



May–June 2009, VOLUME 49, NUMBER 3

splashZone

Lorain County Metro Parks

Splash Zone

95 West Hamilton Rd.
Oberlin, Ohio 44074
(440) 774-5059

Monday, Wednesday, Friday–5:30 am to 8 pm

Tuesday, Thursday–6 am to 8 pm

Saturday–9 am to 8 pm

Sunday–Noon to 8 pm (Summer)

Noon to 5 pm (Winter)

Outdoor Pool (Summer Only)–Noon to 7:45 pm



Splash Zone 2009 Season: June 5–August 30

Splash Zone's outdoor pool will be opening Friday, June 5, for the 2009 summer season! The outdoor pool will be open 12-7:45 pm daily. Summer memberships are just \$50 per person or \$180 for a family of 4! Memberships start from the date of purchase and are good for 3 months. Memberships include the entire outdoor splash area! Adults (16 years and older) also get to enjoy our fitness rooms and (18 years and older) can enjoy our indoor pool as well! Daily pool passes are also available for just \$6 per person (2 years and older).

Please be aware of the following rules:

The indoor pool is for those swimmers 18 years and older.

Bathing suits are required.

No food, drink or carry-in coolers are permitted.

Only US Coast Guard-approved lifejackets are permitted in the pools.

****BE SAFE, Children 11 and under must have an adult accompanying them at all times. Children 7 and under may not be more than an arm's length away from the adult that is accompanying them at any time. We mean business!!! Our business is keeping your child safe!*

A complete list of rules is available at Splash Zone.

Please be aware the indoor pool will be closed for cleaning from August 10-17. The outdoor pool will open at 6 am Monday-Friday for members during this time.

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GUARD START

***July 13, 14, 15, 16
10-11:30 am***

American Red Cross Guard Start: Lifeguarding Tomorrow is a program for youth that provides a foundation of aquatic and leadership knowledge, attitudes and skills for future successful completion of the Red Cross Lifeguarding courses.

Prerequisites of this course include:

- Swim front crawl for 25 yards continuously while breathing to front or side.
- Tread water for 1 minute using arms and legs.
- Submerge and swim a distance of 10 feet under water.

Ages: 10-14 years

Cost: \$40, includes manual and T-shirt
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SWIM LESSONS

All summer swim lessons take place in the outdoor pool. Registration for Sessions 1 and 2 and Saturdays will begin Sunday, May 31, from Noon-3 pm. Registration for Sessions 3 and 4 will begin Sunday, July 12, from Noon-3 pm. Registration must be done in person!
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KAYAKING CLASSES

Splash Zone offers two beginner classes on kayaking. These are great for those that are new to the sport or need to brush up on their strokes and safety practices. Both classes are taught by certified American Canoe Association instructors. All kayaking participants must be at least 16 years of age; under 18 must have a participating adult! Call Splash Zone at (440) 774-5059 to register.

***Quickstart Kayaking:
Sunday, May 31, 9 am-12 pm***

This 3-hour course covers the basics of recreational kayaking, including kayak terminology, safety and basic strokes. Preregister and pay \$35 by 5/27.

***Introduction to Kayaking
June 16 and 18, 5-8 pm***

In addition to recreational kayaking basics, this 2-day course introduces more advanced rescue maneuvers. Participants must attend both classes. Preregister and pay \$45 by 6/12.
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BIRTHDAY PARTIES

Splash Zone is the most SPLASHTACULAR place around to have your birthday party this summer! Our meeting room is available for cake and presents for 1 hour. Your party guests may swim during our open swim times (see pool calendar or call (440) 774-5059) and you're welcome to provide food for your guests. (Please remember all food must be consumed in the meeting room only). Prior reservations are necessary. Cost is \$100 and includes 1 hour private room rental and up to 20 guests (admission fees apply to all swimming and non-swimming guests).

Call Splash Zone today to reserve your next party!

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WEEKDAY MORNING SWIM LESSONS, classes are held Mon–Thur for 2 weeks.

9:00–9:30	Preschool A/Starfish
9:00–9:30	Level 1/Penguin
9:00–9:30	Level 2/Seal
9:00–9:45	Level 3/Otter
9:00–9:45	Level 4/Walrus
9:35–10:05	Toddler
9:35–10:05	Preschool B/Sea Turtle
9:35–10:05	Preschool C/Jellyfish
9:50–10:35	Level 3/Otter
9:50–10:35	Level 5/6
10:10–10:40	Preschool A/Starfish
10:10–10:40	Level 1/Goldfish
10:10–10:40	Level 2/Seal
10:40–11:10	Preschool B/Sea Turtle
10:40–11:10	Preschool C/Jellyfish
10:45–11:15	Toddler
10:45–11:15	Level 1/Goldfish
10:45–11:15	Level 2/Seal
11:15–11:45	Preschool B/Sea Turtle
11:15–12:00	Level 4/Walrus
11:20–11:50	Preschool A/Starfish
11:20–11:50	Preschool B/Sea Turtle
11:20–11:50	Level 1/Penguin

