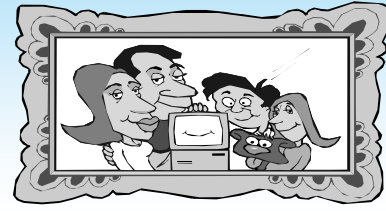


North Whidbey Park & Recreation District



Family Enrichment Program

Forget the TV, let us entertain your family!

All activities are at 6:30pm and are held at the VFW, 8587 Goldie Rd.
Fee: \$3.00 per person (Unless otherwise noted.)
*At least one adult must participate.

- April 1st** **PET ROCK**
This funny friend will keep you in stitches all month long!
- April 15th** **MOSAIC FLOWER POT**
This beautiful craft will help you to celebrate national garden month.
- May 6th** **MARACAS**
Make this craft to celebrate Cinco De Mayo all month long.
- May 20th** **MOTHERS DAY CRAFT**
Make this beautiful craft for a special woman in your life.
- June 3rd** **ICE CREAM IN A BAG**
This is so much fun to make!
- June 17th** **FRAME FOR DAD**
Come join us to make this frame to put your favorite of your Dad.
- July 8th** **AMERICAN FLAG SUNCATCHER**
This funny friend will keep you in stitches all month long!
- July 16th** **DECORATE YOUR OWN SUNHAT**
This beautiful craft will help you to celebrate national garden month.

Call 675-7665 for further information.
Register at John Vanderzicht Memorial Pool, 85 SE Jerome.

NORTH WHIDBEY PARK & RECREATION DISTRICT



Informational Brochure

Pool Schedule, Swim Lesson Information, Aquatic Programs, Recreational Programs, Special Events & More

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The North Whidbey Park & Recreation District complies with the State of Washington's "Fair Play in Community Sports Act" (Chapter 467, 2009 Laws, effective date July 26, 2009) that prohibits discrimination against any person in a community athletics program on the basis of sex.

Any questions or comments please contact Craig Carlson:

North Whidbey Park & Recreation District Office
85 SE Jerome Street, Oak Harbor, WA 98277

Phone: (360) 675-7665

Fax: (360) 679-4034

director@oakharborpool.com

The complete Non-Discrimination Policy is also available as approved by the NWPRD Board of Commissioners at www.oakharborpool.com or at the District Office.

John Vanderzicht Memorial Swimming Pool Spring Schedule & Fee Information ~ April 5 - June 17

SCHEDULE

Lap & Fitness Swims

Monday & Wednesday	6:00 AM - 1:30 PM 5:30 PM - 6:30 PM
Tuesday & Thursday	6:00 AM - 1:30 PM 7:30 PM - 8:30 PM
Friday	6:00 AM - 1:30 PM 5:30 PM - 6:30 PM
Saturday & Sunday	12:00 PM - 2:00 PM

Small pool is available for children with parents during all lap swim periods except for lesson and swim team time.

Recreation / Open Swims

(Slide / Diving Board / Small Pool / Rope Swing)

Monday and Wednesday	7:30 PM - 9:00 PM
Friday	7:30 PM - 9:00 PM
Saturday	9:00 PM - 10:00 PM * 2:00 PM - 3:45 PM 5:30 PM - 7:15 PM
Sunday	7:30 PM - 9:00 PM * 2:00 PM - 3:45 PM 5:30 PM - 7:15 PM

Swimming Pool Closed

April 4th - Easter Sunday
After 5:30 PM - April 30, All Day May 1 and May 2 - Swim Meet

Special Discount Swims

Family Discount Swims (\$6.75 up to 5, \$2.25 each additional)

Monday & Wednesday	7:30 PM - 9:00 PM
Saturday	5:30 PM - 7:15 PM
Sunday	5:30 PM - 7:15 PM

Youth Discount Swims (\$2.25)

Wednesday	7:30 PM - 9:00 PM
Friday - 1/2 Price	-\$1.50 9:00 PM - 10:00 PM

Water Aerobics

Deep Water:	Monday - Friday 8:00 - 9:00 AM
Shallow Water:	Monday - Friday 9:30 - 10:30 AM
Low Impact:	Tues. & Thurs. 11:00 AM - Noon
Evening:	Mon., Weds., & Fri. 6:30 - 7:30 PM

