

Westwood

FAMILY AQUATIC CENTER PROGRAM GUIDE

2024



HOURS OF OPERATION

Open Swim*	M - Sat	1:00 pm - 8:00 pm
Open Swim*	Sun	1:00 pm - 6:00 pm
Lap Swim	M - F	5:30 am - 7:00 am 9:00 am - 11:00 am
Lap Swim	Sat	9:00 am - 11:00 am
Water Walking	M - F	5:30 am - 11:00 am
Water Walking	Sat	9:00 am - 11:00 am
Toddler Time	M - Sat	9:00 am - 11:00 am

*SEASON PASSHOLDER PERK!

Early entry for open swim at 12 pm daily.

Admission Rates

Daily Entry

Age 3 & under	Free
Age 4 - 17	\$8
Age 18 - 49	\$10
Military/Veteran	\$8
Senior Age 50+	\$8
Group (10+) Rate	\$5
Twilight Swim	\$5
Morning Activities	\$5

Season Passes

Family	\$225
Military Family	\$175
Individual	\$75
Military/Veteran	\$65
Senior Age 50+	\$65

Family Passes include 4 members of the household. Add more members for \$35 each.

SPECIAL EVENTS

WE'VE ADDED TO OUR SPECIAL EVENT LINE-UP!



MAY 24	Passholder Preview Swim	6:30 - 8:30 pm
MAY 25	Opening Day	12:00 - 8:00 pm
JUNE 14	Let It Glow (All Ages)	8:30 - 10:30 pm
JUNE 15	Westwood Swim Team Meet	7:00 am - 12:00 pm
JUNE 21	Let It Glow Adult Night	8:30 - 11:00 pm
JUNE 29	Westwood Swim Team Meet	7:00 am - 12:00 pm
<<JULY 4	Red, White, & Blue Swim	12:00 - 6:00 pm
JULY 12	Adult Night Throwback Party	8:30 - 11:00 pm
JULY 19	Zumba Under the Stars	8:30 - 11:00 pm
JULY 20	Westwood Swim Team Meet	7:00 am - 12:00 pm
JULY 28	Junior Guard Games	8:00 am - 11:00 am
AUG 3	Westwood Swim Team Meet (State)	7:00 am - 12:00 pm
AUG 4	Staff Appreciation Night	6:30 - 9:00 pm
AUG 10	Back to School Bash	6:30 - 8:30 pm
AUG 16	Ditch Your Boots Adult Night	8:30 - 11:00 pm
AUG 30	Passholder Appreciation Swim	6:30 - 8:30 pm
SEP 2	Last Day of Open Swim	12:00 - 6:00 pm
SEP 6	Adult Night After Season After Party	8:00 - 10:30 pm
SEP 13	Scuba Dive Night	7:00 - 10:00 pm
SEP 14	Senior Games	8:00 am - 12:00 pm
SEP 27	End of Extended Season	



WATER FITNESS CLASSES BEGIN JUNE 3RD!

Offered M/W/F Mornings

Aqua Zumba: 9:00 - 9:50

Aquafit: 10:00 - 10:50

\$5 Non Passholder

Free Season Passholder

WATER WALKING

Walk the Lazy River forwards or backwards in a low-impact, high resistance environment. This activity is not in a class format and is for adults 18 and older.

WATER FITNESS

Aquatic fitness classes offer a safe, comfortable, and efficient way for people of all ages, sizes, and fitness levels to get and stay fit. The aquatic environment works nearly every muscle group in one workout—helping to build lean muscle tissue and burn body fat. Due to its low-impact nature, exercising in water is inclusive to those unable to participate in traditional environments. No swimming skills are needed for any of our classes. Most of all, it's FUN!

AQUA ZUMBA

This class blends the Zumba philosophy with water resistance and traditional aqua fitness disciplines into a challenging water-based workout that is cardio conditioning and body toning. Open to all fitness levels.

AQUAFIT

Use the water as a gym for the total body. This class is for any fitness level. You need not be a swimmer to benefit from this program. AquaFit classes involve movements in the water that combine strength training, cardio, flexibility, and equipment to enhance the water fitness experience.

PASSHOLDER BENEFITS

Along with the passholder only hour at the beginning of open swim, season passholders receive discounts on aquatic programs, group swim lessons, private swim lessons, developmental swim team, water fitness classes, adult water walking, morning lap swim, toddler time, free access to special events, and two free guest passes per household member.

Sign up for your season pass today!





BASIC PARTY PACKAGE

Each party area rental is two hours, comes with 15 day passes, and can accommodate up to 30 guests.

