

SPLASH BROCHURE

Tupelo Aquatic Center



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2022



City of Tupelo

Todd Jordan
Mayor



COUNCIL

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Ward One

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Ward Two

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Ward Three

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Ward Five

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Ward Six

Rosie Jones
Ward Seven

Dear Friends,

On behalf of our residents and the Tupelo City Council, I welcome you to the Tupelo Aquatic Center.

The Tupelo Parks and Recreation Department operates, programs and staffs the 43,665-square-foot Aquatic Center. The center consists of a five-lane, 25-yard recreational/teaching pool and an eight-lane, 50-meter Olympic size Myrtha competition pool with moveable bulkhead. Lockers and showers are available. Stadium seating capacity is 971.

The Tupelo Aquatic Center is a state-of-the-art indoor competition and recreational swimming complex. The Aquatic Center provides a variety of aquatic programs for all ages and abilities. Since January 2014, The City of Tupelo has welcomed more than 15,000 competitive swimmers and 23,000 spectators to enjoy our restaurants, hotels and area attractions.

The Aquatic Center hosts swimmers from Tupelo High School, Tupelo Christian Preparatory School, Itawamba Agricultural High School, Pontotoc High School and Ingomar High School. We also host club programs, including Shockwave Aquatics Age Group Team, Shockwave Aquatics Masters and Special Olympics Swim Team.

Our staff continues to program the pools to better serve the community. Water aerobics classes have drawn more than 50,000 participants and more than 12,000 people have taken swim lessons at the center since 2014. Other programs include Dry Land classes, Splish Splash and birthday parties.

Initiated in 2010, our Little Ripples Program is a learn-to-swim program designed for first and second graders through a partnership with both Tupelo Public School District and Lee County Schools. Our goal is to keep children active and engaging in an activity that they can do a lifetime which will help them continue to have a healthy lifestyle. We have had more than 9,000 children participate in our program.

We've also hosted many special events at the Aquatic Center, including the USA Synchro Master Nationals in 2019, dive-in movies, swim portion of triathlons, weekly water volleyball games for seniors and lifeguard certification courses.

We are excited to welcome you to the Tupelo Aquatic Center. We are very proud of our facility and hope you have a pleasant experience during your time here.

Sincerely,

Mayor Todd Jordan
City of Tupelo

Business Hours of Operation

Monday, Tuesday, Thursday....6:00AM - 7:00PM
Wednesday, Friday.....6:00AM - 5:30PM
Saturday.....8:00AM - 5:00PM
Sunday.....1:00PM - 5:00PM
Facility closed on Jan. 1 - 2, Jan. 17, Feb. 21,
April 15 - 17, May 30, July 4, Sep. 5, Nov. 11,
Nov. 24 - 27, Dec. 24 - 26, Dec. 31.
Facility will also close during swim meets (see pg.14).
Facility will close @ 5pm on Dec. 23.

Splash Pass Benefits

Splash Passes at the Aquatic Center include unlimited visits to all lap swim, adult aquatic/land fitness classes, Splish Splash, and “Fun & Family” Recreational swim hours.

Splash Pass Packages		
12 Months	Tupelo Resident	Non-Resident
Individual	\$240	\$345
Senior	\$180	\$240
Senior Couple	\$288	\$384
Family (Up to 4)	\$360	\$480
Senior Family (Up to 4)	\$320	\$440
3 Months	Tupelo Resident	Non-Resident
Individual	\$70	\$100
Senior	\$55	\$85
Family (Up to 4)	\$125	\$155
1 Month	Tupelo Resident	Non-Resident
Individual	\$25	\$35
Senior	\$20	\$30
Family (Up to 4)	\$50	\$60

Splash passes must be paid in full unless they are part of an annual package, which can be paid monthly with additional convenience fees by draft (\$36/year).

