

Pools



★ AQUATIC CENTER (AC)

820 N.E. 18th Ave, Pompano Beach
 Phone: 954-786-4128
 Mon - Fri: 8:00 am - 8:00 pm
 Sat - Sun: 9:00 am - 4:30 pm

The Aquatic Center includes an Olympic size pool that is 50-meters by 25-yards with two one-meter spring boards. Also available is a 25-meter pool just right for spending your leisure time.

★ HOUSTON / SWORN AQUATIC CENTER (H/S)

901 NW 10th St, Pompano Beach
 Phone: 954-786-4116
 Mon - Fri: 8:00 am - 5:00 pm
 Sat - Sun: 9:00 am - 4:30 pm

The Houston/Sworn Aquatic Center hosts nine 25-yard lap lanes with two one-meter spring boards.

NOTE - Some programs may not be offered at both pools. Times and prices are subject to change. Call to verify schedule before visiting.

★ OPEN SWIM AC & H/S

AC All Ages
 Mon - Sun: 1:00 pm - 4:30 pm

H/S All Ages
 Mon - Sun: 1:00 - 4:30 pm

Residents: \$1.50/Adult
 \$1.00/Child
 Non-Resident: \$2.25/Adult
 \$1.25/Child

★ MASTERS SWIM TEAM AC

Mon - Fri: 6:00 - 8:00 am
 Residents: \$35.00/monthly
 Non-Residents: \$45.00/monthly

★ WATEROBICS AC & H/S

This program is a shallow and deep-water cardiovascular workout that challenges participants of all fitness levels.

AC
 Mon, Wed & Fri: 9:00 - 10:00 am
 or 10:00 - 11:00 am
 Tue & Thur: 6:30 - 7:30 pm
 Sat: 9:00 - 10:00 am

H/S
 Mon, Wed & Fri: 9:00 - 10:00 am

Residents: \$3.00/class
 or \$25.00/10 classes
 Non-Residents: \$3.50/class
 or \$30.00/10 classes

★ AQUATHERAPY AC

Warm water exercises to promote flexibility, reduce pain and stiffness around joints for those who suffer from arthritis and other joint ailments.

Mon, Wed & Fri: 11:00 am -12:00 pm
 Residents: \$3.00/class
 or \$25.00/10 classes
 Non-Residents: \$3.50/class
 or \$30.00/10 classes

★ AMERICAN RED CROSS CERTIFICATIONS AND TRAINING AC & H/S

Lifeguard Training, First Responder and Water Safety Instructor classes are being offered regularly. Call for dates and times.

★ PIRANHAS SWIM TEAM AC

U.S.A. SWIM TEAM
 Ages: 4 - 18
 Mon - Fri: 3:30 - 7:30 pm
 Sat: 7:00 - 9:00 am

★ HOUSTON/SWORN SWIM TEAM H/S

18 & Under Recreational League
 Mon - Fri: 4:00 - 5:00 pm
 Residents: \$40.00/monthly
 Non-Residents: \$45.00/monthly

★ POOL PARTIES AC & H/S

Have your child's birthday or any occasion party at the pool. Schedule at least 2 weeks in advance of event.

★ INFANT AQUATIC SURVIVAL INSTRUCTION AC

Highly Effective, one-on-one lessons individualized for your child's needs.
 Ages: 6 months - 3 years

★ FUN FRIDAYS H/S

Join our staff for a monthly barbecue at the Houston/Sworn Aquatic Center. You must sign-up to attend. Dates determined monthly.

★ PRESCHOOLS & CHILDCARE AC & H/S

We offer group lessons. Have your center call us for rates and times. Grants may be available!

★ SUMMER SWIM LESSONS AC & H/S

Eight 25-45 minute lessons weekdays, evenings & weekends available. Swim test required to enroll in advanced levels. Registration begins April 2nd

Ages: 6 mon - 18 yrs
 Residents: \$54.00 (8 Lessons)
 Non-Residents: . . . \$110.00 (8 Lessons)

Session I Jun 11th - Jun 22nd
 Session II Jun 25th - Jul 6th
 Session III Jul 9th - Jul 20th
 Session IV Jul 23rd - Aug 3rd
 Session V Aug 6th - Aug 17th
 Weekend Session I . . . Jun 9th - Jul 8th
 Weekend Session I . . . Jul 14th - Aug 12th
Swim Central Grant (FREE) lessons available

★ ADULT LAP SWIMMING AC & H/S

Available during hours of operation at both facilities.
 Residents: \$1.50
 Non-Residents: \$2.25
Annual & Semi-annual passes available.

★ HOUSTON/SWORN WATER BASKETBALL LEAGUE H/S

Under 18 Recreational League. Leagues will be forming, call us for rates and times.

★ PRIVATE SWIM LESSONS AC & H/S

A staff members will give you or your child private swim lessons at your convenience.
 Residents: \$15.00
 Non-Residents: \$20.00

★ COLLEGE TEAMS OR CLUBS AC & H/S

Looking for a training site for your team? The Pompano Aquatic Center and Houston/Sworn Aquatic Center will be offering training space for your needs, long course (50 Meter) or short course (25 yards). Call Aquatic Center for dates and times, 954.786.4128.