Passholder Rate	\$200
Non Passholder Rate	\$250
Additional Guest Rate	\$5

Upgrade your party package with pizza, drinks, and ice cream. Prices depend on group size. Please call or email for more information.

WESTWOOD PARTIES AND RENTALS



Full Facility Rental

Times Available

Weekdays and Saturdays
8:30 pm - 10:30 pm
Sundays
6:30 pm - 8:30 pm

Cost

\$2,000 for two hours.
Concessions not included.
860 person capacity.

Additional Fees

\$500 for 2 hours of Concessions.
\$250 alcohol minimum and must be requested a week in advance.

Rental Policies

Outside food is allowed. An additional \$100 may be applied if trash is not properly disposed. No outside alcohol — must be purchased at park. Commercial resale of facility ticket is prohibited. A full refund will be given due to inclement weather. Two days notice for a cancellation is required to receive full refund.

CONTACT WESTWOOD TO MAKE YOUR RESERVATION TODAY!

Email:
hedisa.noyola@normanok.gov

Or Call:
(405) 447 - POOL

Please indicate Private Rental, School Rental, or Birthday Party in your subject line. Reservations are subject to availability, so call today!

GROUP SWIM LESSONS

Registration opens
January 1, 2024!



Swim lessons are offered Monday - Thursday in two-week sessions. Four sessions are offered over the course of the summer. Lessons are thirty minutes in length.

Lesson Time-Frames

- **Morning:** 8:30 - 9:00 | 9:10 - 9:40 | 9:50 - 10:20 | 10:30 - 11:00
- **Evening:** 6:00 - 6:30 | 6:40 - 7:10 | 7:20 - 7:50

PASSHOLDER RATE: \$45

NON PASSHOLDER RATE: \$75

LEVEL: PARENT & CHILD - (Ages 6 Months - 3 Years)

This course is for parent, infants, and toddlers learning to be comfortable in the water and develop solid water safety skills.

LEVEL: ONE - (Preschool Ages 3-5 & Youth Ages 6-13)

This Level is for the beginner just starting out. No previous swim experience is required.

Swimmers will Learn: Personal water safety and achieve basic swimming competency, develop comfort with face under water, learn to float on stomach with face under water, learn to float on back for 5 to 10 second, forward Front Glide with and without kick, proper arm and leg mechanics for moving forward 10ft (Front Crawl).

LEVEL: TWO - (Preschool Ages 3-5 & Youth Ages 6-13)

This Level is for swimmers that are comfortable in the water and can meet all the Level 1 requirements

Swimmers will learn: Proper body positioning and control, direction change, and forward movement in the water while also continuing to practice how to safely enter and exit the pool, Front Glide with a kick and face in water for 10ft, forward movement on front and back using combined arms and legs for 15ft, float on front and back for 30 sec. without assistance, jumping and swimming back to the wall without assistance, learning to roll from front to back while floating.

LEVEL: THREE - (Preschool Ages 3-5 & Youth Ages 6-13)

This Level is for swimmers comfortable in the water and starting to learn the fundamentals of swim strokes and endurance.

Swimmers will Learn: How to swim to safety from a longer distance. This level will also introduce rhythmic breathing and integrated arm and leg action, beginning endurance work by increasing distances moving forward and on back, front crawl and elementary backstroke for 25 yds, swimming independently with little to no assistance, full body movement control in water, learn to surface dive to bottom of pool and back.

LEVEL: FOUR - (Youth Ages 6-13)

Having mastered the fundamentals, swimmers will learn additional water safety skills and build stroke technique. Swimmers will learn the fundamentals of competitive swimming strokes and endurance.

Swimmers will Learn: Butterfly, Backstroke, Breaststroke, and Freestyle, proper swimming technics and drill, how to do flip turns and proper finishes, using a clock for conditioning, endurance training, diving from the side of a pool and using diving blocks.

SWIM LESSON SESSION DATES

SESSION I
JUNE 3 - JUNE 13

SESSION II
JUNE 17 - JUNE 27

SESSION III
JULY 8 - JULY 18

SESSION IV
JULY 22 - AUGUST 1

PRIVATE SWIM LESSONS

Private swim lessons help build confidence, water safety skills, and stroke development. These lessons have one instructor per one swimmer ratio. Lessons are 30 minutes with built in games and activities to help swimmers learn.

Session dates and time-frames are the same as group swim lessons.

PASSHOLDER RATE: \$300

NON PASSHOLDER RATE: \$350

Need a more flexible schedule?

