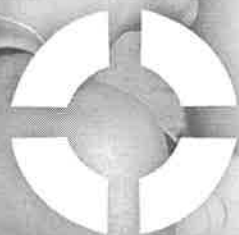
Idlewild Pool		
9:40-10:25am -- Mon, Tue, Wed, Thu, Fri		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 13-23 (no 6/24)	7858	\$63
Jun 27 - Jul 8 (no 7/4)	7859	\$63
Jul 11-21 (no 7/22)	7860	\$63
Jul 25 - Aug 5	7861	\$70

Northwest Pool		
7:00 - 7:45 pm -- Mon thru Fri		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
June 13 - 24	7887	\$70
Jun 27 - Jul 8*	7888	\$63
Jul 11 - 22	7889	\$70
Jul 25 - Aug 5	7890	\$70
10:45 - 11:30 am -- Saturday		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 18 - July 9	7891	\$28
July 16 - Aug 6	7892	\$28
1:30 - 2:15 pm -- Saturday		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Aug 20 - Sept 3	7893	\$21
Sept 17 - Oct 1	7894	\$21
Oct 15 - 29	7895	\$21
2:00 - 2:45 pm -- Tues & Thurs		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Aug 16 - Sept 1	7896	\$42
Sept 13 - 29	7897	\$42
Oct 11 - 27	7898	\$42

* Class not held 7/4

Adult Swim Clinic: This program is designed to help those 15 years and older refine their skills. Instructors work with participants to identify goals for success and design the aims of the course to goal completion. Participants must be 15 years of age or older.

Idlewild Pool		
10:35-11:20am -- Mon, Tue, Wed, Thu, Fri		
<u>Dates</u>	<u>Course</u>	<u>Fee</u>
Jun 13-23 (no 6/24)	7916	\$63
Jun 27 - Jul 8 (no 7/4)	7917	\$63
Jul 11-21 (no 7/22)	7918	\$63
Jul 25 - Aug 5	7919	\$70



LIFEGUARD CLASSES

RESCUE

SURVEILLANCE

FIRST AID

The American Red Cross Life guarding trains lifeguards to act with speed and confidence in emergency situations both in and out of the water. Core content includes: Water rescue skills, surveillance, and recognition, First Aid, CPR and AED, breathing and cardiac emergencies. Participants are required to pass a pre-course swimming test and in order to earn a certification, must attend all courses, pass a written exam with an 80% or better, and pass a practical skills test. A printed or e-book is available.

All classes are mandatory

Tuesday, Wednesday & Thursdays 7-9:30pm - \$150

- Dec 1-17
- Jan 5-21
- Feb 2-18
- March 1-17
- April 5-21
- May 3-18

334-2203 • Northwest Pool - 2925 Apollo Way



334-INFO | RENO.GOV | @CITYOFRENO

Water Fitness Classes

Northwest Pool			
Mon, Wed, Fri -- 9-10am (Atsuko)			
<u>Dates</u>	<u>Course</u>	<u>Adult</u>	<u>Senior</u>
Jun 13 - Jul 8*	7960	\$33	\$27.50
Jul 11 - Aug 5	7961	\$36	\$30
Aug 8 - Sep 2	7962	\$36	\$30
Sep 7 - 30*	7963	\$33	\$27.50
Oct 3 - 26*	7964	\$33	\$27.50

Mon, Wed, Fri -- 11:30am-12:30pm			
<u>Dates</u>	<u>Course</u>	<u>Adult</u>	<u>Senior</u>
Jun 13 - Jul 8*	7965	\$33	\$27.50
Jul 11 - Aug 5	7966	\$36	\$30
Aug 8 - Sep 2	7967	\$36	\$30
Sep 7 - 30*	7968	\$33	\$27.50
Oct 3 - 26*	7969	\$33	\$27.50

Tue & Thu -- 9-10am			
<u>Dates</u>	<u>Course</u>	<u>Adult</u>	<u>Senior</u>
Jun 14 - Jul 7	7970	\$24	\$20
Jul 12 - Aug 4	7971	\$24	\$20
Aug 9 - Sep 1	7972	\$24	\$20
Sep 6 - 29	7973	\$24	\$20
Oct 4 - 27	7974	\$24	\$20

