June and July 2014

The POOL POST

It's a WAVE of CURRENT information

Upcoming Programs

TWO-DOLLAR TUESDAYS

This summer, everyone can cool off with this hot deal! Admission rates for all ages are only $2 **every Tuesday after 6 p.m., now through August 17, at both aquatic centers.**

BUCK NIGHT

One of our most popular events continues! The first Friday of each month, everyone swims for only $1 after 5 p.m. ***Friday, June 6, July 4 and August 1 at the Indoor and Outdoor Aquatic Centers***

FAMILY FUN FRIDAYS

We're offering these events in conjunction with our Buck Night promotion! Get the whole gang together and head to the outdoor pool for a night of fun and games once a month this summer. Our DJ will be playing tunes and hosting contests throughout the night. The more you play, the more you can win great prizes. $1 hot dogs will be available from the Hy-Vee concession stand. Make sure to visit the craft room and get creative. All of this for only ONE DOLLAR! ***6-8:30 p.m. Fridays, June 6, July 4 and August 1 at the Outdoor Aquatic Center***

MILITARY SWIM

The Lawrence Aquatic Centers would like to honor those who have served in our nation's military. On Flag Day, patrons who present a valid US military ID will receive free admission to the pool for the day. ***Saturday, June 14 at both aquatic centers***

FATHER'S DAY SWIM

Looking for the perfect gift for Dad? Why not take him swimming? Fathers swim for FREE all day long, so grab your deserving dad and join us for a dip. ***Sunday, June 15 at both aquatic centers***

ATTENTION TEENS!!!

Would you like to see more teen swimming programs/events? We would love to hear your ideas! Give Mike a call at 785-832-7946.

BEACH BASH SUMMER KICK-OFF PARTY

Break out the Hawaiian shirts and flip flops and splash into summer with us as we celebrate the official first day of the sunny season! Welcome in the warm weather at the Outdoor Aquatic Center as we offer live entertainment, a free craft station, hula dancing demonstrations, contests and giveaways galore! Prizes will be awarded for the most creative costumes. *The event is open to the public and requires daily admission for participants.* ***6-8:30 p.m. Friday, June 20 at the Outdoor Aquatic Center***

BOOKWORMS AND WATER BUGS

How do these two critters create summertime fun? They like to dive into books and the pool! When we partner with the Lawrence Public Library, families can enjoy listening to a wet-and-wild tale on the lawn at Watson Park, and then head over to

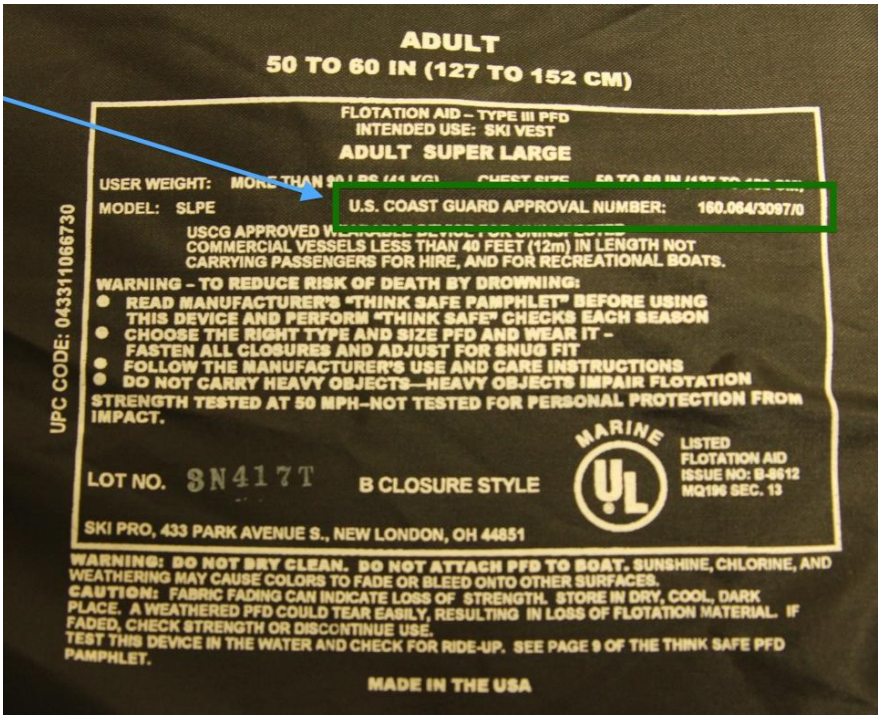
our Outdoor Aquatic Center for an hour of free swimming. *Recommended ages: 3-8 years. Guardians are required to attend. Everyone is welcome to continue to swim after the event by paying the standard daily admission rate. 10:30 a.m.-12:30 p.m.* ***Fridays, June 27 and July 18 at the Outdoor Aquatic Center***