Contact Information

Aquatics Director - Amy Kennedy
Amy.Kennedy@tupeloms.gov
Administrative Assistant - Brandi Bridges
Brandi.Bridges@tupeloms.gov
Director of Programming - Barbara Aguirre
Barbara.Aguirre@tupeloms.gov
Pool Specialist/Facility Operator:
Houston Yarbrough
Houston.Yarbrough@tupeloms.gov

Daily Visits

General Admission
Fun & Family Rec. swim single visit.....\$3
Locker Rental (must provide own lock).....\$1
Life Jacket Rental.....\$5
Swim Diapers (available at front desk).....\$2
Drop-In Rates (See pg 3 for programs).....\$5

Group Rates

The Aquatic Center is the perfect location for group outings. We offer special rates for groups of 20 or more attending our Fun & Family Recreational swim hours. Groups must call in advance for reservations and make one payment upon arrival. The group rate is \$2.50 per person.

Special Notes:

TAC requires all patrons to shower on-site before entering the pool. Children and adults must provide their own suits and towels. Proper swim wear is required (Refer to page 9). The Aquatic staff has the authority to enforce all pools rules (Refer to pages 7-9). Patrons who violate the rules may be ejected without refund.

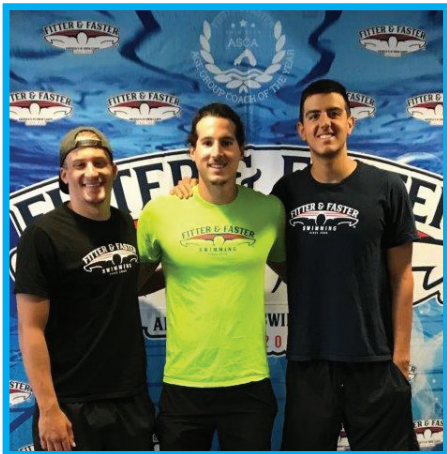
Medical Freeze can only be applied after member has submitted appropriate documentation from medical provider on company letterhead, signed by attending physician, and the date that restricts member from participating in any activities at TAC.



Splash Pass Guidelines

In order for splash pass accounts to be frozen, physician-signed documentation on medical letterhead must be submitted to TAC outlining the dates under physician care. Only able to freeze account the day documentation is received by TAC (Not back dated).

- 💧 A state ID or driver's license is required to receive resident rates (residents live within Tupelo city limits).
- 💧 A family membership includes up to two adults and their children (18 or under) residing in the same household.
- 💧 Children 19 and over may be included in a family package if they are full-time college students.
- 💧 Locker rental with annual membership is \$48/year or \$90/year for non-member.
- 💧 Senior rate is available for those ages 62 and over. Those with medical disabilities (w/ doctor diagnosis) and Veterans (VA card) will receive senior rates.
- 💧 Key tag must be shown for admittance. (\$5.00 Replacement charge)
- 💧 No Refunds are given
- * There is a \$50 administrative charge if drafting and cancel Splash pass.
- 💧 Additional youth from a household (more than 4) are charged \$60 annually.
- 💧 \$10/month for each additional family member above the 4th family member, residing in the same household.



Fun & Family Recreational Swim Time

Recreational Swim is a time for the community to enjoy the features of the Aquatic Center including the diving boards, climbing wall, and basketball goals.

Price: \$3.00 per person.
January 8 - May 29
Saturday @ Noon-5pm & Sunday @ 1-5 pm
May 31 - July 31
Tuesday, Thursday, Saturday, Sunday @ 1-5 pm
August 6 - December 18
Saturday @ Noon-5 pm & Sunday @ 1-5 pm
Spring Break Fun & Family Swim Times at Tupelo Aquatic Center
March 14-18 @ Noon-5 pm

CC Augustus Pool Fun & Family Recreational Swim Time (Outdoor Seasonal Pool)

1400 North Green Street
Price: \$2.00 per person
June 6 - July 29
Monday, Wednesday, Friday @1-5 pm



Programs for Kids & Families

Splish Splash Season: Jan. 7 - May 20 and Sept. 2 - Dec. 16
Ages: 5 & under along with an adult age 18 years or older
Elvis Presley Pool
Days of Week: Friday @ 12:00 - 1:00 pm
Drop-In Rate: \$5.00/person

Please refer to required Adult / Child Ratio policy on page 8.