Private swim lessons can be tailored to fit your schedule! Contact our admissions office for more information.



NEW TIME!

SWIM TEAM IS NOW IN THE MORNINGS!

DEVELOPMENTAL SWIM TEAM

Introduction for young swimmers to the fundamentals of competitive swimming. Swimmers will be introduced to the four competitive strokes: butterfly, backstroke, breaststroke, and freestyle.

Improve safety skills, increase confidence and social interaction, promote a healthy lifestyle, accomplish goals, and develop a competitive spirit with good sportsmanship.

Participants will have the opportunity to compete in swim meets on Saturdays.

Passholder Rate: \$250 Non Passholder Rate: \$300

Ages 5 — 15

Season: June 3 — August 3

Practice: Mon/Wed/Fri 11 am — 11:50 am



The Junior Elite Lifeguard Camp, ages 10-15, is intended to develop future lifeguards. This program introduces lifeguard rescue skills, life support skills, and CPR/First Aid. Jr. Guards will also develop their swimming skills and endurance, perform practice scenarios, shadow Lifeguards on their rotations, and participate with Lifeguards during in-service trainings. Participants that complete the course are eligible to compete in the Jr. Guard Games in July.



JUNIOR ELITE LIFEGUARD CAMP

Camp Days: Monday — Friday

Camp Time: 9 am — 5pm

Passholder Rate: \$250

Non Passholder Rate: \$300

JUNIOR DIVISION - Ages 10-12

Camp I June 3 — June 7

Camp II June 17 — June 21

Camp III July 8 — July 12

SENIOR DIVISION - Ages 13-15

Camp I June 10 — June 14

Camp II June 24 — June 28

Camp III July 15 — July 19

JR. ELITE LIFEGUARD CAMP MEETS T.A.S.P. REQUIREMENTS!

Patrons ages 13-15 must enroll in T.A.S.P. to enter Westwood without an adult (18+).

Camp Participant Perks

- * Daily admissions with successful completion of the training.
- * Jr. Lifeguard shirt

Jr. Lifeguard Games will be held at Westwood, On July 28th!

Jr. Guards may review their skills July 22 — July 26.

TEEN AQUATIC SAFETY PROGRAM

The Teen Aquatic Safety Program (T.A.S.P.) is a one hour class designed to educate teens, ages 13-15, on water safety and facility rules. Teens will learn the different pool rules and why they are implemented, appropriate behavior on deck and in the water, the role of the lifeguards and other staff, and foster a positive relationship with staff.

Registration for this program must occur at least 24 hours in advance.

Cost: \$10

Days: Mon — Fri (for the first two weeks of the season)
Mon and Fri (for the remainder of the season)

Time: 10:00 am — 11:00 am

Adults must enter the facility with their teen at the beginning of the program.



T.A.S.P. PARTICIPANTS WILL TAKE A FULL FACILITY TOUR—INCLUDING A SNEAK PEEK INTO OUR PUMP HOUSE.

This program, along with Jr. Elite Lifeguard Camp, meets the drop-off policy requirements. Otherwise, 13-15 year olds must have adult (18+) supervision at Westwood.

WORLD'S LARGEST SWIMMING LESSON



Attend the World's Largest Swimming Lesson and learn basic water safety skills. This lesson will take place during our normal swim lesson times on **June 20, 2024**.

Participants will also receive a free day pass to Westwood!

This lesson is completely free, so register online today.

WATER SAFETY FOR NORMAN STUDENTS

Norman Parks and Recreation Water Safety Program

Available to all Norman 3rd graders, this program will take place at the Young Family Athletic Center Natatorium April 1-5. Registration is required and will begin in January.

Oklahoma Drowning Prevention Week

Oklahoma Drowning Prevention Week is May 13-17. Westwood will host water safety classes during this week available to all Norman 4th graders. Registration is required and will begin in January.

LIFEGUARD TRAININGS

Westwood offers American Red Cross Lifeguard and Shallow Lifeguard certification and recertification courses.

These classes are open to any individual age 15+.

More information is available on our website.



Session Dates:

April 30 - May 5

May 7 - May 12

May 14 - May 19

Session Times:

Tues - Fri: 5pm - 8pm

Sat & Sun: 9am - 4pm

*Must attend all days in a session.



SPONSOR OPPORTUNITIES

Are you interested in supporting water safety in your community? Sponsor Westwood Family Aquatic Center today and help support our programming, activities, and water safety goals for Norman and the surrounding communities.

Email: josh.holman@normanok.gov
for more information.

Westwood

FAMILY AQUATIC CENTER

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