



# Swimming: A Great Way to Cool Off and Be Active, Too!

By Holly Lewis, Lincoln Parks & Recreation

School is out, the sun is shining and the Lincoln Public Pools are waiting for you. Swimming pools are awesome. What could be better than sunshine, friends, lots of fun and plenty of activities? With eleven public pools located throughout our community, you are only minutes away from endless summer fun.

Join old friends and make new ones during the summer swimming offered each day at the pools. While you and your friends are enjoying water basketball, jumping off the boards, or playing in the water, you are doing something great for your body. Water play is an excellent way to be physically active. No reason to sit around when you can be splashing around with your friends. By the middle of the first week out of school, are you bored and restless? Have you played those video games so much they replay in your sleep? Get up, get moving. Find your nearest pool and jump on in.

Kids are not the only ones to benefit from water activity. Activity in the water is easy on your joints, increases your strength and flexibility. Considering water is 12 times more resistant than air, your water activity

is very effective exercise. The pool water is also helping to cool your body during exercise making the workout in the water refreshing as well. It does not have to be a hot, sweaty workout to get your heart pumping. Rhythmic, continuous exercise is recommended three to five times per week for 20 to 60 minutes. We will be seeing you for that healthy swim.

Have you ever tried the butterfly or back stroke? Not sure what they even look like? We can help. Our partnership with the American Red Cross, Lancaster County Chapter, enables us to offer swim lessons for the youth in our community throughout the summer at many of our pool locations. From infant water exploration to lifeguard preparation and everything in between, there is a swim lesson level right for you. The swim lesson schedule and registration information is available at [www.redcrosslincolnne.org](http://www.redcrosslincolnne.org). The website offers help in determining what swim lesson level is appropriate for your youngster.

That's an incredible freestyle stroke. Wow, what a great dive. We need you! We need

you on one of our swimming or diving teams. The Lincoln Parks and Recreation's Swimming and Diving League is a recreational program for 6 to 18 year olds offering an introduction to competitive swimming and diving. Not sure what competitive swimming and diving is about? Our swimming and diving teams are a fun, low-keyed introduction. Improve your stroke, entry and form through daily practice. Follow your improvement as your swim times fall or your dive scores increase throughout the season at the four weekly swim or dive meets. Top off the season with the All City Dive and Swim Meet. You do not have to be the next Olympic medalist to join us, just have an interest in improving your swimming or diving skills.

Mark your calendar for Thursday evenings, June 15, July 13 and August 10 for the summer Night Splash events. Each month three different pool locations will be hosting these popular events for those in middle school. Big splash contest, lots of give aways, free pizza and pop start the evening off right. Mix in music and all your

friends and the night is sure to be one to remember.

F.I.N. Swim – Father Involvement Night gives dads the opportunity to spend quality time with their kids. Every Friday night, after 6:30, adult males get in free with a paid child's (0-17 years old) admission at participating Lincoln pools. F.I.N. Swim begins June 16 and ends August 18 at these participating pools: Arnold Heights, Ballard, Belmont, Eden, Highlands, Irvingdale, Star City Shores, University Place and Woods. This event is sponsored by Lincoln Fatherhood Coalition and Lincoln Parks and Recreation.

With eleven different pools, you have eleven different options for summer fun. Long curvy water slides at Star City Shores, open flume and current at University Place, or the surprise splash from the drop slides – your choice. Large bustling crowds or quiet, know your name friendly – your choice. Woods high boards or gentle zero entry slope – your choice. Whatever you're looking for, we have it at one of the City of Lincoln public pools.

## Swimming Pool Times & Admission

<b>Arnold Heights Pool</b>	<b>Eden Pool</b>	<b>Kuklin Pool</b>	<b>Highlands Aquatics Center</b>	<b>Star City Shores</b>
4000 NW 46 <sup>th</sup> 441-7829	4400 Antelope Creek 441-7827	2300 "N" St. 441-7897	5511 NW 12th 441-7800	4375 S. 33 <sup>rd</sup> 441-6670
<b>Ballard Pool</b>	<b>Irvingdale Pool</b>	<b>Meadow Heights Pool</b>	<b>University Place Aquatics</b>	
3901 N. 66 <sup>th</sup> 441-7898	1900 Van Dorn 441-7828	900 W. Avon 441-7833	2000 N. 48 <sup>th</sup> St. 441-7834	
<b>Belmont Pool</b>	<b>Woods Pool</b>			
12 <sup>th</sup> & Manatt 441-7826	33 <sup>rd</sup> & J 441-7782			
<b>Admission:</b>		<b>Admission:</b>	<b>Admission:</b>	<b>Admission:</b>
Youth 0-2: Free		Youth 0-2: Free	Youth 0-2: Free	Youth 0-2: Free
Youth 3-17: 2.50		Youth 3-17: 2.50	Youth 3-17: 3.00	Youth 3-17: 3.25
Adults 18 & Over 3.75		Adults 18 & Over 3.75	Adults 18 & Over 4.25	Adults 18 & Over 4.50
<b>Times:</b>		<b>Times:</b>	<b>Times:</b>	<b>Times:</b>
M-F 1:00 - 8:00 p.m.		Everyday 1:00 - 6:00 p.m.	M-F 1:00 - 8:00 p.m.	Everyday 12:30 - 8:00 p.m.
Sa & Su 1:00 - 6:00 p.m.			Sa & Su 1:00 - 6:00 p.m.	
<b>Group/Discount Coupon Books</b>		<b>Season Passes:</b>	<b>Low income</b> (identified by case worker):	
Youth 3-17 \$49.00 (30 coupons)		No discounts for Season Passes.	<b>Most Pools</b>	
Adult 18 & Over \$28.00 (10 coupons)		Purchase at pools or the Aquatics Office (1225 F St.)	Youth 3-17 1.25	
<b>Note:</b> Additional fees are required when coupon books are used at Highlands, University Park Place Pools (.25) and Star City Shores (.50).		<b>Family Pass:</b>	Adult 18 & Over 1.90	
<b>Discount Books ONLY available at:</b>		Includes up to 2 adults and 4 youth (3-17) in the same family/household. Add \$10.00 for each additional youth over the first 4.	<b>Highlands &amp; Uni. Place</b>	
Aquatics Office or Easterday Recreation			Youth 3-17 1.50	
			Adult 18 & Over 2.15	
			<b>Star City Shores</b>	
			Youth 3-17 1.65	
			Adult 18 & Over 2.25	

**4<sup>th</sup> of JULY**  
**Pool Hours**  
**1:00 - 5:00 p.m.**  
**All Pools**



For additional information, please call 441-7960.



# LINCOLN IN MOTION

**Get Moving!**  
**Get Healthy!**

Regular physical activity helps to prevent illness and improves the overall quality of life. That is why Lincoln's Physical Activity Council is working to get **LINCOLN IN MOTION!**

**LINCOLN IN MOTION** can help you achieve a healthier lifestyle. Check out our website for more information on our vision statement, **LINCOLN IN MOTION** partners, sponsorship opportunities, promotional tools, and a schedule of events.

[www.lincolninmotion.org](http://www.lincolninmotion.org)