Adult Fitness

Our swimming pools aren't just used to help youth cool down or learn to swim - they help patrons of all ages fulfill their personal fitness goals every week. Our water aerobics and water exercise classes are ideal for people of all fitness levels. **Ages 13 years and older.**

Children 12 and under are not allowed in adult aquatic or land fitness classes for any reason.

Please note: All class information is subject to change and classes may be canceled due to lack of participation or instructors. *See front desk for current schedule.

Aquatic Fitness Classes:

The natural resistance that is created when you exercise in water helps tone and build your body's muscles. The low impact style of workouts ensures less stress and pressure it puts on the joints of those participating - making water exercise perfect for active older adults, pregnant women, and even athletes looking to rehab new or old injuries.

BOGAFIT: Float Your Mat. A fitness regimen developed by combining the best aspects of key proven core movements from yoga and boot camp type workouts. BOGA's unique FiTMAT provides the Aquatic Base that intensifies these movements, creating focus on core muscle groups and improving balance and coordination. *Reserve mat in advance with payment.



Land Classes: Deep Stretch, Gentle Stretch, and Core and Stretch.

Align your spirit, mind, and body with focused workouts that strengthen, sculpt, and tone your muscles.

- STRETCH
- BREATHE
- FOCUS
- FEEL BETTER

Drop-In Rates for classes: \$5.00/class
(BOGAFIT is \$10.00/class)

Health Benefits Water Exercise Can Provide:

- ◆ Regular participation can help improve heart health and cardiovascular strength. The water's pressure acts as your friend in the pool and helps circulate the blood in your body more efficiently. As your heart continues beating and pumping away with less strain and pressure over time, you effectively lower your risk of heart disease. Water exercises have even been shown to help lower high blood pressure.
- ◆ Gravity isn't always our friend, especially when we workout. The high impact style of land workouts can be hard on our bodies, and tend to wear us out more easily. The natural buoyancy of water exercises even reduces some of the impact our bodies and joints typically experience during more traditional workout styles.
- ◆ Ideal for people who suffer from joint pain or other degenerative body conditions.
- ◆ Exercising in the water is a great way to burn calories and better tone your muscles. Because water is thicker than air, and thus more resistant, our bodies and muscles must work harder - ensuring more effective and fuller workouts.



Tupelo Aquatic Center Swim School

It's never too late to learn to swim! Participants in our program range from not knowing how to swim to those that want to improve their technique and swim efficiently.

All ages (3 months - adults) and skill levels (beginner - advanced) are taught.



Bubble is the beginner level. Does not know how to swim: is afraid of the water; does not like to put face in water.



Ripples is the advanced beginner. Can put face in the water; not afraid. Can not swim.

Ripples II. Level to bridge the swimmer to Waves.



Waves is the intermediate swimmer. Is able to swim unassisted 10 to 15 feet underwater or on top of the water; can get a breath without assistance.

Waves II. Level to bridge the swimmer to Surfer.



Surfer is the advanced swimmer. Can swim, but needs better technique to be more efficient in the water. Great way to get ready to be on the *Shockwave Age Group* or *Shockwave Masters Team*.



Parent and Tot. Tots are 3 to 12 months of age. Parents can be actively involved in the water with their children as they are introduced to the aquatic environment. If the parent is a distraction during the class, the instructor may suggest you participate in the *LAST* class. As a parent, you can continually bring your swimmer to the pool during available times to further the child's enjoyment of water.



Specialty Stroke Class. Butterfly, Breaststroke, Backstroke, and Freestyle technique lessons will be taught along with turns and the Medley transition turns. These will be taught by individuals that excel in their respective stroke. **Requirements:** Participants must be able to swim 50 yards freestyle unassisted.

Refresher Course. Designed for those who need assistance with completing a skill level or with proper breathing/stroke technique.



Triathlon Swimmer's Course. Designed to enhance the triathlete's technique along with developing efficiency in the water.

Private Lesson: A total of 3 hours divided into sessions suggested by the instructor. Cost \$150.00

Group Lessons: Four 45-minute sessions (2 to 4 swimmers in a group depending on age). Cost \$100.00

*If only (1) participant is registered for a particular group lesson, the class will consist of 4x30 minute lessons.