Group / Private Rentals

Saturday	4:00 PM - 5:30 PM, 9:00 PM - 10:30 PM
Sunday	4:00 PM - 5:30 PM, 7:30 PM - 9:00 PM

Fee: \$67.50 per session (Additional fees for groups over 25)

Birthday Party Package

Group Reservations for Viewing Area during open swim.
Fee: \$44 for 10 children & two adults

Holiday & School's Out Swims

1:15 PM - 2:45 PM:
Mar. 26, Mar. 29 through Apr. 2, June 18

RATES AND FEES

Single Session Fee

Adult	\$3.25
Youth (4-17)	\$3.00
Senior (60+)	\$3.00
Family Swim	\$6.75
Aerobics Adult	\$3.50

10 Punch Pass

	Resident	Non-Resident
Adult	\$26.25	\$28.75
Youth /Senior	\$24.00	\$26.25
Family Swim Only	\$60.00	\$62.00
Aerobics Adult	\$28.75	\$31.50
Aerobics Y&SR	\$26.50	\$28.75
Locker	\$ 2.50	\$ 2.50

Additional Information

Debit and Major Credit Cards Accepted

- *Locker key daily rental fee of \$.25.
- *Collateral of ID or keys is required.
- *Yearly locker fee is \$60.
- *Children 6 & under must have adult in the Water.
- *Only Coast Guard Approved Vest Allowed.

Unlimited Swimming Pass



	Quarterly Pass*		Semi-Annual Pass*		Annual Pass*	
	Resident	Non-Resident	Resident	Non-Resident	Resident	Non-Resident
Adult	\$118	\$131	\$190	\$212	\$303	\$337
Youth/Senior	\$103	\$114	\$167	\$185	\$278	\$309
Family (2)	\$147	\$164	\$237	\$264	\$445	\$494
Family (3)	\$167	\$185	\$268	\$299	\$505	\$561

Naval Air Station - Whidbey Island MWR Provides Daily Fee Support for Recreation & Lap Swimming
Fees: Active Duty Military: Free; Military Dependents and Retirees: \$2.50 - I. D. Required

North Whidbey Park & Recreation District Presents:

Spring Special Events



Bubble Bash & Splash

Saturday, April 24th, 5:30 - 7:15PM

Bring the whole family for a bubbly adventure!
Food! Fun! Unique Festivities!

Fee: Family - \$6.75 ~ Youth - \$3.00

5th Annual Pirates' Plunder

Saturday, May 29th, 5:30 - 7:15PM

Bring the whole family to hunt for special
treasures and enjoy an after-event dessert!

Fee: Family - \$6.75 ~ Youth - \$3.00



Summer Vacation Celebration 101



Friday, June 18th, 1:15PM - 2:45PM

Free Fun! Free Food!

No charge if you passed school!



For More Information Call: 675-7665

Winter 2010 Recreation Programs

Whidbey Island Running Club

Love to run? Feeling Fast? Not feeling fast & want to get in shape? Desire new friends? Need an off-season training group for soccer, football, baseball, or track? It's fun to run with us! There is a group for every body through Beginner, Intermediate, and Advanced training groups. We participate in the Junior Olympic programs of cross-country (fall) & track (spring), with road racing season in the winter. We welcome ages 6 to adults.



How to get running:

Contact: Coach Catie Rodeheffer at 279-2196 or email: catie@rodeheffer.net.

Roller Hockey

The North Whidbey Park & Recreation District and the Boys & Girls Club of Oak Harbor invites boys and girls ages 6 to 12 to participate in an instructional roller hockey program. Learn the fundamentals of roller hockey and just have fun playing the game. Limited protective equipment and sticks are available. Participants should have their own roller blades.

Parents and adults may also participate.

When & Where: Wednesdays at 6:00 PM and Sundays at 2:00 PM at North side of Whidbey Middle School

How to get rolling: Please contact Marcy Neal at 672-1952 or 675-6196



Kidz Love Soccer

The score is always fun to fun! For over 30 years KLS has been dedicated to teaching children the world's most popular game within a nurturing environment.

KLS provides the foremost in instruction for kids 2 to 12, instilling an exuberant, skillful confidence, in the young player. A session experience include age appropriate activities: skill demonstrations, fun games, and instructional scrimmages always conducted in a non-competitive, recreational format.