Session 1: June 15–18 and June 22–25

Session 2: June 29–July 2 and July 6–9

Session 3: July 27–30 and August 3–6

Session 4: August 10–13 and August 17–20

Members \$50/Non-members \$65

SATURDAY MORNING SWIM LESSONS

9:00–9:30	Preschool A/Starfish
9:00–9:30	Preschool C/Jellyfish
9:00–9:45	Level 3/Otter
9:35–10:05	Toddler
9:35–10:05	Preschool B/Sea Turtles
9:50–10:35	Level 4/Walrus
10:10–10:40	Level 1/Goldfish
10:10–10:40	Level 1/Penguin
10:40–11:25	Level 5/6
10:45–11:15	Level 2/Seal
10:45–11:15	Preschool A/Starfish
11:20–11:50	Preschool B/Sea Turtles
11:20–11:50	Level 2/Seal
11:30–12:00	Toddler

Session: June 20, 27, July 11, 18, 25, August 1, 8, 15
(no class on July 4)

Members \$50/Non-members \$65

Splash Zone

SPINNING is now at Splash Zone

Spinning is an indoor group cycling workout that will take you on a visual bike ride, complete with motivating music to keep you going!

Call Splash Zone at (440) 774-5059 for a list of classes!

Martial Arts for Kids

Come for an hour of energetic instruction in how to counter against grabs and punches. Learn basic skills in how to roll and fall like people in the movies!

Classes are held on Wednesday evenings 6–7 pm and Saturdays 10:30–11:30 am.

\$4 Members/\$7 Non-members or punch cards available (10 classes)

AEROBICS CLASSES AT SPLASH ZONE

All land and water classes, excluding Tai Chi, are available in a drop-in format:

Members \$4/Non-members \$7

Monthly class passes are available:

Members \$45/Non-members \$65

Punch cards are available (10 classes):

Members \$35/Non-members \$55

Call Splash Zone for a current list of days and times or check our monthly calendar online at www.LorainCountyMetroParks.com!

Water Class Descriptions

Water Aerobics: This is a low-impact resistance workout for all ages (16 and older). Water aerobics improves cardiovascular endurance, range of motion and flexibility. Deep and shallow water classes are available.

Water Arthritis: Taught by a certified arthritis instructor, this water class is combined with gentle movements that will help decrease pain and stiffness as well as add range of motion to those with arthritis.

Aqua Kick: This total-body workout will improve muscle strength and toning as well as range of motion. You will learn kicks, punches and combinations while using the water's natural resistance.

Land Class Descriptions

Tai Chi: This gentle and flowing class provides full range of motion movement. It is weight bearing, aerobic, a great stress buster and it even exercises your brain. This class is only available in a 6-week session.

Ball Training: Strengthen your core and increase your balance while having fun with the exercise ball. This class is a great way to add variety to your workout!

Cardio Tone: This is a total-body stretching, toning and cardio class designed to improve your overall flexibility and build muscle strength.

MAT (Movement Awareness Training): This Pilates-inspired class focuses on strengthening, toning, stretching and flexibility through mat work to standing. This class is guaranteed to develop a major positive shift in your body and mind.

Muscle Conditioning: This total body toning class will help condition muscles to strengthen and tone the entire body.

Pilates: This is a refreshing mind-body workout that improves core strength, flexibility and agility.

Power Yoga: Power vinyasa yoga is a very active and challenging form of yoga. Through fluid sequence of poses, it develops strength and improves flexibility.

SECT (Strength, Endurance, Cardio Training): This is a cardio strength combination class that alternates strength exercises with easy to follow cardio moves.

Step & Weights: This class incorporates simple step routines with muscle toning. This class will leave you feeling strong and invigorated.

TBG (Thighs, Butts and Guts): Burn and firm with this 45-minute toning workout that incorporates small bursts of cardio. This fun workout is amazingly varied, yet easy to follow.

Zumba: Dance your way to a fitter you with exciting and unique Latin moves and rhythm.

Mini-Basketball Camp for Girls

Ages: 4th–6th grade and 7th–8th grade

Cost: \$50

Dates: Saturdays, June 20, 27, July 11, 18, 25 and August 1

Time: 4th–6th grade: 8–9:45 am

7th–8th grade: 10–11:45 am

Sessions will include: conditioning, ball handling, dribbling, passing, footwork, rebounding, shooting and much more!

