



FALL 2009 SCHEDULE

(AUGUST 17TH THRU DECEMBER 18TH)

LAP SWIM (Ages 14 & Up):

- Monday thru Friday (11:30am – 1pm)
- Saturdays (10am - 1pm)
- *Refer to our web calendar for pool closures.*

\$1.50/Student (14 - 17), \$2.50/Adult (18 - 54), \$1.50/Senior (55+)



FAMILY SWIM:

- Saturdays (10am – 1pm)
- *Refer to our web calendar for pool closures.*

\$1.50/Student (4 - 17), \$2.50/Adult (18 - 54), \$1.50/Senior (55+), 3 & Under (Free)



LEARN-TO-SWIM & MASTERS SWIM PROGRAM: ONLINE REGISTRATION

Frisco I.S.D. offers a year-round learn-to-swim program for students age 4 thru 17. The year-round masters swim class is designed for the intermediate to experienced adult swimmer (ages 19 & over: must be able to swim at least 50yds). For more information, please pick up one of our flyers or you may visit our website at the address listed below.



FRISCO DIVERS PROGRAM: ONLINE REGISTRATION



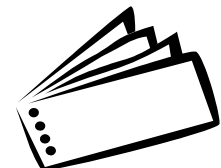
Frisco's year-round Learn-to-Dive program for ages 8 thru 17 is designed to teach athletes fundamental diving skills for use in recreation and competitive diving. Group lessons consist of dry-land training and board work to develop strength, flexibility, and body awareness. The athletes will be instructed in basic skills, such as approach and hurdle, forward and backward take-offs, and forward and backward entries. As the divers master the basic skills, they will begin learning new and more advanced dives on both the 1-meter and 3-meter spring boards. For more information, please pick up one of our brochures or visit our website at the address listed below.

PUNCH CARDS:

AVAILABLE FOR ONLINE PURCHASE!

In order to receive your punch card, you will need to bring your receipt with you to the front desk.

- Student 25 Punch Card = \$30.00
- Adult 25 Punch Card = \$50.00
- Senior 25 Punch Card = \$30.00



POOL PARTIES:

Pool parties may be scheduled during our family swim hours on Saturdays four weeks in advance of the requested date. Parties must be reserved in person. Please call or visit the front desk for more information.