

Welcome to your
18th season at

Parkview Outdoor Pool

Parkview Pool, 425 North Commons Boulevard will open for the season on **Wednesday, June 1, beginning with adult lap swim 6:30 a.m. Open swim begins at 12 noon.** Parkview Pool will offer an extensive variety of programs for toddlers through senior adults.

The facility is outstanding with lanes for lap swimming, learn to swim, open swim or competitive activities swimming. The facility also includes a separate competitive diving well (12'8" deep), a corkscrew waterslide, a 0-42 inch depth play area with a variety of water toys, a concession stand, men's and women's locker rooms, shade structures, a Picnic Shelter with interconnecting gates to the pool for private rental convenience, and a toddler/youth playground, adjacent to picnic shelter.

REGISTRATION FOR ALL POOL PASSES AND AQUATIC PROGRAMS ARE HELD AT PARKVIEW POOL.

All preseason registration for Parkview Pool programs will take place at Parkview Outdoor Pool.

Mayfield Village Residents/Progressive Employees

Saturday, May 21	10:00 a.m. – 1:00 p.m.
Monday, May 23	11:00 a.m. – 5:00 p.m.
Tuesday, May 24	11:00 a.m. – 5:00 p.m.
Wednesday, May 25	11:00 a.m. – 5:00 p.m.

Mayfield School District Residents (Gates Mills, Highland Hts., Mayfield Hts.)

Thursday, May 26	11:00 a.m. – 7:00 p.m.
Friday, May 27	11:00 a.m. – 5:00 p.m.
Saturday, May 28	10:00 a.m. – Noon
Tuesday, May 31	11:00 a.m. – 7:00 p.m.

For use of Parkview Pool, a photo I.D. (i.e. driver's license) with current address AND current utility bill is needed to show proof of residency. Progressive employees are asked to bring their identification card.

For each school age child getting a pass, Mayfield Village requires a report card showing the student's name and address.

IMPORTANT: Parkview Pool Main Phone Number: (440) 446-1688 for pool closings or other updates.

You can email Parkview Pool Staff beginning June 1 if you have questions at parkviewpool@mayfieldvillage.com



**Parkview
Pool Opens
Wednesday,
June 1 and
Closes Sunday,
August 14**



Pool Hours for 2016

OPEN SWIM

Monday through Friday 12 Noon - 8:00 p.m.
Saturday & Sunday 12 Noon - 7:00 p.m.

Note: 2 to 3 lanes will be open during Open Swim for lap swimmers.

Note: Areas of the pool may be closed at various times for programs.

POOL RENTAL

Mayfield Village Parks and Recreation is accepting reservations for after hour rental of Parkview Pool for Mayfield Village and School District residents for family gatherings, birthday parties, special occasions, groups and organizations on Thursdays and Fridays 8:30 - 10:30 p.m. and Saturdays and Sundays 7:30 p.m. - 10:30 p.m. **Please note: Some rental dates may already be reserved for scheduled Recreation Department Activities. Call Mayfield Village Recreation during regular business hours at 461-5163 to make reservations and request an information packet.**

ADULT LAP SWIMS

Monday through Friday 6:30 a.m. - 8:00 p.m.
Saturday Only 9:00 a.m. - 7:00 p.m.
Sunday 10:00 a.m. - 7:00 p.m.

Note: 2 lanes will be reserved during swim lessons (9:00-11:15 a.m.) for lap swimming.

Fees and Admission

All Mayfield Village residents and School District residents must have a photo I.D. (i.e. drivers license) with current address and a current utility bill which is needed to show proof of residency. For each school age child getting a pass, Mayfield Village requires a report card showing the student's name and address. Progressive employees must bring their Progressive employee identification card.

Guest Passes

Guest (Only Parkview season pass holders or Mayfield Village residents may purchase guest admissions.) Management reserves the right to limit the number of guests.

Student (K-12)\$5.00
 Adults\$6.00

General Admission

(All Day Admission Without Pool Pass)

*School District Student\$5.00
 *Mayfield Village Residents (18 and older)\$7.00
 *School District Resident\$9.00
 **Non School District resident\$15.00
***Proof of residency is a photo I.D. (i.e. drivers license) with current address.**
****Limited number of general Admission Tickets.**

Season Pool Passes

For Mayfield Village Residents/Progressive Employees:

	Before July 18	Beginning July 18
Preschoolers (5 years and younger)	free	free
Students (K-12)	\$52	\$27
Adults (includes Progressive employee)	\$62	\$32
Family (includes Progressive families)	\$153	\$80
Seniors (60 yrs. and older)	\$38	\$20

For Mayfield School Dist. Residents: (Gates Mills, Highland Hts. and Mayfield Hts.)

