

July/August/September 2015



Upcoming Programs

BUCK NIGHT

One of our most popular events continues! The first Friday of each month, everyone swims for only \$1 after 5 p.m. We will host Buck Night at **both the Indoor and Outdoor Aquatic Centers** on **July 3rd, August 7th**, and at the **Outdoor Pool ONLY** on **September 4th**.

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 thru August 18, at both aquatic centers.**

GRANDPARENT'S SWIM

Make swimming a full-family affair! Grandparents swim absolutely FREE at the Indoor Aquatic Center when accompanied by a grandchild. **Sunday, Sept. 13**

LEARN-TO-SWIM CLASSES

Our summer session of swim lessons, in a variety of levels, are now open for enrollment. We will host classes at the Outdoor Aquatic Center and the Indoor Aquatic Center during this season. Following the American Red Cross guidelines, our participants will become comfortable in the water and be able to focus on skills that are appropriate for their age and experience. For one-on-one attention, ask us about our private lessons. Swimming lessons can provide you and your child with new found confidence and skills which could save a life, and will last for life. As well as being a fantastic form of exercise, swimming is great fun and a rewarding hobby. Why not find out more about swimming lessons today, and see what you're missing out on?

Classes do fill VERY quickly. If you are trying to coordinate several family members to take lessons close to the same time frame at the same location, please plan ahead and register now.

Weekday lessons begin on Monday's, and will be held Monday through Thursday. Fees are \$45. Saturday lessons are held on Saturday's ONLY, and are \$25.

Pick up a copy of our Activity Guide at any Lawrence Parks and Recreation offices or you may log onto www.lprd.org, and click on our view activity guide icon, to not only view classes, but you may also elect to sign up for classes online.

FAMILY FUN FRIDAYS

Get the whole gang together and head to the outdoor pool for a night of fun and games once a month this summer. We will have a live band, Zydeco Tougeau, playing cool 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. **6-8:30 p.m. Friday, August 28.**

WET 'N' WILD AQUATIC CAMP

Ages: 5-12. Enrollment Min 10/Max 60. End the summer with a splash! Kids will have a blast during this week full of poolside adventure. Each day will feature swimming lessons, water safety instruction, crafts, snacks and free swim time. At the end of every week, parents are invited to join in on the fun with a pizza party. Pre-registration is required for our camps, and they fill quickly, so sign up today. *Instructor: LPRD Staff*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
311140	A	CAMP	MTWRF	8AM-12PM	7/20-7/24	LOAC	\$70
311140	B	CAMP	MTWRF	8AM-12PM	7/27-7/31	LOAC	\$70
311140	C	CAMP	MTWRF	8AM-12PM	8/3-8/7	LOAC	\$70

KID'S NIGHT OUT: KNO

Ages: 5 to 12. They swim, you relax. Kids can jump right in and join us throughout the year for a ton of fun, centered on a variety of themes. These kids-only night always feature pizza, games, crafts and of course...swimming. Your kids will enjoy interactive activities in a safe and supervised environment at the pool while you take some time for yourself. Its also a great opportunity for kids to make new friends and see friends from other schools. *Everyone should bring a towel and arrive with their suits on.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
311001	B	KNO	SAT	4-7PM	8/22	LOAC	\$15
411001	A	KNO	SAT	4-7PM	9/26	LIAC	\$15

POOCH PLUNGE

The dog days of summer are coming to a close, so we have the Outdoor Aquatic Center open one last day just for the dogs! This community tradition continues as we close the pool to humans and neutralize the chemicals to make the water safe for canines. Your pup may want to dive in or simply splash around in the wading pool. Regardless, this event is fun for participants and spectators alike, so register today. On-site registration will also be available at the gate. Toys and treats will be provided for our furry friends. Vendors will be present. *All dogs must have documentation of current vaccinations and must be under their owner's control at all times. Interested vendors can contact Mike Escalante, Aquatic Programmer, for more details at (785) 832-SWIM or mescalante@lawrenceks.org.*

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
311142	A	POOCHPL	TUE	4-7PM	9/8	LOAC	\$5

Visit our website at www.lprd.org to find out about all of our programs offered in the summer.

