



Discover your Raleigh Parks and Recreation Department

Dates of Operation

September 28 – December 31

Hours of Operation

Millbrook Pool 872-4130 1905 Spring Forest Road

Public Open Swim

M-Th 12:30-5:30pm F 12:30-8:00pm
Sa 12:30-5:30pm Su 1:00-5:30pm

Adult Lap Swim

M-F 5:30am-8:00pm Sa 6:00am-5:30pm
Su 7:00-9:30am and 1:00-5:30pm

September 1 – December 31

Optimist Pool 870-2882 5902 Whittier Drive

Public Open Swim

M-F 9:00am-8:00pm Sa 12:30-5:30pm Su 1:00-5:30pm

Adult Lap Swim

M-F 5:30am-8:00pm Sa 6:00am-5:30pm Su 1:00-5:30pm

September 7 – December 31

Pullen Aquatic Center 831-6197 410 Ashe Avenue

Public Open Swim

M-Th 9:00am-5:00pm F 9:00am-8:00pm
Sa 12:30-5:30pm Su 1:00-5:30pm

Adult Lap Swim

M-F 5:30am-8:00pm Sa 6:00am-5:30pm Su 1:00-5:30pm

Diving Boards

Sa 12:30-5:30pm Su 1:00-5:30pm

Teaching Pool

M-Th 12:00-5:30pm F 9:00am-8:00pm
Sa 12:30-5:30pm Su 1:00-5:30pm

Dates Closed

Closed for annual maintenance
Sep 2-27, 2009

Closed for annual maintenance
Aug 10-Sep 6, 2009

NC Senior Games Swim Meet
Sep 26, 2009

Marlins of Raleigh Swim Meet
Oct 30-Nov 1, 2009

Marlins of Raleigh Swim Meet
Nov 13-15, 2009

YOTA Capital Classic Meet
Dec 4-6, 2009

Holiday Express
Dec 10-13, 2009

(pool closed from 4-9pm)

Holiday Closings – all pools closed

November 26-27, 2009

December 24-25, 2009

December 31, 2009

January 1, 2010

Thanksgiving

Christmas

New Year's Eve [closed at 12pm]

New Year's Day [open at 12pm]

Admission Fees

To ensure everyone's safety, all visitors passing the front desk must pay! Children 12 years old or younger must be accompanied by paying adult.

At The Door Resident Non-Res

1-12 years	\$1	\$2
13-54 years	\$3	\$6
55 and older	\$2	\$4

Punch Passes

Purchased at each pool for 15 swims.

	Resident	Non-Res
1-12 years	\$12	\$24
13-54 years	\$36	\$72
55 and older	\$24	\$48

Photo I.D. Pass

purchased at:

Raleigh Parks and Recreation Department

2401 Wade Avenue

8:30am-5:15pm, Monday-Friday

Payments by check or money order.

Credit card purchases available at Wade Avenue

All passes are not transferable and become property of the City of Raleigh upon expiration date.

Replacement passes are available for \$10.

Month Pass Resident Non-Res

1-12 years	\$10.50	\$21
13-54 years	\$31.50	\$63
55 and older	\$21	\$42

Annual Pass Resident Non-Res (valid one year-to-date)

1-12 years	\$60	\$120
13-54 years	\$180	\$360
55 and older	\$120	\$240



Preschool

Parent and Child Aquatics Level 1

Age: 6mths.-3yrs. Level 1 introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child and how to prepare and encourage their child to participate fully and try the skills. Water safety topics are also introduced and directed to parents. Children are introduced to basic skills that lay a foundation to help them learn to swim in the future. Class Fee: Weekdays \$53 res, \$63 non-res; Saturdays \$34 res, \$44 non-res

Millbrook Pool

#84562 Sep 28-Oct 21 M,W 5:30-6:00pm
#84563 Sep 29-Oct 22 T,Th 10:00-10:30am
#84564 Oct 3-24 Sa 9:00-9:30am
#84565 Oct 26-Nov 18 M,W 5:30-6:00pm
#84566 Oct 27-Nov 19 T,Th 10:00-10:30am
#84567 Oct 31-Nov 21 Sa 9:00-9:30am