	Before July 18	After July 18
Preschoolers (5 yrs. & younger)	free	free
Students (K - 12)	\$70	\$38
Adult	\$130	\$68
Family	\$275	\$148
Senior (60 yrs. & older)	\$62	\$34
Non School District Family	\$345	\$173

(child must attend St. Francis, St. Paschal or Gilmour-proof required)

There will be a \$2.00 charge for each I.D. card payable at time of registration. Lost ID or Pool Pass replacement fee is \$5.00. Passholder must present pass or be charged \$1.00.

For each school age child getting a pass, Mayfield Village requires a report card showing the student's name and address.

Important Date/Special Event Swims

- **Wednesday, June 1:** Parkview Pool opens for regular lap and open swim hours
- **Saturday, June 11:** Cruise Night, pool closes at 4:30 p.m.
- **Saturday, July 2:** Lap Swim 10:00 a.m. – Noon, Open Swim Noon – 6:00 p.m. **Note that July 4th activities occur during regular open swim and admission or pool pass is required.**
- **Monday, July 4:** Lap Swim 10:00 a.m. – Noon and Open Swim Noon – 6:00 p.m.
- **Friday, July 29:** Family swim and movie 7:30 – 9:30 p.m.
- **Sunday, August 14:** Parkview Pool closes at 7:00 p.m. for season. **Parkview Pool users will be able to use Highland Heights during abbreviated hours. Information will be available in early August.**



In order to accommodate some of the aquatic programs, some of the areas of the pool may be temporarily closed.

Deep Water Exercise Challenge for Adults

Dates: June 6 - August 12
Day/Time: Mondays, Wednesdays, Fridays,
11:15 a.m. - 12:15 p.m.
Mondays and Wednesdays, 6:00 -7:00 p.m.
Cost: \$4 per class: 10 class punch card (\$40)
available at front desk.

Details: Need a fun, different type of conditioning? This class is for you! If needed, a floatation belt may be used. A great way to work your cardiovascular system without injuring any joints. A workout good for adults of all ages, both men and women. Class will take place in the diving well with Corky Carl instructing. **Note: All participants will receive a punch card for this class. The card will be punched at the front desk prior to each class.**

Aquacize for persons with disabilities...see page 10 for details.

Aquacize

Instructor: Kathi Buschser

Ages: Open to All

Note: All participants will receive a punch card for this class. The card will be punched at the front desk prior to each class. Exercising in water is beneficial and easy for everyone to do! Join the fun for Adults and Senior Adults. All exercises are done in the water to improve flexibility while conditioning and toning the entire body. You don't need to know how to swim.

Day: Tuesdays, Thursdays

Time: 11:15 a.m. - 12 noon

Dates: June 7 - August 11

Evening: Mondays, Wednesday

Time: 6:45 p.m. - 7:45 p.m.

Dates: June 6 - August 10

Cost: \$4 per class: 10 class punch card (\$40)
available at front desk.

Make-ups will be posted at pool entrance.

Spring Board Diving

Class meets 2 days per week.

Ages: Open to All

Session 1: Tuesday and Thursday June 14-June 30.

Session 2: Tuesday and Thursday July 12-July 28.

Time: 6:45-7:45 p.m.

Cost per session: See learn to swim fees on page 22.

A beginning class of introductory skills including approaches, take offs, and entries. The five basic groups of dives will be explored. Those with advanced skills can be accommodated. **Minimum of 6 per class.**



Splash Sport Cardio (Deep Water)

Who: Adults

When: Tuesdays/Thursdays, 11:45 a.m. – 12:15 p.m.

Session 1: June 14 – June 30

Session 2: July 12 – July 28

Where: Parkview Diving Well

Cost: \$24 per session, 12 class punch card will be available at front desk for participants who are not Progressive employees

Min./Max.: 5/20

Instructor: Laura Locker, Certified Group Fitness Instructor

Details: This challenging class includes high intensity, non-impact athletic drills to improve strength and cardio respiratory endurance. Must be comfortable in deep water.