From the Stand

LIFEGUARD TRAINING

***Before enrolling:** All candidates must complete the skills prerequisite test on site before they are allowed to register. To set up an appointment, contact Lori Madaus (785) 832-7946. The cost is \$190 plus a \$35 fee required at time of online registration that is a certification fee to the American Red Cross. This course trains individuals in the skills and knowledge needed to prevent and respond to aquatic emergencies. This course includes certifications in Lifeguard Training, Waterpark Lifeguard Training, First Aid, AED and CPR for the Professional Rescuer. This is a blended learning program so participants must have access to a computer and printer to complete the online portion of the course. Prerequisites: Minimum age 15 by the last day of the course; Successfully pass a pre-course screening and testing; Swim 300 yards continuously in the following manner: 100 yards front crawl with rhythmic breathing and a stabilizing kick, 100 yards breaststroke (with a pull, breathe, kick and glide sequence), 100 yards of front crawl, breaststroke, or a combination of the two; Swim 20 yards using crawl stroke or breaststroke; surface dive 6-10 feet and retrieve a 10lb. brick, and return to starting point with both hands on the brick (this

must be completed within a certain time limit); tread water for two (2) minutes using only your legs. **YOU MUST ATTEND ALL DAYS AND TIMES SCHEDULED FOR THE COURSE.** Upon successful completion of the Lifeguarding course, participants will receive American Red Cross card for Lifeguarding/First Aid/CPR/Automated External Defibrillator (AED). Class fees include all materials. Please contact the Aquatics Division office for more information (785) 832-SWIM

CODE	SEC	CLASS	DAY	TIME	DATE	LOC	FEE
412120	A	LGT	F	4-8pm	9/18 & 9/25	LIAC	\$190
			SAT	8am-5pm	9/19 & 9/26	LIAC	
			SUN	12-6pm	9/20 & 9/27	LIAC	

Private Swimming Lessons

*Is there an instructor your child would like to spend a little more time with in one-on-one instruction? Whether your child needs to improve a stroke or skill, or you would just like the individual attention of one instructor, we have a program for you. Many of our certified instructors are available to teach private lessons at our facilities. They are available on a weekly basis during times that public swimming lessons are NOT being held. The cost is \$25 per 30 minute session. We offer only American Red Cross certified Water Safety Instructors for all of our classes. However, the American Red Cross does not sanction these classes or curriculum for private lessons. *Registration for private lessons is only available at the Lawrence Indoor Aquatic Center. Please call (785) 832-SWIM for more information.*

Calendar of Events

July 1 AAAA Mini Meet, Lanes 1-6, 5pm-7:45pm. Diving will be closed during this event.
 July 3 BUCK NIGHT at both Aquatic Centers. \$1 admission after 5pm.
 July 4 Facility Hours at Both Aquatic Centers are 1pm-6:45pm; South Park Wading Pool will be closed.
 July 10-12 Wave the Wheat Swim Meet at Lawrence Indoor Aquatic Center. Facility will be closed to the public beginning late afternoon, Fri., July 10th. Saturday and Sunday completely closed to the public. Signage will be posted for closure on July 10th.
 July 17 Bookworms and Waterbugs 11am-12:30pm; Library Plaza Lawn 11-11:30am, and outdoor pool from 11:30am-12:30p.
 July 20-24; July 27-31; Aug. 3-7 Wet N Wild Camps at the Lawrence Outdoor Aquatic Center
 July 22 Midwest Sports Softball Luau at Lawrence Outdoor Aquatic Center. The facility will close to the public at 4:45pm.
 July 24-26 AAAA Swim Meet-Stay posted for lane closures and possible facility closure to the public. Signage will be posted.
 Aug. 7 BUCK NIGHT at both Aquatic Centers. \$1 admission after 5pm.
 Aug. 8 South Park Wading Pool last day of operations for the summer
 Aug. 23 - Sept. 7 Facility Maintenance Shutdown at the Indoor Aquatic Center. The facility reopens Sept. 8.
 Aug. 28 Family Fun Friday at the Lawrence Outdoor Aquatic Center.
 Sept. 4 Buck Night at the Outdoor Aquatic Center Only, Indoor Pool will be closed for maintenance.
 Sept. 7 Last Day of Swimming at the Outdoor Aquatic Center.
 Sept. 8 Pooch Plunge at the Lawrence Outdoor Aquatic Center.
 Sept. 9 Carl Knox Natatorium Re-opens for lap swimming.