Parent and Tot Swim Lessons: A total of 3 hours divided into sessions suggested by the instructor.

Cost \$150.00

Specialty Stroke Class: One 30-minute session (1 instructor per swimmer). Cost \$25.00 Dates TBA

Refresher Course: One 45-minute session (1 instructor per swimmer) Cost \$35.00

Triathlon Swimmer Course: Splash Pass Member or a \$5 Drop-In Rate per person Dates TBA

Adolescents-12 years and younger **Adults-** 13 years or older

Little Ripples. Initiated in 2010, our Little Ripples Program is a Learn-To-Swim program designed for 1st and 2nd graders through a partnership with both Tupelo Public School District and Lee County Schools. Our goal is to keep children active and engaging in an activity that they can do a lifetime, which will help them continue to have a healthy lifestyle. With our program, we also hope to help lower the number of drownings among children under the age of 14. Drowning is the second leading cause of unintentional death among children age 14 and under.

Pool Parties & Private Rentals

Birthday Parties

Our beautiful facility is available to rent during and after hours for your enjoyment. In order to ensure pleasurable and consistent experience for everyone, please refer to the guidelines in regards to pool party reservations and room rentals. All reservations and rentals must be made at the front desk. Only payment in full assures reservation/rental. Payments are non-refundable. Party and rentals may be rescheduled for another date. You must reschedule at least 48 hours in advanced.

***Must adhere to the adult/child ratio requirement—Refer to page 8.**



- **Recreational Party Package 1** (up to 20) = \$100
 - **Recreational Party Package 2** (21- 40) = \$150
 - **Recreational Party Package 3** (41-60) = \$175
- Additional time in the **BancorpSouth Room** = \$75.00 per 60 min.

• Each Rec Party Package consists of 60 minutes (includes set up, party, and take down) in the **BancorpSouth Room** and kitchen, t-shirt, and swim time. Pools are available before and after the time in the **BancorpSouth Room**/kitchen during our Fun & Family Recreational Swim Hours.

• Parents/Adults must adhere to our Adult to Child Ratio Policy (see page 8).

• Guest arriving over the allotted number of attendees in the party package chosen will incur a \$3.00 admission fee. That fee is collected at the front desk prior to entering the party room or natatorium.

Private Parties

Choose a Private Pool Party Package which includes access to the **BancorpSouth Room** and kitchen. The private party is 2 hours unless additional time was added incurring additional charges. Check for available times before and after normal operating business hours.

- **One pool**= \$250.00 up to 100 participants
Choose between the Elvis Presley Pool or Competition Pool.
- **Elvis Presley Pool with Diving Well**= \$350 up to 100 participants
- **Elvis Presley Pool & Competition Pool**= \$450 up to 100 participants

Other Rentals

25yd Lane Rental: \$14/hr

50m Lane Rental: \$23/hr

Diving Well Rental: \$30/hour

Equipment Rental: \$50/hour

Wiggle Bridge (3 disc): \$50

Hand: \$50

Wiggle Bridge (6 disc): \$75

BancorpSouth Room during Fun and Family Recreational Swim times \$95.00 per 45 min

BancorpSouth Room during other times- \$50 per 60 min

** Usage of starting platform and diving boards must be approved by management.*

A \$150.00 damage deposit must be paid in full with a separate check or cash at the time the reservation is made for private party and/or exclusive use of inflatable(s). The \$150.00 damage deposit will be refunded the day/night of party or next business day provided the center is left in order and no damage.

Facility Rental for swim meets:

Please call for more information



FACILITY POLICIES

Failure to adhere to rules will result in expulsion from the facility.

- ◆ Proper swim attire is required (Refer to page 9).
- ◆ Family Friendly t-shirts are allowed to be worn over proper swim attire (page 9).
- ◆ Large and/or excessive jewelry should not be worn. This includes dangling earrings and necklaces.

◆ **MUST PAY TO RE-ENTER FOR ALL REASONS.**

◆ **NO REFUNDS.**

◆ No coolers allowed.

◆ **Gum chewing is NOT permitted anywhere in the pool area for health and safety reasons.**

◆ Glass is prohibited in or around pool facility.