Indoor Winter Session: April 10th - June 12th on Saturdays.

Where: Volunteer Park Field behind Swimming Pool - 85 SE Jerome Street

Times: Mom/Dad & Me (2 - 3.5) 2:00 - 2:30PM Tot-Soccer (3.5 - 4) 2:30 - 3:00 PM
Pre-Soccer (4 - 5) 3:00 - 3:35 PM Soccer 1 (5 - 6) 3:35 - 4:20 PM
Soccer 2 & 3 (7 - 8 & 9 - 10) 4:20 - 5:05 PM

Fee: \$68.00

How to get kicking: Register at John Vanderzicht Pool, 85 SE Jerome St.

Website: www.kidzlovesoccer.com



Clover Valley Park Off-Leash Dog Park



All dog owners are encouraged to take advantage of our off leash park located on Ault Field Road. Water and doggie bags are provided. Park is co-sponsored by NWPRD, Island County & FETCH.

Website: www.whidbey.com/fetchparks/

2010 Spring Aquatic Schedule

John Vanderzicht Memorial Swimming Pool - North Whidbey Park & Recreation District

Effective: March 26 through June 17

Weekday Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30AM	NWAC	NWAC	NWAC	NWAC			
6:00AM	NWAC	NWAC	NWAC	NWAC	Lap Swim		
7:00AM					Lap Swim		
8:00AM	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics	Deep Water Aerobics
9:00AM	Shallow Aerobics	Shallow Aerobics	Shallow Aerobics	Shallow Aerobics	Shallow Aerobics	Shallow Aerobics	Shallow Aerobics
9:30AM							
10:30AM	Swim School 10:00-11:45	Swim School 10:00-11:45	Swim School 10:00-11:45	Swim School 10:00-11:45	Swim School 10:00-11:45	Swim School 10:00-11:45	Swim School 10:00-11:45
11:00AM	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics	Low Impact Aerobics
12:00PM	Masters 4 lanes	Masters 4 lanes	Masters 4 lanes	Masters 4 lanes	Masters 4 lanes	Masters 4 lanes	Masters 4 lanes
1:00PM	Special Programs	Special Programs	Special Programs	Special Programs	Special Programs	Special Programs	Special Programs
1:30PM	North Whidbey Aquatic Club	North Whidbey Aquatic Club	North Whidbey Aquatic Club	North Whidbey Aquatic Club	North Whidbey Aquatic Club	North Whidbey Aquatic Club	North Whidbey Aquatic Club
2:00PM	Family Swim 7:30 - 9:00	Family Swim 7:30 - 9:00	Family & Youth Discount Swim 7:30 - 9:00	Family Swim 7:30 - 9:00	Recreation Swim 7:30 - 9:00	Recreation Swim 7:30 - 9:00	Recreation Swim 7:30 - 9:00
2:30PM							
3:30PM							
4:00PM							
5:30PM	Adult Lap 4 lanes (KP) NWAC (2 lanes)	Adult Lap 4 lanes (KP) NWAC (2 lanes)	Adult Lap 4 lanes (KP) NWAC (2 lanes)	Adult Lap 4 lanes (KP) NWAC (2 lanes)	Adult Lap 4 lanes (KP) NWAC (2 lanes)	Adult Lap 4 lanes (KP) NWAC (2 lanes)	Adult Lap 4 lanes (KP) NWAC (2 lanes)
6:30PM	Aerobics (3 lanes) Special Olympics	Aerobics (3 lanes) Special Olympics	Aerobics (3 lanes) Special Olympics	Aerobics (3 lanes) Special Olympics	Aerobics (3 lanes) Special Olympics	Aerobics (3 lanes) Special Olympics	Aerobics (3 lanes) Special Olympics
7:00PM							
7:30PM	Family Swim 7:30 - 9:00	Lap Swim (3 Lanes) & SVC 7:30 - 8:30	Lap Swim (3 Lanes) & SVC 7:30 - 8:30	Lap Swim (3 Lanes) & SVC 7:30 - 8:30	Recreation Swim 7:30 - 9:00	Recreation Swim 7:30 - 9:00	Recreation Swim 7:30 - 9:00
8:30PM							
9:00PM							

KP= Small Pool
Kids pool is not open during Lesson time Tuesdays & Thursdays 5:35PM-7:50 PM
SP=Special Programs
L=Lanes
Lap Swim
Open Swim



Spring 2010 Swim School

When do the lessons take place?

