

**Adult Lap Swim:**

Adult swimmers can focus on their stroke with this great low-impact aerobic activity! This special swim time gives adults the opportunity to swim at their own pace with no interruption from non-lap swimmers. Pre-registration is not required and there is no charge for season pass holders. Tuesdays and Thursdays, 6:00am - 7:00am at the MFAC.

**Age:** 16 and up

**Cost:** \$2 per person; Season Pass Holders Free

**Registration:** Not required, just show up

\*New for 2015 each night at 5:30pm a lane will be roped off and dedicated to lap swim only.

**Monticello Marlins Summer Swim Team:**

Put swimming skills to the test with the Monticello Marlins! Practices take place weekday mornings, 7:00am - 9:00am, June through July at the MFAC. Swim meets take place Saturday mornings with local and traveling meets. Participants should be able to swim one length of the pool (25m) and make 3 practices a week in order to compete at meets.

**Age:** Kindergarten - 18 years

**Cost:** \$55 participation fee

**Registration:** May 14th, 5:00pm - 7:30pm at the Livingston Center Multi-Purpose Room

**MFAC Closing Policy**

The pool may be closed and the pool deck area cleared, due to the following conditions:

Temperature below 65 degree Fahrenheit.

Lightning or thunderstorms in the area.

Hail showers or heavy rain showers that prevent observation of the bottom of the pool.

Any other climatic conditions that may endanger pool users or the staff.

Less than 10 patrons for one hour.

The pool may reopen 30 minutes following the cessation of a thunderstorm or shower. If a storm occurs late afternoon, the pool may be closed for the evening. Call ahead if you are coming from out of town 762-2415.

**MFAC Features:**

- \*5,000sf bathhouse building with full basement for water filtration, treatment, recirculation, equipment and storage
- \*5,750sf main pool with 6 lane, 25m competition area
- \*12-foot diving well with 1m and 3m diving boards
- \*14-foot tall, 63-foot long flume water slide
- \*2,400sf zero-depth pool with 16 water features
- \*Lounge chairs and shade canopies
- \*Locker rooms and shower facilities
- \*Private party rental room
- \*Full concession stand (Noon-6:30pm Daily)
- \*"Dry Zone" arcade game room

**Hours: May 25th - August 18th, 2015**

6:00am - 7:00am Adult Lap Swim  
Tuesdays & Thursdays

7:00am - 9:00am Monticello Marlins  
Mondays - Fridays Team Practice

9:00am - 12:00pm Youth Swimming Lessons  
Mondays - Thursdays Aqua tots

12:00pm - 7:00pm Public Hours  
Daily

7:30pm - 9:00pm Private Pool Party Rental  
Daily

12:00pm - 6:30pm Concession Stand Hours  
Daily



**Monticello Family Aquatic Center**  
**601 W. Railroad**  
**Monticello, IL 61856**  
**217-762-2415**



## MFAC 2015 PRICES

Daily Fee:	\$5.00
Individual Season Pass:	\$60. Resident \$75 Non-Resident
Family (up to 4) Season Pass:	\$150 Resident \$190 Non-Resident
Additional Family Members:	\$10 Resident \$15 Non-Resident
Pool Rental Fees:	\$220 for 1.5 hours Daily 7:30—9:00pm
Daytime Party Room Rental:	\$20 for 2 hours Daily Noon— 7pm

We ask all guests to apply sunscreen according to the directions on the container. Please allow the proper drying time before getting in the water. This helps prevent the water from becoming cloudy. If the water becomes too cloudy we must close the pool for everyone's safety.

### Early Closings:

July 1st at 4:30pm for Swim Meet  
July 3rd at 4 pm  
July 4th at 5pm

2015 Season May 25th - August 18th



### SWIM LESSONS

MFAC offers swim lessons during three 2-week sessions weekday mornings, Monday through Thursday. Designed to help promote healthy activity and increase skill levels associated with aquatics, the classes are offered in 7 skill levels. Youth must be at least 36" tall and at least 3 years old to be eligible to participate.

#### Class Levels:

***Tadpoles (30-minute class):*** Fully submerge face in water for 3 seconds, 10 bobs up and down in water, supported front and back float with and without kick, put face in water and blow bubbles, jump in and out of shallow water by self, front crawl stroke, water safety.

***Turtles (30-minute class):*** Hold breath fully submerged for 3 seconds, pick up objects under water, orientation to deep water, front and back float glide for 5 seconds, rhythmic breathing, enter chest-deep water, flutter kick on front and back, finning with hands to side while on back, back arm crawl technique, front crawl 5 yards with proper breathing, back stroke 5 yards, turning over in water from front to back side, water safety.

***Ducks (30-minute class):*** Retrieve objects with eyes open, 15 bobs up and down to a safe area (deep to shallow), jumps in water by self, kneel dive, front and back glide with push-off, front crawl stroke with breathing 10 yards, back crawl stroke 10 yards, elementary backstroke with proper arm movement and leg kick, reverse direction while swimming on front and back, water safety.

***Whales (30-minute class):*** Deep water bobs, experiment with floating position, rotary breathing, standing front dive, elementary backstroke 10 yards, sculling on back 5 yards or for 15 seconds, front back and crawl stroke 25 yards, breast-stroke kick 10 yards, sidestroke—scissors kick for 10 yards, turn at the wall, tread water for 2 minutes, rescue breathing, familiarity with CPR.

***Advanced Beginners (45-minute class):*** Alternate breathing, stride jump entry, dive progression from board, long shallow dive, breaststroke and sidestroke for 10 yards, swim underwater 3 body lengths, elementary backstroke 25 yards, butterfly-dolphin kick 10 yards, front and back crawl stroke

50 yards, turns on front and back, rules for safe diving from board, recognition of spinal injury, hip-shoulder support, surface dive-feet first, tread water for 2 minutes with 2 kicks.

***Intermediates (45-minute class):*** Approach and hurdle on board, jump tuck on board, front and back crawl stroke 100 yards, breaststroke and sidestroke 25 yards, butterfly 10 yards, approach stroke 25 yards, breaststroke and sidestroke turn, speed turn to breaststroke, flip turn— front crawl, pike and tuck surface dives, treading water with alternate kicks, throwing rescues, roll spinal injury face up.

***Swimmers (45-minute class):*** Front dive from diving board, 500 yards swim, front crawl stroke 200 yards, swim under water 15 yards, back crawl 100 yards, breaststroke and sidestroke 50 yards, butterfly 25 yards, backstroke flip turn, in-water rescue with equipment, conditioning principles, check heart rate, pick up brick 8-10 feet deep, water safety skills, tread water for 5 minutes, assist with backboard.

### 2015 Schedule

Session 1: June 15th - 25th  
Session 2: July 6th - 16th  
Session 3: July 20th - 30th



**Ages:** 3 years & up

**Cost:** \$35 for Tadpoles, Turtles, Ducks & Whales  
\$45 for Advanced Beginners, Intermediates & Swimmers

**Registration:** Begins May 27th at 9am at the pool and is ongoing after that until full.

### Aqua tots:

For infants and toddlers accompanied by parents or guardians to have fun and become more comfortable in the water through a semi-structured program with water play and games. Infants and toddlers not potty-trained must wear swim diapers. Class will be held Monday through Thursday June 29th through July 2nd, from 11:00am to 11:30am.

**Age:** Parents with infants/toddlers 6-36 months  
**Cost:** \$35