Youth Synchronized Class

Who: 8 years to 8th graders
Date: Fridays, June 17 – July 29
Time: 10:00 – 11:00 a.m.
Cost: \$25
Details: Learn basic skills stunts. Start doing routines combining swimming and stunts. **Helps get student ready for the synchronized camp in August.**

Lifeguard Training

Parkview Pool will be offering an American Red Cross Certified Lifeguard program for students 15 years and older. Some prerequisites for students include: must be able to swim 300 yards continuously and retrieve a 10-pound object from the bottom of the pool.

Pretest: Wednesday, June 1, 6:00 p.m.

Classes: June 6 - 10, 8:00 a.m. - 4:00 p.m., weekdays

Cost: Residents: \$175 Non-residents: \$200

Note: All students must attend all classes to be certified.

Advanced Swimming

Dates: Monday, July 4 - Friday, July 8
(Monday through Friday)

Time: 9:30 a.m. - 11:30 a.m.

Cost: See learn to swim prices, (boxed in page 29).

Details: Open to any child of level 5 ability, or by permission of instructor. Included in the course will be stroke technique, water polo, basic elements of synchronized swimming, basic safety skills, endurance training, snorkeling and basic canoeing. **Each participant must provide his/her own mask and snorkel.**

One Week Summer Camp for Synchronized Swimming

Dates: Monday, August 8 - Friday, August 12

Time: 9:45 a.m. - 12 Noon

Cost: \$50/School District Resident,
\$60/Non School District Resident

Instructor: Laura Capello

Details: Must be at least 8 years old and able to swim 25 meters (or permission by instructor). The camp is a beginning class of introductory skills that includes front and reverse sculling, stunts such as ballet legs and somersaults progressing to more advanced vertical stunts and synchro swimming strokes. Those swimmers with more advanced skills will be accommodated. A short show will be held on Friday, August 12. **Registration Deadline: Friday, August 5.**



Hurricane Swim Team

For more information, contact Gregory Davis at (440) 759 2943 or info@hhhurricanes.org. Please visit our website, hhhurricanes.org.



Requirements:

- Swimmers, age 8 and under, must be able to swim one length of the pool in any stroke.
- Swimmers, between the ages of 9 and 15 years old, must be able to swim two lengths of pool.
- Parents are required to help out at all swim meets that their swimmer attends.
- Swimmers are required to attend a minimum of three practices a week in order to swim in that week's swim meet and attend three out of the six dual meets in order to participate in the Championship Swim Meet. Swim team fees must be paid in full to the City of Highland Heights prior to attending a swim meet and before a swimmer's second week of practice.
- **Fees are \$75.00 for residents of the Mayfield School District and \$90.00 for non-residents. In addition, swim team members must purchase a Highland Heights pool pass for the season at the resident rate of \$55* for individual or \$130* for family pass. We ask all swim team families to please register in person at one of our walk-in registrations at the Highland Heights Community Center. Please remember to bring your calendars.**

Swim team suits and spirit wear will be available to purchase or order.

SWIM TEAM PRACTICE TIMES: Mondays through Fridays

Beginning June 6, both mornings and evenings through August 5.

Morning Practice - Mondays thru Fridays

Advanced Swimmers and all teens 9:00 a.m. - 11 a.m.

9-10 Swimmers 9:30 a.m. - 11 a.m.

Beginners and all 8 and under 10:00 a.m. - 11 a.m.

Evening Practice - Monday, Tuesday, Wednesday and Thursday

All Swimmers, 5:00 p.m. - 6:30 p.m.

There are 6 dual meets, 3 at home and 3 away. The first dual meet is Saturday, June 18, 2016. The season ends with a Championship Meet on Saturday and Sunday, August 6 and August 7.

Please note that dates and prices are subject to change.

Scuba Programs



Just Add Water
The Swim, Snorkel, Scuba Center
36200 Euclid Ave., Willoughby

Parkview Pool in cooperation with Just Add Water will be offering a variety of scuba programs for anyone ages 8 to 92. Listed below are 4 programs to fit the level of interest and age of the participant. **All registration will be handled by Just Add Water. For more information call them at (440) 942-7575.**



Try Scuba Diving

A fun and easy way to test the waters. Come and try Scuba Diving, in a controlled environment, the pool, with a certified instructor to help you on your way.

What will I do? When you participate in a Try Scuba Diving program, you discover excitement and adventure - freedom and serenity. Nothing compares to the “weightless” exhilaration of breathing underwater. Only a diver knows the feeling!

How long will it take? It only takes 1 to 1 1/2 hours and in no time, you’ll feel comfortable diving.

What do I need? A sense of adventure, a bathing suit, and towel.

