

POOL RENTAL

Make a SPLASH this summer and rent Caveman Pool for your private party or special event!

Available for private parties or groups starting at \$150/hour for the first 75 guests, with a 2-hour minimum, Additional guests must pay regular admission. Please inquire at the pool office.

**Birthday Party Table Rental
\$15.00 per table. Call for
reservations: 541-479-2569.**



Office Hours

M-W-F 10 AM-4:30 PM
T/TH 10 AM-6 PM 7-9 PM
SAT 11:30 AM-5 PM
SUN 1-5 PM

DAILY SCHEDULE

<i>Monday & Wednesday</i>	Time
Swim Team	8:30-10:30 AM
Swimming Lessons	10 AM-12:30 PM
Laps	11AM -12:45 PM
Water Jogging & Parent/Child 6 & under swim	11:30 AM-12:45 PM
Recreation Swim	1-4:30 PM
Swim Team	4:45-6:45 PM
Pool Rental Available	7-10 PM
<i>Tuesday & Thursday</i>	
Lap swimming	7-8:30 AM
Swim Team	8:30-10:30 AM
Swimming Lessons	10-12:30 PM
Laps	11-12:45 PM
Parent/Child 6 & under swim	11:30-12:45 PM
Recreation Swim	1-4:30 PM
Swim Team	4:45-6:45 PM
Lessons	5:15-6:15 PM
Evening Rec Swimming	7-9 PM
<i>Friday</i>	
Swim Team	9:30-11:30 AM
Lap Swim, Water Jogging & Parent/Child 6 & under Swim	11:30-12:45 PM
Recreation Swim	1-4:30 PM
Pool Rental Available	5:30-10 PM
<i>Saturday & Sunday</i>	
Lap Swimming only (Sat.)	11:30-12:45 PM
Recreation Swimming	1-5 PM
Pool Rental Available	7-10 PM



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

5-20-19PB

CAVEMAN POOL

801 NE 9th Street

Grants Pass OR 97526

541-479-2569



June 15th-August 30th
Closed on the 4th of July



DAILY ADMISSION FEES:

3 years and under with paid adult	FREE
Youth (through age 17)**	\$3.00
Adult (18+ years)	\$4.50
Family of 4*	\$9.00
*Additional youth pays youth admission	

SEASON PASSES

Youth	\$61.75
Adult	\$96.25

** Children 6 years and younger, under 48" tall, and/or non-swimmers must be accompanied in the water by an ADULT (18+). All swimmers in life jackets must be accompanied by an ADULT in the water.

SWIM LESSONS

Trained Y instructors teach YMCA swim lessons including safety education, skill development and growth through games and group activities.

Children (3-5 years) FEE: \$50 per session

Pike: Beginner level class emphasizes safe pool behavior, blowing bubbles, kicking & floating on their back. These skills will be introduced through a variety of games & fun activities.

Eel: Class builds on the basic swimming skills learned in the Pike Class. Student will continue to improve skills including floating, kick and swim on the front and back without any assistance.

Advanced Eel: Children learn to swim & take a breath. Freestyle, backstroke & elementary backstroke are introduced. Students are exposed to deep water & begin learning to tread water & diving positions.

Youth (6 years and up) FEE: \$50 per session

Polliwog: Beginner level class emphasizes safe pool behavior, blowing bubbles, kicking & floating on their back. Freestyle is introduced.

Guppy: Class is an introduction to deep water. Students learn to tread water, practice front crawl with rotary breathing, introduction to back crawl & changing positions in the water.

Advanced Guppy: (Requires instructor approval)

Continues to learn & improve swim strokes. Builds confidence while working on stand up dives & surface dives.

Minnow: Increases endurance & confidence while perfecting strokes & diving skills while increasing endurance & confidence while perfecting strokes & diving skills. Introduces breaststroke, sculling & butterfly kick.

Fish: Class continues to build endurance by increasing swim distances, as well as, working on techniques in freestyle, breaststroke, and backstroke. Students will also be introduced to flip-turns & diving skills.

TWO WEEK CLASSES

Classes meet Monday through Thursday for two weeks

SESSION A	June 24-July 3
SESSION B	July 8-July 18
SESSION C	July 22-Aug 1
SESSION D	Aug 5-Aug 15



NO SWIM LESSONS ON JULY 4TH
(July 4th classes will take place on June 28th)

PIKE	10:30-11:00 AM
POLLIWOG	10:30-11:00 AM
EEL	11:00-11:30 AM
GUPPY	11:00-11:30 AM
ADVANCED GUPPY	11:30-12:00 PM
ADVANCED EEL	11:30-12:00 PM
MINNOW	12:00-12:30 PM
FISH	12:00-12:30 PM

PRIVATE & SEMI-PRIVATE LESSONS

Provides one-on-one attention for those ranging from the competitor wanting to fine tune their form and strategy, to those that are just beginning and/or wish to get over their fear of the water.

5 - 1/2 Hour Lessons for \$90 (Private)

5- 1/2 Hour Lessons for \$75 (Semi-Private)

Prices are per person.

FOUR WEEK CLASSES

Classes meet twice weekly. Tuesdays/Thursdays

SESSION 1	June 25-July 18
SESSION 2	July 23-Aug 15
(July 4th class will take place on July 3rd)	

PIKE	5:15-5:45 pm
POLLIWOG	5:15-5:45 pm
EEL	5:45-6:15 pm
GUPPY	5:45-6:15 pm

Registrations for swim lessons will be held on June 10th, 12th and 14th. 3-6 PM at the Caveman Pool office.



The YMCA reserves the right to combine or cancel classes when necessary.

Class fees are non-refundable once session begins.



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