Senior Swim Days are every Wednesday at both pools while open. Any person 60 years and older, swims for free.

Splash Flash

- Diving boards will not be available to the general public during swim meets.
- Please also be aware that we are in an active time of the year for thunderstorms. If lightning is seen or detected, we will clear the pool for 30 minutes from the last lightning strike. This is simply to ensure the safety of the patrons. Feel free to call ahead and check on the status of the pool, 785-832-SWIM.

Cook's Corner

Mike's Excellent Fresh and Chunky Salsa

Ingredients

1 package of cherub tomatoes(they are bright red, and resemble a cherry tomato) from Sam's Club(Topeka or KC); Or at least 2-3 packages from Dillon's/Hy-Vee/Walmart, as they are smaller. Sam's is a much better deal.

2-3 Jalapeno's

Garlic Salt- 1-2 teaspoons or to liking.

Salt and Pepper-to taste and liking

1 bundle of cilantro

1 yellow onion

1 lime

Tortilla Chips; A healthier version of chip or bread may be substituted

Depending on what you have in the pantry, you are most likely going to spend \$15. \$5-7 dollars on the tomatoes from Sam's Club. \$1 for cilantro, \$1 for a lime, \$1 or \$1.50 for an onion, and a large bag of chips or two small bags- \$4 to \$7. Buying the cherub tomatoes at our Lawrence stores, if you buy 3 packages, you will add on \$5 easily.

Directions

1. Always start with the tomatoes. You will cut each cherub tomato into ¼'s, or even better 1/6's or 1/8's. This is very time consuming, but well worth it and it makes the salsa look very inviting/pleasant and less foamy/brothy. Transfer to your serving bowl after cutting. Very easily may take 15-20 minutes to cut tomatoes.
2. Next cut up the cilantro and the onion. Chop the cilantro into small pieces. I usually use ½ to ¾ of the bundle of cilantro. If you prefer more or less please do so. The onion should be diced into very small pieces as well, and once again, according to your preferences use what you like. I typically use ½ an onion to start with, and if I decide I need a little more, maybe add another ¼ of an onion. Add those to the serving bowl.
3. Add 1-2 teaspoons of garlic salt to the cut up ingredients.
4. Add some regular salt and pepper. Maybe a teaspoon each.
5. Cut your jalapeno into very small pieces. Diced or chopped very small. I personally use 1.5 to 3 jalapeno's (depending on their heat), but I prefer it warmer. If you are not into hot foods, you can turn down the heat and maybe add a ½ jalapeno to 1 jalapeno. Add that to the serving bowl.
6. Last, cut a lime in half, and squeeze its juice over your prepared ingredients. If you like lime, squeeze the other half over it as well. Take a spoon, and mix the ingredients together. Thirty seconds of stirring should do just fine, enough to spread out the salt and pepper and garlic salt. If you have any leftover juices from cutting tomatoes, onions, or jalapeno's, throw that in the bowl as well. What you should have is one of the most pleasant, colorful looking salsa's around. It is time consuming, but very enjoyable, and most folks will be delighted too. They obviously have salsa maker's or chunkers and choppers on the market, but I do it all by hand. That way you control the size of the peppers, onions, cilantro that you put into your dip. With a blender, mixer, chopper, there can be inconsistencies, and it will also come out more foamy or brothy, like I spoke of in the ingredients. Another mistake is using regular tomatoes or even grape tomatoes that look similar to cherub tomatoes, but they don't have the sight appeal or the flavor. You may want to let the salsa get cold by placing it in the refrigerator for a couple of hours before serving it. Now you just need tortilla chips, crackers, firm bread, whatever you prefer to eat the salsa and maybe some guests. I typically use Tostitos Bite Size chips. They are smaller circular chips, but anything will do. You can also place the salsa on top of tacos, tostadas, burritos, fajitas, and it is a fine garnishing touch. Enjoy!

Receive The Pool Post electronically by [signing up for the Aquatics mailing list](#) or fill out a card at LIAC.

City of Lawrence Parks and Recreation Aquatics Division
4706 Overland Drive (north of Free State High School)
785.832.SWIM
Questions? Comments?

