

RECREATION

WELLNESS & AQUATIC CENTER

Presentation to the Lindsay City Council on May 28, 2028





SUMMER 2024 PUBLIC SWIM SCHEDULE



June 11 - June 27, 2024

Friday

6:30 p.m. - 8:30 p.m.

Saturday

1:00 p.m. - 4:00 p.m.

6:30 p.m. - 8:30 p.m.

Sunday

1:00 p.m. - 4:00 p.m.

Cost: \$2.00 Per Person

June 28 - August 4, 2024

Tuesday - Sunday

1:00 p.m. - 4:00 p.m.

Friday & Saturday

6:30 p.m. - 8:30 p.m.

*On "Dive In Theatre" night the Pool will Open
at 7:30 p.m. / June 28 and July 19 / \$3.00.

POOL RENTAL: Saturdays & Sundays

Call the Recreation Services Department for Availability & Pricing.



Lindsay Recreation, Wellness, and Aquatic Center

860 N. Sequoia Ave, Lindsay, CA / 559.562.5196





SWIM LESSONS



GROUP LESSONS & CLASS FEE

Group lessons provide a social environment for learning to swim. Classes are kept small to maximize student learning with a ratio of at most 2 - 4 students to 1 instructor. All Group sessions are Tuesday - Friday for 2 weeks.

SCHEDULE

Session I June 11 - June 21
Session II June 25 - July 5
Session III July 9 - July 19
Session IV July 23 - August 2

COST

Group Lessons:
\$64.00 per 2 weeks.
*\$5.00 discount for 2nd child / same family.

9:30am - 10:00am

Sea Turtle
Seahorse
Dolphin
Stingray
Shark

10:15am - 10:45am

Sea Turtle
Seahorse
Dolphin
Stingray
Swordfish

11:00am - 11:30am

Sea Turtle
Seahorse
Dolphin
Stingray
Shark

11:45am - 12:15pm

Sea Turtle
Seahorse
Dolphin
Stingray
Shark

PRIVATE LESSONS & CLASS FEE

Private lessons are for those who prefer individual instruction (one-on-one with a swim instructor). All Private sessions are Monday - Friday for 1 week.

SCHEDULE

Session I June 17 - June 21
Session II June 24 - June 28
Session III July 8 - July 12
Session IV July 15 - July 19
Session V July 22 - July 26

TIMES

4:30pm - 5:00pm
5:15pm - 5:45pm

Private Lessons: \$75.00 per 1 week session.
*\$5.00 discount for 2nd child / same family

Register NOW at:

860 N. Sequoia Avenue, Lindsay, CA 93247
SPOTS ARE LIMITED! (559) 562-5196



Seal Pups

"Parent & Me". Opportunity for parent and child to play together in the water. No real instruction provided.



Sea Turtle

(Ages 3 - 5) Introductory to water. Increased emphasis on applicable water skills. Acquaint them with the pool and give them confidence in their own ability in the water. This class is not designed to teach children to become accomplished swimmers nor should it be considered a "drown-proofing" program.



Seahorse

(Ages 4 & up): Introductory swimming skills; children with no previous experience in the water who are ready to learn. During this class, children are taught the basic elements of swimming including holding breath, buoyancy and movement. This class is not designed to be considered a "drown-proofing" program.



Dolphin

(Ages 5 & up): Beginning swimming skills re-enforced with an ultimate goal of a 15-yard unassisted crawl stroke swim.



Stingray

(Ages 5 & up): (Open to students who successfully completed the Beginner course or able to swim a 15 yard crawl stroke with proper breathing technique) Focus on techniques of crawl stroke, introduction of elementary backstroke and underwater swimming.



Swordfish

(6 & up): (Open to students who successfully completed the Advanced Beginner course) Intermediate course provides the student an opportunity to improve upon the individual swimming skills and endurance. Focus on new strokes such as breast-stroke and competitive backstroke.



Shark

Work on distance & technique of all strokes, gain endurance treading water and learn side stroke. Pre-requisite: Successful completion of Intermediates.



LINDSAY WELLNESS CENTER



LINDSAY  WELLNESS CENTER

Dive In Theatre

Enjoy a movie from inside the pool!

Open at 7:30 p.m. | Movie begins at dusk
\$3.00 Per Person Admission | 250 Capacity



JUNE 28



Wellness Center

JULY 19



Wellness Center



Lindsay Recreation Services Department
WWW.LINDSAY.CA.US | 559.562.5196



Parks
Make
Life
Better!

Movies in the Park

All movies start at dusk.

JUNE 21



City Park

JULY 12



City Hall

JULY 26



City Park

FREE

KIDS NIGHT

JULY 26 / 7PM

City Park



Lindsay Recreation Services Department

WWW.LINDSAY.CA.US | 559.562.5196



FAMILY DANCE PARTY

F R E E A D M I S S I O N

JULY 20, 2024 | 8 PM - 10 PM

FREE FOOD
FREE GLOW STICK
(FIRST COME, FIRST SERVED)

DJ WELLNESS



LINDSAY RECREATION
SERVICES DEPARTMENT
559.662.5196
WELLNESSCENTER@LINDSAY.CA.US



FREE!

KIDS NIGHT

& MOVIE IN THE PARK

JULY 26, 2024
7:30PM

KIDS ACTIVITIES, FREE FOOD, INFORMATION
BOOTHS, AND FREE MOVIE AT DARK!

STEP UP   **LINDSAY**
LOCAL HOSPITAL DISTRICT
CALIFORNIA SPECIAL DISTRICT OF HEALTH CARE

LINDSAY RECREATION SERVICES DEPARTMENT / 559.562.5196 / WELLNESSCENTER@LINDSAY.CA.US



LINDSAY WELLNESS CENTER

MEMBERSHIPS

CONTRACTS

- 1 Year Contract: \$23.00
- 1 Year Medicare: \$20.00

ENROLLMENT FEE: \$39.00 / CANCELLATION FEE: \$23.00

NON-CONTRACTS

- Monthly: \$30.00
- Monthly Medicare: \$25.00
- 3 Month Swim: \$55.00
- **One Day Pass: 5.00**

FITNESS SCHEDULE

MONDAY

Strength & Balance
Chair Class
Zumba

TUESDAY

Yoga Reset/Rewind
Zumba Gold
Pound

WEDNESDAY

Strength & Balance
Chair Class
Zumba

THURSDAY

Beginner's Yoga
Zumba
Indoor Cycling
Pound Unplugged

FRIDAY

Yoga Reset/Rewind
Strength & Balance
Chair Class
Zumba

SATURDAY

Zumba

LAP SWIM: 5am – 3:30pm / **THERAPY POOL:** Monday: Friday 7:30am – 5pm & Saturday 7am – 11:45am







SUMMER

LEADERS WORKSHOP

June 1

Both Recreation & Aquatics sessions available
Lindsay Wellness Center
9:00a.m.-2:00p.m.



***Register by May 24th**

Send Registrations to Liz Martinez
lizm@cityofselma.com



**\$25 PER
PERSON**
(INCLUDES LUNCH)

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