Who: 8 to 92

When: Wednesday, June 15 or July 6 or July 27 or August 5

Time: 7:00 p.m. - 9:00 p.m.

Cost: \$39

Kids Scuba Camp

Learning to scuba dive is a life-changing experience that enables young men and women to embrace challenges in a whole new way. That first breath underwater; the feeling of total weightlessness as you embark into a foreign world... it enables you to be part of something so powerful it transforms your life! Campers will complete the classroom and pool training required to earn their PADI Open Water Certification in a safe and enjoyable way. Campers will learn about dive safety, equipment and dive procedures. They will also learn about the underwater world, aquatic life and protecting our environment. Fee includes course manual, logbook and dive tables, all scuba equipment along with mask, fins, and snorkel.

Who: 7 - 11 year olds

When: July 4 - 8 or August 1 - 5

Time: 9:00 a.m. - 3:00 p.m.

Cost: \$335 (includes all materials)

Scuba Lessons - Get Certified

Are you ready for the adventure of a lifetime? Why not take the plunge and get certified as a Padi Open Water Diver? This is part-one of the PADI Certification process, which includes the pool and classroom training required to become a certified diver. This is the entry-level dive course designed to provide you with all of the knowledge and skills necessary to safely visit the underwater world. The class will prepare you to complete part-two of the Padi Certification process, 4 Open Water Dives. These dives can be completed during the summer months locally, or on your next vacation! Go ahead... Take the plunge!

Who: 12 years through adults

When: 3 separate class offerings-
Fri., June 24, Sat., June 25 and Sun., June 26
Fri., July 22, Sat., July 23 and Sun., July 24
Fri., August 5, Sat., August 6 and Sun., August 7

Time: **Classroom at Just Add Water on Friday,**
6:30 p.m. - 9:30 p.m.

Saturday & Sunday 8:00 a.m. - 12 Noon
and classroom at Just Add Water from 2:00 pm-6:00
p.m. after pool time.

Sunday, 8:00 a.m. - 12:00 p.m. and Classroom at Just
Add Water from 2:00- 6:00 p.m. after Sunday pool time.

Cost: \$360 (includes all materials except mask, fins,
snorkel and boots)

Kids Seal Team

Have a child who’s not old enough for certification, but can’t wait to dive? Now they don’t have to! PADI Seal Team is a great way to introduce kids 8+ yrs to the basics of safe diving. The PADI Seal Team program is designed for young divers who are looking for action-packed fun in a pool! A PADI certified instructor will guide kids through 5 different “Aquamissions” which are designed to teach them the building blocks of scuba.

Who: 8 - 11 year old boys and girls

When: July 4 - 8 or August 1 - 5

Time: 9:00 a.m. - 11:45 a.m.

Cost: \$235 (includes all materials)

Fee includes activity workbook, use of all scuba equipment along with mask, fins and snorkel, (children use all of the basic equipment which is designed for their size and stature) logbooks and graduation certificate.

Learn to Swim

The Learn to Swim Program is based on American Red Cross Standards and instructors are certified through the American Red Cross. **Read the requirements and skills taught before signing up. All students will be tested the first day of the previous class completed.**

Session 1

Monday, June 13 - Friday, July 2
Registration begins May 21 for Mayfield Village Residents/May 26 for School District Residents

Session 2

Monday, July 11 - Saturday, July 30,
No classes Fridays unless for make-ups.
Registration July 4 - 9

Learn to Swim Fees and other Swim Classes Where Noted

\$30 - Village Resident with pool pass
\$35 - Village Resident without pool pass
\$45 - School District Resident with pool pass
\$50 - School District Resident without pool pass
\$60 - Non School District Resident participants

Saturday Morning Learn to Swim Classes (one session only 8 weeks)

Dates: June 18 – August 6
Times: 10:00 a.m.-Levels 1 and 3
10:45 a.m.-Levels 2 and 4
Limit: 6 students per class
Cost: See box for Learn to Swim Fees

PROCEDURE FOR PRIVATE LESSONS AT PARKVIEW POOL

Any parent wishing to receive private swim lessons at Parkview Pool by Parkview Pool Staff must follow these procedures for Summer 2016:

- All private lessons will cost \$15 per 30 minutes per swimmer.
- Parents can purchase as many private lesson coupons as needed at Parkview Pool front desk during regular office hours. The office staff can supply names of possible instructors if the parent has not yet scheduled with the instructor of their choice.
- The instructor will collect the private lesson coupon at the start of each lesson.
- Lesson days and times are the direct responsibility of the parent and instructor to schedule however they must occur outside the instructor's scheduled hours and not during any time that Parkview is offering lessons.

