

# Gandy Pool



404 Imperial Blvd.  
 (863) 834-3157  
 West on Imperial Blvd. at Florida Ave., South

Gandy Pool features a 10 lane, 25-yard short course heated pool with a one-meter diving board and a 3-4 feet deep recreation pool. A handicap ramp at 0-depth and a hydraulic handicap lift chair is provided. Open year round.

\*\*\*Amenities at Gandy Pool include vending machines (food and drink permitted in pavilion areas only), lockers for personal belongings, lap lanes/time clocks available, bleacher seating, shower/changing rooms, PFD's (personal floatation devices) available for check out. Sorry, no refunds due to inclement weather!

## Gandy Aquatic Complex Hours of Operation

Open/Lap Swimming is available year round

### Open/Lap Swim

**August 24 - January 1, 2010**

Monday, Wednesday, Friday : 5:30am - 5:00pm ; Tuesday and Thursday 8:00am - 5:00pm.  
 Saturday, 10:00 am - 6:00pm , Sunday 11:00am - 5:00pm\* subject to change

\*Sunday hours subject to change, weather permitting

### Pool Closings

High School swim meets every Tuesday and Thursday in September and October.  
 The pool will close on all major holidays and additional dates may follow.  
 Call 863-834-3157 for details.

## Fee Schedule

Item	Price
Open/Lap Swim . . . . .	\$ 3.00
Open/Lap Swim – "Visit 20" (20 visits) . . . . .	\$ 40.00
Splashercise Class . . . . .	\$ 2.50
Swim Lessons (per session) . . . . .	\$ 40.00
Swim Lessons Private . . . . . (6 half hour lessons)	\$ 144.00
Scuba . . . . .	\$ 199.00



# Swimming Lessons

Swim lessons are \$40.00 per session (2 weeks; Monday through Thursday). Evening group swimming lessons are available at Gandy Pool year round weather permitting. Morning group swim lessons are offered at both Gandy Pool and Simpson Pool throughout the summer. first-served basis and will continue until all classes are filled. For more information, please call the Gandy Aquatic Complex at (863) 834-3157.

**ONLINE Registration now available.**  
[www.lakelandgov.net/Parkrec](http://www.lakelandgov.net/Parkrec)

## Evening Classes (Year-round)

A new session of evening classes begin the first Monday of each month at Gandy Pool and will be held Monday - Thursday evening for two weeks. Year-round classes are offered at 6 pm. Availability is always weather permitting.

## Adults

It's never too late to learn! We offer a comfortable atmosphere and professional instructor, David Woodard, to teach swimming geared for adults ages 16 and up. Don't put it off any longer. Lakeland Aquatics Operation offers talented instructors who will provide a progressive method to teaching swimming skills for even the most intimidated non-swimmer. For more information please call Gandy Pool at 863-834-3157.

### Parent's Role During Swimming Lessons

**BE POSITIVE:** Ignore or minimize negative reactions such as crying. Your instructor is available for conferences before and after every class. Feel free to confer with them regularly. Your concerns are important to us.

**PRAISE YOUR CHILD:** Reinforce all skills you want your child to repeat. Encourage their effort as well as accomplishments.

**BE ON TIME AND ATTEND EVERY CLASS:** Frequency is the key to learning. Regular attendance increases skill retention.

**EAT LIGHT:** Light meals consumed at least 30 minutes before class time is preferable.

**LET US KNOW:** Please complete evaluations and confer with instructors regularly. We want to provide exceptional service.

*Please leave sick children, children with open sores, and/or children with loose bowels at home.*

### GANDY POOL SUMMER SWIM LESSON SCHEDULE

*Lessons run Monday - Thursday*

#### MORNING

**Session VII** Aug. 31 - Sep. 10 8 am 9 am 10 am 11 am

**Session VIII** Sep. 14 - Sep. 24 8 am 9 am 10 am 11 am

#### EVENING

All Evening Lessons run Monday - Thursday starting 1st Monday of each month at 6 pm. During summer months May, June, July, and August at 6 pm and 7 pm

### Swimming Lessons Information & Policies

- Sorry, no telephone registrations accepted. We now offer on-line registration at [www.lakelandgov.net](http://www.lakelandgov.net)
- Payment must be made at time of registration.
- Make checks payable to "City of Lakeland".
- Parents and guests on deck are asked to help create an environment that enables children to benefit from their lesson without distraction.
- Sorry, there are NO LESSON REFUNDS due to inclement weather. We will make every effort to schedule make-up lessons in the event of multiple rainouts.



# Programs & Activities



## Scuba

Explore a whole new world! Scuba instruction at Gandy pool provided in a safe and fun learning atmosphere with PADI instructors.

Classes are available all year through Hammerhead Dive Center. Save 10% on mask, snorkel, and fins, for the class, when purchased at Hammerhead. Contact Hammerhead for upcoming class information 619-7440.



- Certification cost:
- \$199.00

## Splashercise

Join this low impact water aerobic workout geared for everyone. Shape up in refreshing crystal clear Gandy Pool. Don't just exercise... Splashercise!

- **Monday – Friday**
- 10:45 am – 11:45 AM
- \$2.50
- Remaining for open swim after class requires a re-entry fee of \$3.00 or use of "20-Visit" pass

## 50 Mile Club (35 & Over)

The 50 mile swim program is a self motivated program which allows swimmers to set goals and work towards achieving the 50 mile swim at their own pace. To encourage participation, incentives will be awarded when swimmers reach pre-determined mile markers.



## Lakeland Area Aquatics/T-bay Swim Team

Lakeland Area Aquatics Swim Team invites swimmers of all levels to participate. The team focuses on positive motivational development while gearing athletes to competition ready status. The Lakeland Area Aquatics/T-bay Swim Team is a USA Swimming registered team and is operational year round.

- LAA/T-bay coaching staff are available **Monday – Friday**, 5:00 – 7:00 pm.
- Call to confirm practice sites
- Contact Coach Roy Wilshire at (863) 644-4837

Have an Interest in Junior Lifeguarding and/or synchronized swimming? Call the Gandy Pool at 834-3157 or visit our website at [www.lakelandgov.net](http://www.lakelandgov.net)





1725 Martin Luther King Blvd.  
(863) 603-6286  
West on Bella Vista at Florida Ave. North

## Simpson Pool

Simpson Pool features a 10 lane, 50 meter long course pool and separate diving well with two one-meter diving boards. A hydraulic handicap lift chair is also available. \*\*\*Amenities at the Simpson Pool include vending machines (food and drink permitted in pavilion areas only), lockers for personal belongings, lap lanes /time clocks available, bleacher seating, shower/changing rooms, PFD's (personal floatation devices) available for check out. Arm wings are

prohibited, lifejackets are available for use upon request.

### Simpson Pool Hours of Operation

- Monday - Friday
- 2:00 pm-6:00 pm
- Saturday
- 10:00 am - 6:00 pm
- Sunday
- 11:00 am - 5:00 pm

Sorry, No refunds for inclement weather

**Simpson Park Pool Closes on August 23, 2009. Please call Gandy Pool for more information: 863-834-3157.**