◆ **NO WEAPONS** allowed in the building.

◆ The use of all tobacco products, including smokeless tobacco and vaping, is prohibited.

◆ No smoking within 25 feet of any entrance of the Tupelo Aquatic Center.

◆ No alcoholic beverages or drugs allowed.

◆ Food or drinks are NOT allowed inside the natatorium (around the pool or bleacher area) during regular operational hours. Designated areas for food and drink are the sundeck and common area.

◆ Water that is in unbreakable containers are allowed on the pool deck.

◆ No running.No boisterous or rough play, pushing, acrobatics, dunking, wrestling, splashing, yelling, diving or jumping without care or caution, snapping of towels, improper conduct causing undue disturbances in or around the pool area or any acts which would endanger any patron. This also applies to the entire facility and grounds.

◆ No riding on another's shoulders or back.

◆ Climbing to and from deck and bleacher to permanent bleachers is prohibited.

◆ No one is allowed on the deck during programming times unless they are registered for that program.

◆ Parents are NOT allowed on the pool deck during their child's swim lesson or swim team practice unless permission is granted by TAC management staff.

◆ No expressions of physical or verbal abuse to any staff member or other user of the facility will be allowed.

◆ No profanity.

◆ No misuse of equipment.

◆ No public displays of affection.

◆ Admissions of patrons will cease 30 minutes prior to the closing of the facility. Swimmers and patrons must be out of the water and facility in time for the facility to close at the posted time. Whistle will be blown 15 minutes before closing.

◆ Tupelo Aquatic Center is not responsible for lost or stolen items. Patrons are advised not to leave valuables in unlocked lockers.

◆ Each user of the Tupelo Aquatic Center must shower in the appropriate locker room before entering the pool.

◆ During "Fun and Family" recreational swim times, breaks are announced to ensure patrons time to visit the restrooms.

◆ **NO THROWING OF OBJECTS**

◆ No pets allowed.

◆ No soliciting.

◆ No fundraising on City of Tupelo property.



POLICIES (continued)

The Tupelo Aquatic Staff strives to maintain the highest standards in emergency training. Our goal is to provide patrons with a safe and clean atmosphere in which families can enjoy themselves in a recreation environment. The purpose of our staff is not to supervise your child, but to prevent accidents. Therefore, parents and guardians are to closely supervise their children and assist in enforcing the facility's policies for the safety and enjoyment of all patrons.

♦ Organized groups, such as birthday parties, private parties/rentals, daycares/camps, field trips, swim teams/clubs, fitness class participants, and individuals must abide by the Policies and Rules to the Tupelo Aquatic Center.

♦ Toys, inner tubes, water wings, diving disks, noodles, and inflatables are not allowed in pool area without special permission for the Aquatic Mgt. Team. All personal floatation devices must have a Coast Guard approval statement on the device to be permitted.

♦ Floatation devices must be US Coast Guard Approved. Life jackets are available for rental at \$5.00 per day.

♦ Non-swimmers who are not wearing a floatation device must stay in the shallow part of the pool. **NO EXCEPTIONS!**

♦ Children age 3 and under must wear a swimmer's diaper.

♦ All children that are wearing diapers must change in the bathroom on the changing table, not in any open area in or around the aquatic facility.

♦ Children 4 years of age and older must change in the gender appropriate locker room or in the family restroom.



What are the responsibilities of Lifeguards?

Our lifeguards are present for emergency response and safety enforcement. They are certified by the American Red Cross and use of those standards to monitor the pool users at all times, particularly for children who require close and constant supervision while in the water. Your assistance in watching your children is greatly appreciated. Parents supervise, Lifeguards save lives.

ADULT/CHILD RATIO POLICY

♦ Children 7 to 12 years of age must be accompanied and supervised by a responsible adult age 18 or over who is present with them at all times on the pool deck or in the water.

♦ **Children 7 to 12 years of age:** Ratio is 5:1 (5 children to 1 adult supervising at all times regardless whether floatation device is used).

♦ **Children 6 & Under:** 1 child per 1 adult with direct supervision regardless whether a floatation device is used. The adult must be within arm's reach of the child at all times.