Tue & Thu -- 11:30am-12:30pm			
<u>Dates</u>	<u>Course</u>	<u>Adult</u>	<u>Senior</u>
Jun 14 - Jul 7	7975	\$24	\$20
Jul 12 - Aug 4	7976	\$24	\$20
Aug 9 - Sep 1	7977	\$24	\$20
Sep 6 - 29	7978	\$24	\$20
Oct 4 - 27	7979	\$24	\$20

ALF SORENSEN COMMUNITY CENTER

1400 Baring Blvd. • (775) 353-2385

ALF SORENSEN POOL



HOURS OF OPERATION

(Building hours subject to change at any time)

Monday and Wednesday..... 6:00 a.m. to 9:00 p.m.
Tuesday and Thursday..... 6:00 a.m. to 8:00 p.m.
Friday..... Closed
Saturday..... 12:00 p.m. to 6:00 p.m.
Sunday..... Closed

The facility will be closed on holidays.

FULL FACILITY ADMISSION (gym, pool, fitness)

	FEES			RESIDENT DISCOUNT	
	Daily	3-Month Pass	6-Month Pass	3-Month Pass	6-Month Pass
Youth (under 18 yrs.)	\$5	\$78	\$156	\$65	\$130
Adults (18 yrs. - 54 yrs.)	\$8	\$120	\$240	\$100	\$200
Seniors (55 yrs. & Older)	\$7	\$92	\$184	\$77	\$154
Family		\$198	\$396	\$165	\$330

GYMNASIUM - The gym is open for drop-in usage during a variety of times throughout the week. Family participation is encouraged. A youth basket is reserved for children ages 7 to 14 only. Two other baskets are first come, first serve, all ages. Complete listing of gym rules available online at www.sparksrec.com

	FEES			RESIDENT DISCOUNT	
	Daily	Punch Pass (10 visits)	3-Month Pass	Punch Pass (10 visits)	3-Month Pass
Youth (under 18 yrs.)	\$5	\$26	\$53	\$26	\$44
Adults (18 yrs. - 54 yrs.)	\$5	\$44	\$79	\$44	\$66
Seniors (55 yrs. & Older)	\$4	\$35	\$66	\$35	\$55

FITNESS CENTER - Be sure to visit our fitness center - you can try weightlifting machines by Muscle Dynamics and Life Fitness, and cardio (treadmill, elliptical, and more). Please do not use the center if you are under 16 years old.

	FEES			
	Daily	Monthly	6-Month Pass	1-Year Pass
	\$3	\$15	\$78 (\$13/month)	\$120 (\$10/month)

SWIMMING POOL AND TOT POOL

	FEES			RESIDENT DISCOUNT	
	Daily	Punch Pass (10 visits)	3-Month Pass	Punch Pass (10 visits)	3-Month Pass
Youth (under 18 yrs.)	\$5	\$26	\$53	\$26	\$44
Adults (18 yrs. - 54 yrs.)	\$5	\$44	\$79	\$44	\$66
Seniors (55 yrs. & Older)	\$4	\$35	\$66	\$35	\$55
Family (4 kids, 2 months)	\$15				

SUPER SUMMER SWIM PASS

	FEES		RESIDENT DISCOUNT	
Family (4 kids, 2 months, 2 punch)		\$168		\$140
Youth (under 18 yrs.)		\$48		\$40

COMMUNITY CENTERS



ALF SORENSEN COMMUNITY CENTER

RECREATIONAL SWIMMING AT ALF SORENSEN COMMUNITY CENTER

The pool inside Alf Sorensen Community Center is 75 yards in length, features eight lanes and is heated year-round for your swimming enjoyment. There is also a 90-degree hot pool for ages 6 and younger accompanied by an adult. Children under age 7 may be allowed in the hot pool without a parent if they can pass the designated swim test (crawl the width of the pool without stopping using the crawl stroke). See page 6 for fee schedule.

HAVE A BIRTHDAY PARTY!

Our program offers a swim pool party for up to 20 children and 5 adults, and includes a party room for 1 1/2 hours and unlimited use of open swim (open swim begins at 1:30 p.m.). Customer is responsible for setup and cleanup.

WHO: Youth, 3-11 yrs.
WHEN: Saturdays
WHERE: Alf Sorensen Community Center
COST: \$79 / \$66 Resident Discount
NOTE: A \$25 refundable cleaning/security deposit (cash only) is required. Must be reserved and paid in full two (2) weeks prior to the date of use.