Session 1: April 13 through May 13
Session 2: May 18 through June 17

When is registration?

Friday, April 9*
 Friday, May 14*

(All classes are held on Tuesdays and Thursdays)

*** Registration will not begin until Noon on the above registration days.**

	Fees	
	In-District	Out-of-District
	<i>5-week</i>	<i>5-week</i>
1 Child	\$41.00	\$45.00
2 Children	\$77.90	\$85.50
3 Children	\$110.70	\$121.50
4 Children	\$139.40	\$153.00

Are you "In" or "Out" of District?
 If you have an Oak Harbor address, you are "In-District" for property tax reasons.

Tots: Parent / Child Lessons
Children Ages: 6 to 14 months old
 Basic water safety and swimming skills will be introduced while you and your child have lots of fun with songs and games!
 11:10 - 11:40 AM (Minimum class size - 5) 5:35 - 6:05 PM

Advanced Tots: Advanced Parent / Child Lessons
Children Ages: 15 months to 2 years old
 Level 1 skills are introduced while children are still acclimated to the water through songs and games!
 11:10 - 11:40 AM 6:10 - 6:40 PM

Puddle Jumpers: Advanced Parent / Child Lessons
Children Ages: 2 and 3 year olds
 Parents continue to assist in learning level 1 skills & above.
 10:35 - 11:05 AM 6:10 - 6:40 PM

Pre-School Lessons (Tots through Porpoise)
Children Ages: 3 & 4 years old
 Focus on learning through fun & games. (Classes may be combined)

10:00 - 10:30 AM	12:15 - 12:45 PM	5:35 - 6:05 PM
10:35 - 11:05 AM	12:50 - 1:20 PM	6:10 - 6:40 PM
11:10 - 11:40 AM	1:25 - 1:55 PM	6:45 - 7:15 PM
		7:20 - 7:50 PM

School Age Lessons
Children Ages: 5 and up
 Students will be taught skills based on the NWPRD Learn to Swim Program Levels. (Face float through 75' distance)

	Levels 1 through 4	
	12:15 - 12:45 PM	5:35 - 6:05 PM
10:35 - 11:05 AM	12:50 - 1:20 PM	6:10 - 6:40 PM
11:10 - 11:40 AM	1:25 - 1:55 PM	6:45 - 7:15 PM
		7:20 - 7:50 PM
	Levels 5 & 6	
	12:15 - 12:45 PM	5:35 - 6:05 PM
	12:50 - 1:20 PM	6:10 - 6:40 PM
	1:25 - 1:55 PM	6:45 - 7:15 PM
		7:20 - 7:50 PM

Advanced Swimming Level 4+ (Recommended before NWAC)
 Learn all 4 competitive strokes, starts & turns 5:35 - 6:20PM

Adult Lessons
 Students will be taught skills based on NWPRD Learn to Swim Program Levels.
 Beginner to Advanced 6:45 - 7:15 PM

Private Lesson Information (Limited Availability)

Private Lessons are available on a first come, first serve basis. Please see the cashiers for a request form. Forms may be submitted at any time. You will be called as soon as an instructor is available. Times will be arranged based on your schedule, the instructors schedule and the pool schedule. Fee is \$85.00 for 4 hours of private instruction

Semi-Private Lessons can be arranged if two family members are at approximately the same skill level and \$15.00 will be charged for the additional swimmer.

North Whidbey Park & Recreation District Aquatics Programs

North Whidbey Swim School

A positive and fun learning experience is provided by enthusiastic, well-trained, friendly and caring staff. Class offerings for all ages including: (Parent/Child – Aqua Tots: 6 months to 3, Aqua Kids: 2 ½ to 4), Pre-school 3-5, School Age, Pre-competitive & Adults. Fees are: \$41 In-District and \$45 Out-of-District (10 half hour lessons. Classes meet 4 days per week for 5 weeks. Morning and evening classes are available.