Adult/Teen Swimming

All classes are Tues/Thurs 6:00 – 7:00 p.m. and Saturdays, 10:00 – 11:00 a.m.

Session 1- June 14 – July 2

Session 2- July 5 - July 16

Session 3- July 19 – July 30

Whether you are fearful of the water, need to learn how to do various strokes, or simply wish to become more efficient in swimming laps, this class is for you. See learn to swim fees in box.

LEVELS	REQUIREMENTS TO ENTER CLASS	SKILLS TAUGHT
Parent/Tot Wednesdays, June 15 - August 3, 11:15-11:45 a.m., or Saturdays, June 18 - August 6. 10 a.m. or 11:00 a.m.	2-5 year olds. Parent must accompany children in water. Limit 8 parent/child pairs per class.	Class will acquaint child with basic water adjustment and include parent training on water safety. Note: Class taught in 3 ft. area.
Under 4 foot M-Th 11:15-11:45 a.m.	Must be at least 4 yrs. old and no taller than 48 inches. There will be 2 students to one instructor.	The class teaches basic water adjustment for more advanced preschoolers & prepares for level I classes. Students progress at own rate.
LEVEL ONE <i>Introduction to Water Skills</i> M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	Must be at least 4 yrs. old. Class will be held in 4 ft. area.	Students are introduced to basic water skills. Students learn buoyancy with support and breath control. They begin with the basics of front and back crawl & general water safety rules.
LEVEL TWO <i>Fundamental Aquatic Skills</i> M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	1. Enter chest deep water unassisted, move 5 yds., bob 3 times and exit water. 2. Glide on front and back for three seconds in 3.5 ft.	Helps students to become more independent in the water while learning rhythmic breathing, buoyancy, treading water, coordination of arms and legs and general water safety rules.
LEVEL THREE Stroke Development M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	1. Enter chest deep water, front float for 5 sec., roll to back float, return to standing, then back float for 5 sec. roll to front and return to standing position. 2. Push off and swim 5 body lengths each on front and back using combination of arms and legs.	Students build on level 2 skills with more coordination to combine arms and legs for front and back crawl. Intro to butterfly kick and kneeling or sitting dives. General safety rules and diving rules also discussed.
LEVEL FOUR Stroke Improvement M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	1. Jump into diving well and swim front crawl across to opposite corner with rhythmic breathing, tread water or float for 30 sec. and return to original corner by swimming elementary back stroke.	Students learn swimming distances while improving front and back crawl and changing directions. Students learn breaststroke, butterfly, elementary backstroke, and the sidestroke kick. Diving progresses to the compact or stride position. Additional diving rules discussed.
LEVEL FIVE Stroke Refinement M-Th 9:00 a.m. or 9:45 a.m. or 10:30 a.m. (40 minutes in length)	1. Feet first entry into 5 ft. front crawl 1 length of pool, float or scull on back for 1 min. then elementary backstroke for 1 length 2. 15 yds. of breaststroke and backcrawl for 15 yds.	Students refine their strokes and build endurance in all strokes learned while working on flip turns. Diving advances to shallow dives as well as tuck and pike surface dives. Treading water is improved and survival swimming is taught.
LEVEL SIX - A Swimming and Skill Proficiency M-Th 9:00 a.m. or 9:45 a.m. (40 minutes in length)	1. Perform a shallow dive into deep water, 2 lengths front crawl, turn around and swim, elementary backstroke for 2 lengths. 2. 1 length breaststroke and 1 length of back crawl.	Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Prepares students to participate in more advanced classes.
LEVEL SIX - B Swimming and Skill Proficiency M-Th 9:00 a.m. or 9:45 a.m. (40 minutes in length)	You must have passed Level 6-A or have the same skill level.	Looking for a fun way to keep your fitness level at top form, learn some new strokes, turns, diving, basic life saving and more.
ADULT/TEEN LESSONS See Description above.	Class limit is 8 students.	Designed to aid in the development and improvement of strokes of the non-swimmers as well as the swimmer.
ADVANCED SWIMMING M-Fri, July 4-8, 9:30-11:30 a.m.	Must have completed Level 5 or permission from Instructor.	This course entails stroke technique, water polo, basic elements of synchronized swimming, basic safety skills, endurance training, snorkeling and basic canoeing. Each participant must provide his/her own mask, snorkel and fins.