RECREATION SWIM SCHEDULE

Monday and Wednesday 7:45 p.m. to 8:45 p.m.



MONDAY NIGHT SPECIAL!

\$3 per person all ages. \$10/family (up to 4 kids and 2 adults).

Saturday 1:30 p.m. to 6:45 p.m.

TODDLER TIME SWIM SPECIAL! Parent and child swim for \$2 in Alf Sorensen's Hot Pool. Each additional child is \$1. This is available Monday - Thursday, 11:30 a.m. to 4:00 p.m. Your child must be age 6 or younger.

LAP SWIM SCHEDULE

Swimmers must be 12 years of age or older. Lap swimming is required in three lanes to accommodate a larger number of swimmers. Pool space designated for lap swim only. See page 6 for fee schedule.

LAP SWIM TIMES

Monday - Thursday 6:00 a.m. to 9:00 a.m.
9:00 a.m. to 11:00 a.m. (2 lanes)
1:00 p.m. to 1:30 p.m. (4 lanes)
1:30 p.m. to 3:00 p.m. (2 lanes)
Saturday Noon to 6:45 p.m. (2 lanes)

SPRING AND SUMMER SALE!



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235 Los Altos Pkwy, Sparks NV 89436

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AQUATICS/SWIMMING

For registration questions on swimming programs, call the Alf Sorensen Community Center at (775) 353-2365.
The facility is located at 1400 Baring Blvd.

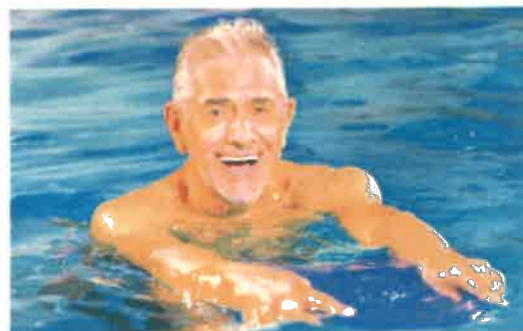
SENIOR AQUACISE

Enjoy a slower paced workout that increases fitness level and strength. The class includes stretching, warm up, workout and cool down.

WHO: Seniors, 55 yrs. & Older
WHEN: Tuesdays and Thursdays

ACTIVITY# / SECTION#	DATES
204004 Section #5	4/5 - 4/28
205004 Section #5	5/3 - 5/31
206004 Section #5	6/7 - 6/30
207004 Section #5	7/5 - 7/28
208004 Section #5	8/2 - 8/30
209004 Section #5	9/1 - 9/29
210004 Section #5	10/6 - 10/27

TIME: 10:00 a.m. - 11:00 a.m.
WHERE: Alf Sorensen Community Center
COST: \$30 / \$25 Resident Discount
DROP-IN: \$4.50



SENIOR WATER FITNESS

Increase fitness level and stamina while "working in" the water through this water aerobics program for seniors. Drop-ins will not be accepted when the class is full.

WHO: Seniors, 55 yrs. & Older
WHEN: Tuesdays and Thursdays, 9:00 a.m. - 10:00 a.m. and
Saturdays, 12:00 p.m. - 1:00 p.m.

ACTIVITY# / SECTION#	DATES
204010 Section #1	4/2 - 4/30
205010 Section #1	5/3 - 5/31
206010 Section #1	6/2 - 6/30
207010 Section #1	7/2 - 7/30
208010 Section #1	8/2 - 8/30
209010 Section #1	9/1 - 9/29
210010 Section #1	10/1 - 10/29

WHERE: Alf Sorensen Community Center
COST: \$41 / \$36 Resident Discount
DROP-IN: \$4.50

ADAPTED AQUATICS

This interactive, year-round water exercise/rehabilitation program is available to anyone with a physical or mental limitation. The program provides individual instruction and is designed to increase strength, flexibility and range of motion according to individual needs. Please call 353-2365 for registration information.