Optimist Pool

#84708 Sep 28-Oct 21 M,W 10:50-11:20am
#84709 Oct 26-Nov 18 M,W 10:50-11:20am
#84710 Sep 29-Oct 22 T,Th 4:30-5:00pm
#84711 Oct 3-24 Sa 9:30-10:00am
#84712 Oct 27-Nov 19 T,Th 4:30-5:00pm

Pullen Aquatic Center

#84755 Sep 29-Oct 22 T,Th 5:45-6:15pm
#84756 Oct 3-24 Sa 8:30-9:15am
#84757 Oct 27-Nov 19 T,Th 5:45-6:15pm

Parent and Child Aquatics Level 2

Age: 6mths-3yrs. Participants improve on skills from Level 1 and learn more advanced skills to prepare them for Preschool Level 1 class. Three year olds ready to learn without a parent or caregiver should enroll in Preschool Level 1 class. . Class Fee: Weekdays \$53 res, \$63 non-res
Saturdays \$34 res, \$44 non-res

Millbrook Pool

#84568 Sep 28-Oct 21 M,W 6:10-6:40pm
#84569 Oct 3-24 Sa 10:00-10:30am
#84570 Oct 26-Nov 18 M,W 6:10-6:40pm
#84571 Oct 31-Nov 21 Sa 10:00-10:30am

Optimist Pool

#84713 Sep 29-Oct 22 T,Th 5:10-5:40pm
#84714 Oct 3-24 Sa 10:10-10:40am
#84715 Oct 27-Nov 19 T,Th 5:10-5:40pm

Pullen Aquatic Center

#84758 Sep 29-Oct 22 T,Th 6:25-6:55pm
#84759 Oct 3-24 Sa 9:30-10:15am
#84760 Oct 27-Nov 19 T,Th 6:25-6:55pm

Preschool Aquatics Level 1

Age: 3-5yrs. Participants learn elementary aquatic skills. Helps participants feel comfortable in the water and to enjoy the water. Learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. There are no prerequisites for this course. Class Fee: Weekdays \$50 res, \$60 non-res; Saturdays \$31 res, \$41 non-res

Millbrook Pool

#84572 Sep 28-Oct 21 M,W 4:50-5:20pm
#84573 Sep 28-Oct 21 M,W 5:30-6:00pm
#84574 Sep 29-Oct 22 T,Th 10:00-10:30am
#84575 Oct 3-24 Sa 9:00-9:30am
#84576 Oct 26-Nov 18 M,W 4:50-5:20pm
#84577 Oct 26-Nov 18 M,W 5:30-6:00pm
#84578 Sep 28-Oct 21 M,W 6:10-6:40pm
#84579 Oct 26-Nov 18 M,W 6:10-6:40pm
#84580 Oct 27-Nov 19 T,Th 10:00-10:30am
#84581 Oct 31-Nov 21 Sa 9:00-9:30am

Optimist Pool

#84716 Sep 29-Oct 22 T,Th 4:30-5:00pm
#84717 Oct 3-24 Sa 9:30-10:00am
#84718 Oct 27-Nov 19 T,Th 4:30-5:00pm

Pullen Aquatic Center

#84761 Sep 29-Oct 22 T,Th 5:45-6:15pm
#84762 Sep 29-Oct 22 T,Th 6:25-6:55pm
#84763 Oct 3-24 Sa 10:30-11:15am
#84764 Oct 27-Nov 19 T,Th 5:45-6:15pm
#84765 Oct 27-Nov 19 T,Th 6:25-6:55pm

Preschool Aquatics Level 2

Age: 3-5yrs. Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1. Class Fee: Weekdays \$50 res, \$60 non-res
Saturdays \$31 res, \$41 non-res