Spring Session Dates:
Session 1: April 13—May 13
Session 2: May 18—June 17

Registration Dates:
 Friday, April 9th
 Friday, May 14th

***Classes are held on Tuesdays & Thursdays **Registration begins at Noon on all Sign-Up Days**



Water Safety Instruction & Lifeguard Training School

Instruction leading to Red Cross Certification for the following is available throughout the year:
 Lifeguard Training—April 10th through May 13th Fee:\$200.00. Must be 15 years of age.
 Water Safety Instructor—Ongoing
 Contact Jessica Bliven for Lifeguard Training and Merrie Pickens for Water Safety Instructor at 675-7665

Water Aerobics

Aqua Exercise classes are 1 hour long. Take the weight off your knees and hips and use the resistance of the water to give yourself and your heart a great workout! Deep water classes are a non-impact workout resulting in a high intensity workout (floatation devices are provided). Shallow water aerobic classes are a low impact, high intensity workout using various equipment for muscle strengthening and toning.



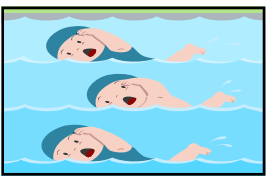
For more information contact: Michelle Reedy: 675-7665.
 All classes are on a drop in basis, no pre-registration required.
 Days and Times are as follows: Deep Water: Monday through Friday 8:00am – 9:00am
 Shallow Aerobics: Monday through Friday 9:30am – 10:30am
 Evening Aerobics: Monday, Wednesday, & Friday 6:30pm – 7:30pm
 Fees: \$3.50 or discount pass

Low Impact Water Aerobics (Recommended for Arthritis & Physical Therapy)

This program is designed for people who are experiencing impaired joint motion and/or strength. The program goals include improving or maintaining joint flexibility, maintain muscle strength or reduce muscle weakness, and improve balance and coordination. All classes are on a drop in basis, no pre-registration required.
 Days and Times are as follows: Tuesday and Thursday, 11:00am – Noon Fees: \$3.50 or discount punch pass

North Whidbey Aquatic Club (NWAC)

NWAC is sponsored by the NWPRD and is registered with Pacific Northwest Swimming and USA Swimming.
WHY SWIM? USA Swimming's Age Group Program is America's largest program of guided fitness activity for children. Age group swimming builds a strong foundation for a lifetime of good health by teaching healthy fitness habits. NWAC workouts consist of stroke development, levels of aerobic and anaerobic training based on age and ability, and race preparation.
WHAT DO I GET? *Improve swimming skills *Fun and interaction for youth *Building of team spirit *Learn life-time skills *Form lifetime friends *Build self esteem and self confidence.
 For further details contact Coach Neil Romney at the Swimming Pool or call 675-7665.
 Annual Registration Fee: \$61.00 Monthly Dues: \$48.00 and up. (Price varies by team)



North Whidbey Masters Swimming

We offer an adult swim training program. Participation is encouraged for all adults 19 and better. Swimmers are also encouraged to compete, however it is not a requirement. Training and Stroke Tips are provided by Coach Neil Romney . Scheduled training times are from Noon to 1:15PM on Monday, Wednesday and Friday; Monday, Tuesday, and Thursday, from 5:30—6:30pm
 Annual Registration & Insurance Fee: \$40.00 Monthly Dues: \$50



Kayak Instruction & Trips

Instruction provided by Pete Stevens, American Canoe Association Qualified Instructor. Small Classes in Sea and River Kayaking tailored to your needs. Learn self-recovery (rescue) and the Eskimo Roll in the friendly and warm environment of our pool, then refine your skills in open water. Programs and Fees are as follows: Stroke & Rescue Clinic -\$80, Stroke & Roll Clinic - \$80, Rescue Clinic - \$40, Roll Clinic - \$55. Trips and Fees: River Course – Stroke & Roll required - \$100, ½ Day Tour - \$50, Evening Paddle—\$35. Tours to popular Whidbey Island paddling destinations are available. Drop in practice sessions are available for \$5. Call 675-7665.

Scuba Certification Courses

Evening and weekend SCUBA lessons leading to certification are available through the Whidbey Dive Center on a year-round basis. Scuba equipment sales and rental are also available. Please call 675-1112.