WHO: Anyone with a physical or mental limitation
WHEN: Mondays and Wednesdays
TIME: 1:30 a.m. - 2:30 a.m.
WHERE: Alf Sorensen Community Center
COST: \$29 / \$24 Resident Discount
DROP-IN: \$3

INSTRUCTOR HIGHLIGHT ATSUKO PERKINS



Atsuko Perkins loves people and water – which has proven to be a winning combination for a successful career as a water fitness instructor and swim coach. Originally from Yokohama, Japan, Perkins first began coaching swimming at the US Naval Air Station in Atsugi, Japan when her oldest son started swimming. She then moved to the Naval Air Station in Fallon, Nevada and became an instructor in aquatics at the Churchill County Pool. In 2008, she joined the teaching staff at the Alf Sorensen Community Center pool in Sparks, and is currently the instructor for Aquacise Senior Aquacise, Senior Water Fitness and Adapted Aquatics. Atsuko is also the associate head coach for the Sparks Piranhas Swim Team. Atsuko is known for being in tune with her students and is able to address personal needs. "Water is a great workout modality and has elements that help with rehabilitation. My classes provide a fun, social setting and are very welcoming," Perkins said.

DID YOU KNOW?

Working out in water increases stamina, muscle tone and circulation without stressing the bones and joints.



AQUATICS/SWIMMING



ADAPTED AQUATICS TWO

This class is for those who have advanced through the Adapted Aquatics program and need a challenge yet not impact another program. The class features shallow water stretching, strengthening and deep water aerobic conditioning. Students must be self-sufficient in the water, and comfortable in deep water.

WHO: Adults 18 yrs. & Older
WHEN: Tuesdays and Thursdays

ACTIVITY#/SECTION#	DATES
204015 Section #1	4/5 - 4/78
205015 Section #1	5/5 - 5/31
206015 Section #1	6/2 - 6/30
207015 Section #1	7/5 - 7/28
208015 Section #1	8/2 - 8/30
209015 Section #1	9/1 - 9/29
210015 Section #1	10/4 - 10/27

TIME: 11:30 a.m. - 12:30 p.m.
WHERE: All Sorensen Community Center
COST: \$79 / \$24 Teacher Discount
DROP-IN: \$3

PARENT/CHILD WITH AUTISM SWIM LESSONS

This program teaches basic water safety skills, adjusting to the water environment, and helps children become more comfortable in the water so they are willing and ready to learn to swim. Sandi Parkhurst is the instructor for this class. She is a certified lifeguard and swimming instructor and has experience teaching children with disabilities how to swim. The program is limited to four children per class.

WHO: Youth, 2 yrs. & Older
WHEN: Fridays

ACTIVITY#/SECTION#	DATES
205039 Section #2	5/6 - 5/27
206039 Section #2	6/3 - 6/24
207039 Section #2	7/8 - 7/29
208039 Section #2	8/5 - 8/26
209039 Section #2	9/9 - 9/30

TIME: 6:00 p.m. - 6:30 p.m.
WHERE: All Sorensen Community Center
COST: \$44

INTERESTED IN TEACHING A CLASS?

We are always interested in enhancing our offerings. If you have a class or program that you would like to offer through Sparks Parks and Recreation, submit a proposal via e-mail to recreation@cityofsparks.us or drop one off at the Recreation Office, 98 Richards Way. We are interested in hearing your ideas!

LIFEGUARD TRAINING

Become a certified lifeguard through our American Red Cross lifeguard training program. Candidates must pass a swim portion and a test prior to acceptance into the class. Students who complete the course will receive a Lifeguard First Aid certificate valid for three years and a CPR/AED for the Professional Rescuer certificate valid for two years. The registration fee includes instruction, manual materials, and administrative fees.

WHO: Everyone, 15 yrs. & Older
WHEN: Monday - Friday

ACTIVITY#/SECTION#	DATES
203410 Section #1	3/21 - 3/25

TIME: 8:00 a.m. - 5:00 p.m.
WHERE: All Sorensen Community Center
COST: \$180 / \$150 Teacher Discount
NOTE: Specific class theory will be available one month prior to class start date. **MUST BE ABLE TO COMPLETE SWIMMING PREREQUISITES**
1) Break recovery from deep water
2) 100 yd. Freestyle
3) 100 yd. Breaststroke
4) 100 yd. Freestyle or Breaststroke
5) Tread water with legs only for 2 minutes

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SWIM LESSONS FROM SWIM LESSONS UNIVERSITY

Our child-centered swim program with superior swim instructor training was developed by the founder of the nationally acclaimed, award-winning Swim Lessons University. The curriculum offers a progressive learning system designed to make children safer when in and around water. If you have questions about which level/class to register your child in, please call 353-2385.