Millbrook Pool

#84582 Sep 28-Oct 21 M,W 4:50-5:20pm
#84583 Sep 28-Oct 21 M,W 5:30-6:00pm
#84584 Sep 28-Oct 21 M,W 6:10-6:40pm
#84585 Sep 29-Oct 22 T,Th 10:40-11:10am
#84586 Oct 3-24 Sa 9:00-9:30am
#84587 Oct 26-Nov 18 M,W 4:50-5:20pm
#84588 Oct 26-Nov 18 M,W 5:30-6:00pm
#84589 Oct 26-Nov 18 M,W 6:10-6:40pm
#84590 Oct 27-Nov 19 T,Th 10:40-11:10am
#84591 Oct 31-Nov 21 Sa 9:00-9:30am

Optimist Pool

#84719 Sep 29-Oct 22 T,Th 5:10-5:40pm
#84720 Oct 3-24 Sa 9:30-10:00am
#84722 Oct 3-24 Sa 10:10-10:40am
#84723 Oct 27-Nov 19 T,Th 5:10-5:40pm

Pullen Aquatic Center

#84771 Sep 29-Oct 22 T,Th 5:45-6:15pm
#84772 Sep 29-Oct 22 T,Th 6:25-6:55pm
#84773 Oct 3-24 Sa 11:30am-12:15pm
#84774 Oct 27-Nov 19 T,Th 5:45-6:15pm
#84775 Oct 27-Nov 19 T,Th 6:25-6:55pm

Preschool Aquatics Level 3

Age: 3-5yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance. Class Fee: Weekdays \$50 res, \$60 non-res
Saturdays \$31 res, \$41 non-res

Millbrook Pool

#84592 Sep 28-Oct 21 M,W 5:30-6:00pm
#84593 Sep 29-Oct 22 T,Th 10:40-11:10am
#84594 Oct 3-24 Sa 10:00-10:30am
#84595 Oct 26-Nov 18 M,W 5:30-6:00pm
#84596 Oct 27-Nov 19 T,Th 10:40-11:10am
#84597 Oct 31-Nov 21 Sa 10:00-10:30am

Optimist Pool

#84724 Sep 29-Oct 22 T,Th 5:50-6:20pm
#84725 Oct 27-Nov 19 T,Th 5:50-6:20pm

Pullen Aquatic Center

#84776 Sep 29-Oct 22 T,Th 5:45-6:15pm
#84777 Oct 27-Nov 19 T,Th 5:45-6:15pm

Youth

Swim Lesson – Level 1 Intro Water Skills

Age: 6-13yrs. Participants learn elementary aquatic skills. Helps participants feel comfortable in the water and to enjoy the water. Learn underwater exploration while opening eyes, blowing bubbles and floating with assistance. Participants start developing good attitudes and safe practices around the water. Class Fee: Weekdays \$50 res, \$60 non-res; Saturdays \$31 res, \$41 non-res

Millbrook Pool

#84598 Sep 28-Oct 21 M,W 6:10-6:40pm
#84599 Oct 3-24 Sa 10:00-10:30am
#84600 Oct 26-Nov 18 M,W 6:10-6:40pm
#84601 Oct 31-Nov 21 Sa 10:00-10:30am

Optimist Pool

#84726 Sep 29-Oct 22 T,Th 4:30-5:00pm
#84727 Oct 3-24 Sa 10:10-10:40am
#84728 Oct 27-Nov 19 T,Th 4:30-5:00pm

Pullen Aquatic Center

#84778 Sep 29-Oct 22 T,Th 5:45-6:15pm
#84779 Sep 29-Oct 22 T,Th 6:25-6:55pm
#84780 Oct 27-Nov 19 T,Th 5:45-6:15pm
#84781 Oct 27-Nov 19 T,Th 6:25-6:55pm