♦ **What does within arm's reach mean?** The term is used in relation to child supervision when in or around water. While this does not literally mean that a parent or guardian must be an arm's length away from a young child at all times, it refers to them being able to respond and react should something happen to the child. This still allows children to swim and play, but ensures that parents are **ACTIVELY** supervising and able to intervene if the child gets in trouble.

♦ A swim test will be offered by staff for children age 6 and under. Those who pass this swim test are treated as age 7 for purposes of this requirement.

FACILITY RESTROOM/ LOCKER ROOM POLICIES

♦ Patrons are to use the restrooms and locker rooms of the gender reflected on their driver's license or birth certificate.

♦ Writing on walls of bathrooms is prohibited and will result in dismissal from the facility, and payment for repair will be required.

♦ The use of camera, video cameras, or any devices containing camera equipment of any kind is prohibited in all locker rooms, bathrooms, and changing rooms.

♦ No food or drink is allowed.

♦ Guests are strongly urged to lock all items left unattended in the locker room. Tupelo Aquatic Center is not responsible for any lost or stolen items.

♦ No loitering.



FACILITY MEDICAL POLICIES

- ◆ Patrons are not allowed to swim with open wounds or cuts even if covered by a Band-Aid or bandage. Any person having a skin disease, sore or inflamed eyes, cold, nasal or ear discharge, communicable disease or who is wearing a band-aid or bandage to cover an open wound (unhealed) will not be permitted in the pool. If a lifeguard gives first aid to a patron that requires a band-aid or bandage, the patron will not be able to re-enter the water. No refunds will be given. This is to ensure the safety of the swimmer.
- ◆ Any person experiencing a nosebleed cannot re-enter water unless bleeding has completely stopped for at least 30 minutes.
- ◆ Any adult or child experiencing even a mild case of diarrhea may not use the pool. Person with diarrhea should wait 2 weeks after symptoms end before returning to the pool. Pathogens of concern may still be shed up to 2 weeks following the end of symptoms.
- ◆ Band-Aids are not allowed by any user group while participating in water activities.
- ◆ No blowing of the nose, spitting or spouting of pool water.

FACILITY RECREATIONAL COMPONENT POLICIES

- ◆ One person on the diving board(s) at a time. Wait until the person in front of you has gotten out of the way.
- ◆ No double bounces, no cut-a-ways, no cartwheels or any form of gymnastics. We reserve the right to close the diving boards to have open water swimming and vice versa.
- ◆ One person per side on the rock climbing wall at a time.
- ◆ Lifeguards will monitor all behavior on the diving boards and rock climbing wall.
- ◆ Starting platforms are not for recreational use.
- ◆ No diving in shallow water, crowded areas or where it is specifically marked "NO DIVING". No cartwheels or flips off the side of the pool.
- ◆ No hanging on lane lines. Lanes are designated for lap swimmers.
- ◆ A swim test may be required for those using deep water areas during swim times.
- ◆ Do not walk on the bulkhead.
- ◆ Do not throw basketballs from the deck to pool. No dunking of basketballs into the goals. No hanging on basketball goals.

Swimsuit Policy

- ◆ Proper swim attire is required.
- ◆ Staff reserves the right to ask to see the swimwear to meet facility requirements.
- ◆ Gender-appropriate swimwear is required (gender that is reflected on driver's license or birth certificate).
- ◆ All female/male swimsuits should fit accordingly as this is a family friendly environment.
- ◆ Swimwear that can be seen through are not to be worn by females/males.
- ◆ No cut-offs. No thongs. No leotards. No sports bras. No mesh shorts. No basketball or gym shorts. No workout clothing. No street clothes. Underwear must not be seen. No drooped pants or shorts. No running shorts.
- ◆ FEMALES: May wear one or two-piece bathing suit. Swim trunks or board shorts may be worn in conjunction with a one or two-piece bathing suit. Swim shirts may be worn in conjunction with a one or two-piece bathing suit.
- ◆ MALES: May wear board shorts or swim trunks.
- ◆ Females must wear bottoms that cover 75% of the glutes and a modest non-revealing top. Males must wear mid-thigh length or longer shorts. These guidelines apply unless in competition where a uniform is required or preferred for an organized athletic event.
- ◆ Those found to be in violation of our swimsuit policy will be asked to change into appropriate attire or will be asked to leave the facility. Refunds will not be issued to those patrons expelled from the facility due to improper attire.
- ◆ Street clothes (especially cotton) can transport airborne and ultimately water born contaminants into the pool.
- ◆ Swimwear worn for exercising prior to using the pool is unsanitary. Soiled clothing can create an unhealthy swimming environment.