PARENT AND CHILD AQUATICS

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water as they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

SWIM LESSON DESCRIPTIONS

This program is based on a logical five-level progression that helps swimmers from approximately 3 years and up with varying abilities develop their swimming and water safety skills. Classes are designed to give participants a positive learning experience. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites. Please note: If your child meets the requirements to pass Level 1, you can register them in Level 2.

Level 1

- Introduction to Water Skills
- Breath-Holding and Breath Control
- In-Line Kick Progression
- Swim Like a Fish (Face Out, Face Down)

- Front Kick Development
- Back Kick Development
- Safety Skills One

Level 4

- Stroke Development
- Breaststroke Arms
- Breathing Timing

- Elementary Kick
- Stroke and Kick Timing
- Freestyle and Backstroke

Level 2

- Fundamental Aquatic Skills
- Freestyle Kick with Kick Board
- Back Kick Progression
- Freestyle Progression

- Front Kick Development
- Breath Holding
- In-Line Kick Progression

Level 3

- Advanced Stroke/Timing
- Butterfly Arms
- Back Crawl
- Sidestroke
- Treading Water

- Body Position Butterfly Kick
- Front Crawl
- Elementary Backstroke
- Diving

Level 5

- Freestyle Kick
- Back Kick
- Back Freestyle
- Elementary Backstroke
- Stroke Development (Must be able to comfortably swim 15 feet)

- Breath Control
- In-Line Kick - Face Down
- Freestyle Breathing



AQUATICS/SWIMMING



ALF SORENSEN SPRING/SUMMER & AUTUMN SWIM LESSONS REGISTRATION

SESSIONS	Online Registration For Sparks Residents	Online Registration for Residents/ Non-Residents	Walk-In, Online, Phone Registration for Residents/ Non-Residents
May 2 - 25 M/W	4/4 - 4/20	4/7 - 4/20	4/8 - 4/20
May 3 - 26 T/TH	4/6 - 4/21	4/23 - 4/21	4/11 - 4/21
June 15 - 25 M-TH	6/15 - 6/25	6/15 - 6/25	6/15 - 6/25
June 27 - July 7 M-T-F	6/21 - 6/25	6/20 - 7/9	6/27 - 7/9
July 11 - 21 M-TH	6/21 - 6/25	7/5 - 7/25	7/11 - 7/25
July 25 - Aug 4 M-TH	7/5 - 7/25	7/11 - 8/6	7/16 - 8/6
Aug 9 - Sept 1 T/TH	8/7 - 8/25	8/7 - 8/25	8/7 - 8/25
Sept 1 - 20 M/W	8/7 - 8/25	8/7 - 8/25	8/7 - 8/25
Sept 6 - 29 T/TH	8/7 - 8/25	8/7 - 8/25	8/7 - 8/25
Oct 5 - 20 M/W	9/6 - 10/5	9/12 - 10/5	9/18 - 10/5
Oct 14 - 27 T/TH	9/6 - 10/5	9/12 - 10/5	9/18 - 10/5

*Swim Lessons are held at 4/4 and 4/5

ONLINE REGISTRATION BEGINS AT 6:00 A.M. AT THE START OF EACH REGISTRATION PERIOD.

REGISTER: The first week of registration is for residents of Sparks only and must be conducted online. During the second week of registration, both residents and non-residents can register online. Walk-in and phone-in registration is permitted the third week of registration. Early registration is advised as classes fill quickly.

ID NUMBER: You will need to have a valid Nevada ID number to register online. To obtain an ID number, call 353-2585 or e-mail resinfo@cityofsparks.us. Be prepared to provide the first and last name of each member in your household, their respective birth dates, addresses, and phone number for verification.

WAIT LIST: There are a limited number of spaces in each class. If you are on the wait list, we will call you if a space opens up. Please do not show up for the first day of class if you have not been called. Be sure to update your contact information so we can reach you.