Swim Lesson –

Level 2 Fundamental Skills

Age: 6-13yrs. Must have completed exit skills in Level 1. At this level, participants are going under the water completely while blowing bubbles out of their nose and mouth. Participants learn to float without support and how to recover to a vertical position. This level marks the beginning of true locomotive skills while building on the skills learned in Level 1. Class Fee:

Weekdays \$50 res, \$60 non-res
Saturdays \$31 res, \$41 non-res

Millbrook Pool

#84602 Sep 28-Oct 21 M,W 6:50-7:20pm
#84603 Sep 28-Oct 21 M,W 7:30-8:00pm
#84604 Oct 3-24 Sa 11:00-11:30am
#84605 Oct 26-Nov 18 M,W 6:50-7:20pm
#84606 Oct 26-Nov 18 M,W 7:30-8:00pm
#84607 Oct 31-Nov 21 Sa 11:00-11:30am

Optimist Pool

#84729 Sep 29-Oct 22 T,Th 5:10-5:40pm
#84730 Oct 3-24 Sa 9:30-10:00am
#84731 Oct 27-Nov 19 T,Th 5:10-5:40pm

Pullen Aquatic Center

#84782 Sep 29-Oct 22 T,Th 5:45-6:15pm
#84783 Sep 29-Oct 22 T,Th 6:25-6:55pm
#84784 Sep 29-Oct 22 T,Th 7:05-7:35pm
#84785 Oct 27-Nov 19 T,Th 5:45-6:15pm
#84786 Oct 27-Nov 19 T,Th 6:25-6:55pm
#84787 Oct 27-Nov 19 T,Th 7:05-7:35pm

Swim Lesson –

Level 3 Stroke Development

Age: 6-13yrs. Must have completed exit skills in Level 2. While building on skills learned in Level 2, participants learn to effectively coordinate combined simultaneous and alternating arm and leg actions. This level lets participants master being able to perform skills without assistance. Learn survival float, elementary backstroke and coordination of the front crawl. Learn also dolphin and scissor kicks. Class Fee: Weekdays \$50 res, \$60 non-res; Saturdays \$31 res, \$41 non-res

Millbrook Pool

#84608 Sep 28-Oct 21 M,W 6:50-7:20pm
#84609 Sep 28-Oct 21 M,W 7:30-8:00pm
#84610 Oct 3-24 Sa 11:00-11:30am
#84611 Oct 26-Nov 18 M,W 6:50-7:20pm
#84612 Oct 26-Nov 18 M,W 7:30-8:00pm
#84613 Oct 31-Nov 21 Sa 11:00-11:30am

Optimist Pool

#84732 Sep 29-Oct 22 T,Th 5:50-6:20pm
#84733 Oct 3-24 Sa 10:50-11:20am
#84734 Oct 27-Nov 19 T,Th 5:50-6:20pm

Pullen Aquatic Center

#84788 Sep 29-Oct 22 T,Th 6:25-6:55pm
#84789 Sep 29-Oct 22 T,Th 7:05-7:35pm
#84790 Oct 27-Nov 19 T,Th 6:25-6:55pm
#84791 Oct 27-Nov 19 T,Th 7:05-7:35pm

Swim Lesson –

Level 4 Stroke Improvement

Age: 6-13yrs. Must have completed exit skills in Level 3. Back crawl and breaststroke are introduced in this level. Endurance is also a key factor for this level. Participants continue to build upon the scissor kick and dolphin kick by adding the arms for sidestroke and butterfly. Class Fee: Weekdays \$50 res, \$60 non-res; Saturdays \$31 res, \$41 non-res

Millbrook Pool

#84614 Sep 28-Oct 21 M,W 6:50-7:20pm
#84615 Oct 3-24 Sa 11:00-11:30am
#84616 Oct 26-Nov 18 M,W 6:50-7:20pm
#84617 Oct 31-Nov 21 Sa 11:00-11:30am

Optimist Pool

#84735 Sep 29-Oct 22 T,Th 5:50-6:20pm
#84736 Oct 3-24 Sa 10:50-11:20am
#84737 Oct 27-Nov 19 T,Th 5:50-6:20pm

