SWIM SCHEDULE

#DOTHANAQUATICS

334/615-3755 - AQUATICS OFFICE
334/615-3763 - COMPETITION POOL
334-615-3757 - WELLNESS POOL
WWW.DOTHANLEISURESERVICES.ORG

@dothanaquatics
@dothanalirueservices
/westgateindoorpools
/dothanleisureservices
Public Swim

Friday 3:30-6
Saturday 1-6

$3/person
Swimsuits required
Groups call ahead
501 Recreation Road
334-615-3763

Lap Swim

M-F 5:30-8 AM
M-F 10 AM -1 PM
M-Th 6:15-7:15 PM
Fri 6-7 PM

$3/person
15 years old and up only
Swimsuits required
501 Recreation Road
334-615-3763

Register for Fitness Club in the Westgate main office (by weightroom) Mon-Fri from 8-1, 2-5. Can pay quarterly or annually. We accept cash and checks for the amount of purchase only.

Individual use facility fees: lap swim $3, weight room $1, plus $5 refundable deposit, sauna $2, plus $5 refundable deposit, whirlpool $2, plus $5 refundable deposit. 30 min limit on sauna and whirlpool.

Weightroom, Sauna, and Whirlpool are available during building hours: M-Th 5:30 am - 9 pm, Fri 5:30 am - 7 pm, Sat 10 am - 6 pm, & Sun 2 pm - 6 pm.
Swim Lessons
at Westgate Wellness Pool

March 30 - April 9
6-6:45 PM  ...  $30
Guppies - Children 4-5 years old work towards self-sufficiency through activities and games.

April 20 - April 30
6-6:45 PM  ...  $30
Beginner I & II - Introduction to water skills and fundamentals.

May 11 - May 21
6-6:45 PM  ...  $30
Guppies - Children 4-5 years old work towards self-sufficiency through activities and games.

Registration begins January 6, 2020, at the main office at Westgate Rec Center (M-F 8-1, 2-5). Each two-week class is $30, and held Monday through Thursday for two weeks.
334-615-3755
# AQUACISE

## Spring 2020

<table>
<thead>
<tr>
<th>Time</th>
<th>Days</th>
<th>Session I*</th>
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<th>Session II**</th>
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<td>Registration Dec 16-17</td>
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*No classes on 1/20/20 in observance of Martin Luther King Day. No classes on 2/17/20 in observance of President’s Day. These classes will not be made up.

**No classes on 5/25 in observance of Memorial Day. These classes will not be made up.

***This class will not be held during DCS Spring Break, Mar 23-27th, and the price is $45.

## How do I register?

To register for a class session that has already started, visit the Wellness Pool Control Desk anytime the building is open. To register for an up-coming session, go to Wellness on the advertised registration dates for the desired session, fill out a registration card, and drop it in the black box in the lobby. All classes at all facilities register at Westgate Wellness Pool. See the back of this page for complete registration details.
1. Aquacise Registration will be held on the last Monday and Tuesday of the previous session, unless a holiday or other event causes it to be moved to a different day.

2. Each participant will be given a registration card that has to be filled out and returned to the locked box at Wellness. Everyone must fill out a card. Two people cannot be on one card. You may only register for one class during this time. This can be done anytime the building is open on the Monday & Tuesday of registration. Participants will select their top five choices in order of importance. Only one card may be turned in per person. All cards are due by closing on Tuesday and will not be accepted after.

3. There will be a box to check if you prefer to take a class with someone (spouse, ride, sibling, etc). Please know that by checking this box, you may forfeit your first choice depending on when the second name is drawn (you have the best chance of getting your first choice by not writing in someone else’s name on your card). Do not put a name in this blank unless the person that you are listing is also writing your name in on their registration card.

4. On Wednesday, staff will draw names and begin filling in rosters. As rosters fill, participants will be enrolled in their first available choice. One staff member will draw names, one will fill in the rosters, and one will simultaneously enter all names into an excel document in order to cross-check for duplicate entries. This process will continue until all cards are drawn. An Aquacise representative will be present to ensure transparency. Anyone who has turned in more than one card will be removed from the process and given their first available choice after all other names have been drawn.

5. The results will be emailed to participants and posted at the pool on Thursday morning.

6. Registration will continue at Wellness Friday morning at 8am for additional available spots.

7. Payment is due at the first class you attend. Payment will be accepted through Friday of the first week of class.

You must pay the first time that you attend the first week or your name will be removed from the roster.

Payments will be accepted at Wellness anytime that the building is open. Payments accepted are checks or cash. Anyone who has not paid by closing on Friday at 3:00 pm will be removed from their roster.

Please note:

- After registration, participants are enrolled only in the class that they registered for. It is not permissible to switch to other time slots unless you have registered for that class in the office.
- Please do not enter the water until the class start time.
- No visitors are allowed to attend a class without prior registration. No visitors or guests are allowed on the pool deck at any time.
- No prorated fees will be charged. No refunds or rain checks. If a participant is not able to continue in a session due to circumstances beyond your control, please contact Kelly Carter prior to the end of the session with questions or concerns.
- Daily lockers are available at Westgate Wellness FREE OF CHARGE to program participants when checking in. Keys will be given from the Wellness Pool desk when you check in and must be returned after each use. Please lock your locker before you return the key. Because of the large number of participants that utilize the pool, personal items cannot be left in the facility lockers overnight.
- The Wellness whirlpool is available free of charge 15 minutes before and after the class you are registered for. The Wellness whirlpool is available to those enrolled at Wellness, and the Competition whirlpool is available to those enrolled at the Competition pool.
Join the Dolphins and swim all year! Anyone 6-18 years of age can try out for FREE! Individuals must be able to demonstrate 50 yards freestyle (front crawl) and 15 yards backstroke. Completion of tryout requirements does not guarantee a position on DDST, coaches have full discretion.

**Upcoming tryout dates are 1/6, 2/3, 3/2, 4/6, 5/4, & 6/1**

*NO JULY TRYOUTS*

The department reserves the right to temporarily suspend tryouts. Please call to confirm tryout dates. Swim team practices are held at Westgate Indoor Pool.

[www.dothandolphins.com](http://www.dothandolphins.com)  (334) 615-3763
Lifeguard Training

February 3-13
February 24 - Mar 5
March 9-19

Registration is online at www.dothanleisureservices.org starting January 6th. 15 and older only.

Class includes Lifeguard Training, CPR/AED, and First Aid. Classes are held Monday through Thursday from 6-9:30 pm. Classes are free to those who are interested in working for the City of Dothan in the summer of 2020 (16 and older qualify). COD jobs are at Water World, Westgate Indoor Pools, Andrew Belle, Doug Tew, Walton, and Wiregrass. Attendance in all 8 class sessions mandatory to pass. One-piece swimsuit is recommended for training.

Questions? Call 615-3755 M-F from 8-5.