PARENT/CHILD SWIM LESSONS

TIME	DAY/DATES	SECTION #	ACTIVITY #
9:00 AM	5/2 - 5/25 (M/W)	Section #3	215040
	6/15 - 6/28 (M-TH)	Section #3	215040
	6/22 - 7/7 (M-TH)	Section #3	215040
	7/11 - 7/22 (M-TH)	Section #3	207200
	8/8 - 8/31 (M/W)	Section #3	218040
	9/5 - 9/26 (M/W)	Section #3	215040
	10/5 - 10/26 (M/W)	Section #3	215040
	10/5 - 10/26 (M/W)	Section #20	215040
	10/5 - 10/26 (M/W)	Section #20	215060
	10/5 - 10/26 (M/W)	Section #20	215060
5:30 PM	5/2 - 5/25 (M/W)	Section #20	215040
	6/15 - 6/28 (M-TH)	Section #20	215060
	6/22 - 7/7 (M-TH)	Section #20	215060
	7/11 - 7/22 (M-TH)	Section #20	215060
	8/8 - 8/31 (M/W)	Section #20	218040
	9/5 - 9/26 (M/W)	Section #20	218060
	10/5 - 10/26 (M/W)	Section #20	215040
	10/5 - 10/26 (M/W)	Section #20	215060
	10/5 - 10/26 (M/W)	Section #20	215060
	10/5 - 10/26 (M/W)	Section #20	215060
6:15 PM	5/2 - 5/25 (M/W)	Section #21	215040
	6/15 - 6/28 (M-TH)	Section #21	215060
	6/22 - 7/7 (M-TH)	Section #21	215060
	7/11 - 7/22 (M-TH)	Section #21	215060
	8/8 - 8/31 (M/W)	Section #21	218040
	9/5 - 9/26 (M/W)	Section #21	218060
	10/5 - 10/26 (M/W)	Section #21	215040
	10/5 - 10/26 (M/W)	Section #21	215060
	10/5 - 10/26 (M/W)	Section #21	215060
	10/5 - 10/26 (M/W)	Section #21	215060

PARENT/CHILD SWIM LESSONS

WHO: Youth 4 months to 5 yrs. & their parent(s)
WHEN: See Parent/Child swim lessons table (left)
WHERE: All Sorenson Community Center
COST: \$42 / \$35 Resident Discount
REGISTER: Refer to registration table above
NOTE: Classes are 30 minutes and held in the pool area. No swim program will drown proof your child. Proper supervision and safety precautions are always needed.



Register for recreation classes online at the self-serve computer kiosk at All Sorenson Community Center. To learn more, call 353-2585.

SPRING/SUMMER AND AUTUMN SWIM LESSONS

WHO: Youth, 3 yrs & Older
WHEN: See table below and page 13 for dates and times
WHERE: Alf Sorenson Community Center Pool (1400 Baring, 2nd fl.)
COST: \$55 / \$44 Resident Discount
REGISTER: Please to registration table on page 13



ALF SORENSON SWIM LESSONS

TIME	DAY/DATES	SECTION #	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
6:15 PM	5/2 - 5/5 (M/W)	Section #2	206C144	206C145	206C146	206C147	206C148
	5/5 - 5/6 (T/TH)	Section #2	206C144	206C145	206C146	206C147	206C148
	6/13 - 6/25 (M-T-F)	Section #2	206C204	206C205	206C206	206C207	206C208
	6/27 - 7/7 (M-TH)	Section #2	207C04	207C05	207C06	207C07	207C08
	7/11 - 7/19 (M-T-F)	Section #2	207C04	207C05	207C06	207C07	207C08
	7/25 - 8/4 (M-T-F)	Section #2	208C04	208C05	208C06	208C07	208C08
	8/6 - 8/11 (M/W)	Section #2	208C044	208C045	208C046	208C047	208C048
	8/19 - 8/21 (T-F)	Section #2	208C04	208C05	208C06	208C07	208C08
	8/27 - 9/28 (M/W)	Section #2	209C044	209C045	209C046	209C047	209C048
	9/6 - 9/24 (T/TH)	Section #2	209C04	209C05	209C06	209C07	209C08
	10/3 - 10/26 (M/W)	Section #2	210C044	210C045	210C046	210C047	210C048
	10/4 - 10/27 (T/TH)	Section #2	210C04	210C05	210C06	210C07	210C08
7:00 PM	5/2 - 5/5 (M/W)	Section #23	206C044	206C045	206C046	206C047	206C048
	5/5 - 5/6 (T/TH)	Section #23	206C044	206C045	206C046	206C047	206C048
	6/13 - 6/25 (M-T-F)	Section #23	206C204	206C205	206C206	206C207	206C208
	6/27 - 7/7 (M-TH)	Section #23	207C04	207C05	207C06	207C07	207C08
	7/11 - 7/19 (M-T-F)	Section #23	207C04	207C05	207C06	207C07	207C08
	7/25 - 8/4 (M-T-F)	Section #23	208C04	208C05	208C06	208C07	208C08
	8/6 - 8/11 (M/W)	Section #23	208C044	208C045	208C046	208C047	208C048
	8/19 - 8/21 (T/TH)	Section #23	208C04	208C05	208C06	208C07	208C08
	8/27 - 9/28 (M/W)	Section #23	209C044	209C045	209C046	209C047	209C048
	9/6 - 9/29 (T/TH)	Section #23	209C04	209C05	209C06	209C07	209C08
	10/3 - 10/26 (M/W)	Section #23	210C044	210C045	210C046	210C047	210C048
	10/4 - 10/27 (T/TH)	Section #23	210C04	210C05	210C06	210C07	210C08