Pullen Aquatic Center

#84792 Sep 29-Oct 22 T,Th 7:05-7:35pm
#84793 Oct 27-Nov 19 T,Th 7:05-7:35pm

Swim Lesson –

Level 5 Stroke Refinement

Age: 6-13yrs. Must have completed exit skills in Level 4. In this level, participants coordinate and refine all strokes. Flip turns on both front and back are introduced at this level. Endurance and distance are important in this level. Class Fee: Weekdays \$50 res, \$60 non-res; Saturdays \$31 res, \$41 non-res

Millbrook Pool

#84618 Sep 28-Oct 21 M,W 6:50-7:20pm
#84619 Oct 26-Nov 18 M,W 6:50-7:20pm

Optimist Pool

#84738 Oct 3-24 Sa 10:50-11:20am

Pullen Aquatic Center

#84794 Sep 29-Oct 22 T,Th 7:05-7:35pm
#84795 Oct 27-Nov 19 T,Th 7:05-7:35pm

Swim Team –

Intra-City Swim Association

Age: 3-18yrs. Program goal is to provide an opportunity to experience competitive swimming in a fun, enjoyable, and relaxed environment. Class Fee: \$60 res, \$70 non-res

Millbrook Pool

For 3-10 yrs
#84624 Oct 6-Dec 3 T,Th 6:00-6:45pm
For 11-18 yrs
#84625 Oct 6-Dec 3 T,Th 7:00-7:45pm

Optimist Pool

For 3-10 yrs
#84741 Oct 5-Dec 2 M,W 6:00-6:45pm
For 11-18 yrs
#84742 Oct 5-Dec 2 M,W 7:00-7:45pm

Pullen Aquatic Center

For 3-10 yrs
#84801 Oct 5-Dec 2 M,W 5:30-6:15pm
For 11-18 yrs
#84802 Oct 5-Dec 2 M,W 6:30-7:15pm

Adult

Adult Beginner Swim Class

Age: 14yrs and up. The class requires no previous water experience and is geared toward dealing with beginning development of strokes including self help and survival skills. Class Fee: Weekdays \$53 res, \$63 non-res

Millbrook Pool

#84620 Sep 28-Oct 21 M,W 7:30-8:00pm
#84621 Oct 26-Nov 18 M,W 7:30-8:00pm

Optimist Pool

#84704 Sep 29-Oct 22 T,Th 6:30-7:00pm
#84705 Oct 27-Nov 19 T,Th 6:30-7:00pm

Pullen Aquatic Center

#84796 Sep 29-Oct 22 T,Th 7:05-7:35pm
#84797 Oct 27-Nov 19 T,Th 7:05-7:35pm

Adult Intermediate Swim Class

Age: 14yrs and up. This class requires that students know how to swim but are in need of improvement. We will introduce and refine survival skills, freestyle, backstroke and breaststroke. Class Fee: Weekdays \$53 res, \$63 non-res

Millbrook Pool

#84622 Sep 28-Oct 21 M,W 7:30-8:00pm
#84623 Oct 26-Nov 18 M,W 7:30-8:00pm

Optimist Pool

#84706 Sep 29-Oct 22 T,Th 6:30-7:00pm
#84707 Oct 27-Nov 19 T,Th 6:30-7:00pm

Pullen Aquatic Center

#84798 Sep 29-Oct 22 T,Th 7:05-7:35pm
#84799 Oct 27-Nov 19 T,Th 7:05-7:35pm

Lifeguarding – American Red Cross

Age: 15yrs and up. This American Red Cross course trains participants in the basic skills needed to lifeguard at traditional pools. This course includes First Aid and CPR/AED for the Professional Rescuer. Class Fee: \$180 res, \$190 non-res

Optimist Pool

#84739 Oct 26-Nov 18 M,W 4:00-8:00pm

Pullen Aquatic Center

#84800 Oct 26-Nov 18 M,W 5:00-9:00pm