American Red Cross

AQUATIC CENTER CLASSES Lifeguard Training

You must be 15 years old and proficient in the front crawl (freestyle) and breaststroke. Lifeguard training includes CPR for the Professional Rescuer (CPR/PR) and AED. In this course, you will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. You will also learn a number of lifeguarding skills, such as surveillance techniques, how to use rescue equipment and how to manage a suspected spinal injury victim. These practices require strenuous activity. If you have a medical condition or disability that might prevent you from taking part in the practice sessions or if you have any questions at all about your ability to participate fully in the Lifeguard Training course, you should discuss it with appropriate person at your local American Red Cross chapter or unit before you start the course. Certification is valid for two years

Prerequisite skills you will perform:

- 💧 Swim 300 yards continuously demonstrating breath control and rhythmic breathing
- 💧 Tread water for 2 minutes using only the legs
- 💧 Complete a timed event within 1 minute, 40 seconds
 - Starting in the water, swim 20 yards
 - Surface dive, feet-first or head-first, to a depth of 10-13 feet to retrieve a 10-pound object
 - Surface and swim 20 yards on back with both hands holding object
 - Exit the water and hold brick above head

Blended Learning Course

💧 The new blended learning Lifeguarding course from the American Red Cross builds the same knowledge and skills as our traditional classroom training. The online format enables participants to complete interactive lessons and activities on their own time. Instructor-led sessions reinforce learning and emphasize skill building.

💧 Must have access to a computer with internet capabilities.

💧 Student progress reports must be printed out and submitted to instructor on the first day of the on-site instruction.

Fees

Cost: \$240 payable to Tupelo Aquatic Group

Lifeguard and CPR-PR Renewal
-Cost \$190

Dates:

March 18-19, April 18, May 13-14,
May 13-14, May 23-24, and December 19



FACES OF FITNESS







2022 SCHEDULE OF EVENTS

January 14-16: Memphis YMCA Meet*

February 24-27: Mississippi Swimming, Inc. Short Course State Championships*

March 14-18: Fun & Family Swim Times (Noon-5 pm)

April 8: 11th Annual In-Water Easter Egg Hunt

April TBD: Shockwave Meet*

April 30: Adult Triathlon

July 14-17: Mississippi Swimming, Inc. Long Course State Championships*

October 14: 8th Annual Pick Your Pumpkin from Our Patch

October TBD: MHSAA Swimming Championships*

Nov. 18-20: Collegiate Meet*

December TBD: Nightmare Before Christmas*

** Facility will be closed during these meets. Other meets may be scheduled during the year.*

** Memberships will not be credited for dates of swim meets, holidays, or other events.*



Photo Policy

All participants involved in any activities at the Aquatic Center are subject to being photographed/video recorded. Such photographs/videos may be used by Tupelo Aquatic Center free.

Marketing Opportunities

Looking for a way to market your business?

The opportunities are endless with sponsorships.

They are a great way to:

- ◆ Increase the visibility and value of your business or organization
- ◆ Make a positive contribution to the community
- ◆ Achieve name recognition for your business or organization through contact with potential future customers
- ◆ Develop future sales and customers through contact with potential future customers
- ◆ Enhance your business or organization's public image and awareness

PLEASE HELP US MAINTAIN A FAMILY-FRIENDLY ENVIRONMENT

A special Thank You to all of the Tupelo Aquatic Center sponsors

25-Yard Teaching Pool Sponsor



Multi-purpose Room Sponsor



Large Scoreboard Title Sponsor



LED Entrance Sign Sponsors