SATURDAY SWIM LESSONS

Here's a convenient, alternate way for those who cannot take their children to lessons during the week. Each session runs for eight weeks.

WHO: Parents and Children, 6 months - 5 yrs.
WHEN: Saturdays

ACTIVITY#/SECTION#	LEVEL	DATES
206C081 Section #5	Parent/Child	6/4 - 7/23
208C080 Section #5	Parent/Child	8/6 - 9/24

TIME: 12:00 pm - 12:45 pm
WHERE: Alf Sorenson Community Center
COST: \$47 / \$35 Resident Discount

ADULT SWIM LESSONS

You've always wanted to learn, and now is your chance. This convenient class will have you swimming in no time. Each session consists of two classes.

WHO: Adults, 18 & Older
WHEN: Saturdays

ACTIVITY#/SECTION#	DATES
205C020 Section #1	5/7 - 5/28
206C020 Section #1	6/4 - 6/25
208C020 Section #1	8/6 - 8/27
210C020 Section #1	10/1 - 10/27

TIME: 12:00 pm - 1:00 pm
WHERE: Alf Sorenson Community Center
COST: \$55 / \$44 Resident Discount

AQUATICS/SWIMMING



DEER PARK POOL

Take advantage of the heated, outdoor swimming facility located in Deer Park at 7000 Deane Way. All ages will enjoy cooling off in this zero entry pool nestled in a beautiful park setting. **Recreation Swim:**

When

Sat - Mon, May 28 - 30
Daily, June 11 - August 7
Sat - Sun, August 13 - 14
Sat - Sun, August 20 - 21
Sat - Sun, August 27 - 28
Sat - Mon, September 3 - 5

Costs

Youth (under 18 yrs.) \$3
Adult (18 yrs. - 54 yrs.) \$5
Senior (55 yrs. & Older) \$4
Family (up to 6 members) \$15



Time

Mon - Fri 12:30 p.m. to 4:30 p.m.
Sat - Sun 11:00 a.m. to 4:30 p.m.

DEER POOL SPRING/SUMMER SWIM LESSONS REGISTRATION

SESSIONS	Online Registration for Sparks Residents	Online Registration for Residents/Non-Residents	Walk-In/Online Phone Registration for Residents/Non-Residents
June 13 - 23 M-TH	5/16 - 6/11	5/23 - 6/11	5/31 - 6/11
June 27 - July 7 M-TH*	6/31 - 6/25	6/6 - 6/25	6/13 - 6/25
July 11 - 21 M-TH	6/26 - 7/4	6/26 - 7/4	6/27 - 7/4
July 25 - Aug. 4 (M-TH)	6/27 - 7/23	7/3 - 7/23	7/11 - 7/23

*Seven lessons, no class on 6/18

DEER POOL SUMMER SWIM LESSONS

TIME	DAY/DATES	SECTION #	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4
9:45 AM	6/13 - 6/18 (M-TH)	Section #5	2056301	2056305	2056306	2056307
	6/27 - 7/2 (M-TH)	Section #5	2056401	2056405	2056406	2056407
	7/11 - 7/16 (M-TH)	Section #5	2057301	2057305	2057306	2057307
	7/25 - 7/30 (M-TH)	Section #5	2057401	2057405	2057406	2057407
10:30 AM	6/13 - 6/18 (M-TH)	Section #6	2056301	2056305	2056306	2056307
	6/27 - 7/2 (M-TH)	Section #6	2056401	2056405	2056406	2056407
	7/11 - 7/16 (M-TH)	Section #6	2057301	2057305	2057306	2057307
	7/25 - 7/30 (M-TH)	Section #6	2057401	2057405	2057406	2057407
11:15 AM	6/13 - 6/18 (M-TH)	Section #8	2056301	2056305	2056306	2056307
	6/27 - 7/2 (M-TH)	Section #8	2056401	2056405	2056406	2056407
	7/11 - 7/16 (M-TH)	Section #8	2057301	2057305	2057306	2057307
	7/25 - 7/30 (M-TH)	Section #8	2057401	2057405	2057406	2057407

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SUPER SUMMER SWIM PASS!