Click here for more details on any of the classes or promotions listed above AND MORE or here to register online for programs!

From the Stand

PACK YOUR JACKET

Personal Flotation Devices aren't just for boating. You can wear them at your local pool(s) also. Just make sure they fit properly and they have been certified. Look for the stamp!



For more information, check out the following links:

http://www.redcross.org/images/MEDIA_CustomProductCatalog/m4240220_LifeJackets.pdf

http://www.boatingbasicsonline.com/content/general/4_2_a.php

Calendar of Events

Monday, June 16: New session of Learn-to-Swim weekday program starts at both aquatic centers. Must pre-register.

Friday, June 20: Beach Bash Summer Kick-Off Party; 6-8:30pm at the Outdoor Aquatic Center
Friday, June 20: The World's Largest Swim Lesson 10am
Friday, June 27: Bookworms and Waterbugs; 10:30am-12:30pm at Watson Park and the Outdoor Aquatic Center

Friday, July 4: Both aquatic centers close at 6:45pm; South Park Wading Pool CLOSED; Buck Night at both aquatic centers.
Have a safe and fun Independence Day!

Monday, July 7: New session of Learn-to-Swim weekday program starts at both aquatic centers. Must pre-register.

Thursday, July 10-Sunday, July 13: Wave the Wheat Swim Meet hosted by Lawrence Aquahawks; for more information, visit:
www.aquahawks.org

Saturday, July 12: New session of Learn-to-Swim Saturday program starts at the Outdoor Aquatic Center. Must pre-register.

Friday, July 18: Bookworms and Waterbugs; 10:30am-12:30pm at Watson Park and the Outdoor Aquatic Center

Monday July 21: New session of Learn-to-Swim weekday program starts at the Indoor Aquatic Center.

Monday, July 21: WET 'N' WILD Aquatic Camp begins 7/21-7/25 MTWRF 8am-12pm Lawrence Outdoor Aquatic Center
7/28-8/1 MTWRF 8am-12pm Lawrence Outdoor Aquatic Center
8/4-8/8 MTWRF 8am-12pm Lawrence Outdoor Aquatic Center

Sunday, August 17-Monday, Sept 1: Maintenance Shutdown at the Indoor Aquatic Center

For the most up-to-date information, click here for the City Calendar.

Splash Flash

- Pooch Plunge Save-the-Date reminder! Mark your calendars now for Tuesday, September 2, 4-7pm.
- Sign up for the next session of swim lessons now…they fill quickly in the summer!
- Warm Water Workout for the summer will switch to Noon-1:00pm daily through Friday, August 2.
- Diving boards will not be available to the general public during the swim meet. Wave the Wheat is a VERY large event and we may adjust the hours of operation for the Leisure Pool. Please look for signs posted on the doors, check the Google calendar, or give us a call closer to the date.
- Please note the LIAC Maintenance Shutdown dates.

Cook's Corner

WATERMELON, ORANGE, AND FETA SALAD

We love salty-sweet combinations, and this salad is a great play on those flavors. It's also got a refreshing crunch.

Serves 4

Ingredients

- 1/4 of a small (6-pound) seedless watermelon, rind removed, flesh cut into 1/4-inch slices

- 1 large orange, peel and pith removed, flesh cut into segments
- 1/4 small red onion, thinly sliced
- 2 ounces feta cheese, thinly sliced
- 1/4 cup fresh parsley leaves
- 4 teaspoons extra-virgin olive oil
- Coarse salt and ground pepper

Directions

On a serving platter, arrange watermelon, orange, red onion, feta cheese, and parsley. Drizzle with olive oil and season with salt and pepper.

Everyday Food, July/August 2011

http://www.marthastewart.com/852294/watermelon-orange-and-feta-salad

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