Take advantage of a swim pass this summer for Deer Park and All Sorensen pools. The Family pass includes 4 kids and 2 adults for \$168/\$140 Resident Discount or you can purchase a youth pass for \$48/\$40 Resident Discount. Call 353.2385 for more information.



(530) 895-4711



Chico Area Recreation and Park District

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Contact Us

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Pool Schedules and Fees

Pleasant Valley Pool Schedule

June 4th -August 14th

2320 North Avenue, 530-895-4703

Rec Swim Hours:

Monday - Thursday 1:00-3:45PM

Friday- Sunday 1:00-4:00PM

***No Rec Swim on July 4th**

Monday & Wednesday 7:30-8:45PM

Family Swim Hours

Tuesday & Thursday 6:45-8:45PM

***No Family Swim 8/4 & 8/9**

Lap Swim Hours:

Monday -Friday 11:15 AM-12:30PM

June 6th- August 12th

***No Lap Swim on July 4th**



Fees



Pleasant Valley Pool

General Admission
(Rec & Family Swim) \$2.00

Summer Family Swim Pass*
(Family of four) \$75.00

Lap Swim Fees: \$4.00 / Punch passes are also available at the PV pool office

* The Family Swim Pass is good June 4th through August 14th. Pass may be used for Recreational Swimming and/or Family Swim by immediate family members and is valid at Pleasant Valley pool. The swim pass cannot be used for swim lessons or lap swim. If there are more than 4 members in the family, the price is \$75, plus \$5 for each additional person.

Sycamore Pool at One-Mile Recreation Area

May 28th- September 5th

Bidwell Park - Vallomborsa Way 530-895-7411

Monday- Wednesday 12:30-6:30 PM

Lifeguard on Duty:

Friday- Sunday 12:00-7:00 PM

Closed Thursday for cleaning



Lap Swim



June 6 - August 12

2320 North Avenue, 530-895-4703

Looking for a great workout this summer while staying cool? Come swim some laps. All swim levels welcome. Space is limited. First come, first served basis. **Ages: 16+**

Lap Swim Hours: Monday -Friday 11:15 AM-12:30 PM

No Lap Swim on June 10th & July 4th

Lap Swim Fees: Drop in fee \$4.00 per day

Punch passes are available at the PV pool office



Pool Rental



Have your child's birthday party or a company function at the swimming pool! When booking your reservation you can choose either the Recreation Pool (big pool) or the Play Pool (little pool). Parties are available in 2 hour time blocks and must be scheduled two weeks in advance. Book your party today! **Pre and Post season rental times may be available.** Please call 895-4711 for more information or to book your reservation.

One Pool Fees:

1-30 people - \$125 for first 2 hours (2 Lifeguards)

31-75 people - \$175 for first 2 hours (3 Lifeguards)

76-100 people - \$225 for first 2 hours (4 Lifeguards)

100+ people please call the main office.

(\$50 for each additional hour)

Both Pools:

1-30 people - \$175 for first 2 hours (3 Lifeguards)

31-75 people - \$225 for first 2 hours (4 Lifeguards)

76-100 people - \$275 for first 2 hours (5 Lifeguards)

100+ people please call the main office.

(\$75 for each additional hour)

Rent a Lifeguard for your next at-home pool party!

Pool Fees: Parties are booked in 2 hour time blocks.

1-30 people - \$100 for first 2 hours (2 Lifeguards)

31-75 people - \$150 for first 2 hours (3 Lifeguards)

76-100 people - \$200 for first 2 hours (4 Lifeguards)

(\$50 for each additional hour)

For more information, please email the Aquatics Coordinator at mmapes@chicorec.com.



Chico Area Recreation and Park District

545 Vallombrosa Avenue, Chico, CA 95926 (530) 895-4711 Phone (530) 895-4721 Fax

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