

A stylized logo of a pelican, rendered in a light blue color with a white outline. The pelican is shown in profile, facing right, with its wings spread and its head tilted upwards. The logo is positioned behind the main title text.

**AQUATICS HANDBOOK**  
**2012**

**PELICAN**  
ATHLETIC CLUB

## WELCOME!

This handbook will help familiarize you with the Aquatics Program Pelican Athletic Club. As you look through this manual, you will be introduced to our philosophy and policies, and you will find basic information concerning your day to day participation in our programs. For additional information and questions, please contact our Aquatics Director, Charlotte Hoolihan.

## AQUATICS COACHES

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## ASPIRATIONS

*What makes you move?* PAC programming has been categorized based on 6 key aspirations:

**BALANCE – MOVE – SHAPE – POWER – SPORT – FUN**

These aspirations enable PAC to better serve our members & guests by providing the most cutting- edge, complete and well-rounded programming on the Northshore.

- B** BALANCE: Physical activity is a way to relax and recover from daily stress.
- M** MOVE: Challenges and physical presence enhances health and quality of life
- S** SHAPE: Maintaining body weight and toning muscle
- P** POWER: Physical activity is a key ingredient of success
- S** SPORT: Getting the most out of workouts to improve sports performance
- F** FUN: Enjoying social interaction and exercising with others

## THE FACILITY

PAC has the cleanest, clearest, best kept pools on the Northshore. We have two (2) Junior Olympic sized swimming pools, an 8-lane and a 6-lane pool, (25 yards, each) for recreational and lap swimming, respectively. We also have a baby pool for toddlers under the age of five (5).

PAC's pools are aerated in the summer and heated in the winter. Complete locker room and changing facilities are conveniently located directly adjacent to the pool area.

PAC's pools close **30 minutes** before the club closes in order for our lifeguards and maintenance personnel to prepare for the following day.

## LIFEGUARD PROGRAM

PAC boasts the best lifeguard training and certification program around. The safety of our members and guests is paramount to our management team.

### Seasonal Lifeguard Coverage:

#### SPRING HOURS (March 31 – April 9)

- Sunday–Sunday & Monday @ 9:00 am–6:30 pm  
*\*Lifeguard Coverage for Spring Break Week; specific dates and times are announced before Easter;*

#### PRE-SUMMER HOURS (April 13 – May 20)

- Friday @ 4:00 pm–8:30 pm
- Saturdays @ 9:00 am–6:30 pm
- Sundays @ 9:00 am–5:30 pm  
*\*Lifeguard Coverage will be on weekends only beginning after Easter through the end of school.*

#### SUMMER COVERAGE (May 23 – August 5)

- Wednesday (May 23) @ 12:00 pm–6:30 pm
- Monday–Thursdays @ 8:00 am–9:30 pm
- Fridays @ 8:00 am–8:30 pm (9:30 pm after Memorial Day)
- Saturdays @ 9:00 am–6:30 pm
- Sundays @ 9:00 am–5:30 pm (6:30 pm after Memorial Day)  
*\*Full time coverage begins when school gets out; calendar published by St. Tammany Parish Public School Board*

#### POST-SUMMER HOURS (August 10 – TBD)

- Friday @ 4:00 pm–8:30 pm
- Saturdays @ 9:00 am–6:30 pm
- Sundays @ 9:00 am–5:30 pm  
*\*When school resumes in the fall, we continue to have Lifeguard coverage on weekends only through Labor Day.  
\*\*Weather permitting, we will maintain Lifeguard Coverage for a few weekends into September.*

### **SWIM AT YOUR OWN RISK WHEN THERE ARE NO LIFEGUARDS ON DUTY,**

*During inclement weather the pools may be closed for safety reasons.*

### American Red Cross Lifeguard Class

Lifeguard Certification classes are offered at Pelican Athletic Club in the spring. Certification is good for two (2) years. Participants must be at least 15 years of age. It is a great opportunity for a summer job at PAC! Please check our website for class dates and updated information.

## Safety Requirements (6-lane pool):

- NO LIFEGUARD COVERAGE → SWIM AT YOUR OWN RISK
- During peak pool usage hours, members & guests are encouraged to share lanes and circle swim.
- The 6-lane pool is specifically designed for lap swimming and water walking only\* .  
\*Please direct all recreational swimming to our 8-lane pool.
- Members & Guests must be *at least* 14 years of age to use the 6-lane pool.
- Use of dive blocks is prohibited.  
\*Dive blocks may be used while training under the direction of a PAC Swim Coach.

## Safety Requirements (8-lane pool):

- NO LIFEGUARD COVERAGE → SWIM AT YOUR OWN RISK
- The 8-lane pool closes for an “Adult Swim” on the hour, every hour, for 10 minutes.
  - \* Members & Guests who are *at least* 14 years of age may stay in the pool during this break.
  - \*\* Adult Swim is taken for safety reasons and allows the lifeguards to straighten the deck, use the facilities, drink water and re-apply sunscreen.
  - \*\*\* Only children under the age of five (5) are allowed in the baby pool during Adult Swim.
- Children under the age of 10 **must** be supervised by a Parent/Guardian **at all times**
- Children under the age of 14 **must** be supervised by a Parent/Guardian while there is **no lifeguard on duty**
- Proper swimming attire required **at all times**
- Swimmers with “floaties” **must** be accompanied by a Parent/Guardian and be kept within arm’s length **at all times**
- NO large rafts or floatation devices allowed
- NO hard balls or large water guns allowed
- NO personal radios or speakers allowed on deck
- NO glass of any kind allowed on deck
- NO diving allowed.  
\*Dive blocks may only be used while training under the direction of a PAC Swim Coach.

# SWIM LESSONS

Learning to swim is an important part of safety for children. The PAC Swim Lesson Program is our beginners program that will provide your child with swimming skills and a safe start for a lifetime of healthy water activity.

Our highly trained instructors are gentle, responsible, and understand the unique aspects of teaching children how to swim. Each coach and instructor has demonstrated a true commitment to the success of your swimmer.

We give special attention to proper breathing, body position, and proper stroke technique. Proficiency leads to achievement and a healthy sense of self-esteem.

## Private Swim Lessons

1:1 Student Teacher Ratio

- WHO: All ages and all swimming levels are welcome; beginner, intermediate and advanced.
- WHAT: Four (4) 30 minute sessions
- WHEN: Private lessons are available year round, weather permitting
- COST: \$155 (Members); \$195 (Nonmembers)

## Semi-Private Swim Lessons

2:1 Student Teacher Ratio

- WHO: All ages and all swimming levels are welcome; beginner, intermediate and advanced.
- WHAT: Two (2) individuals sharing\* four (4) 30 minute sessions  
\*Both individuals must be provided at sign-up
- WHEN: Semi-Private lessons are available year round, weather permitting
- COST: \$240 (Members); \$280 (Nonmembers)

## Group Swim Lessons

This group dynamic gives children a small break between working with the instructors and helps them excel in an atmosphere where they can watch and copy others.

SPRING SESSION: (April – May)

- WHO: 3 years and older
- WHEN: Four (4) 40 minute class sessions; held on Saturdays
- COST: \$110 (Members) ; \$150 (Nonmembers)

SUMMER SESSION: (May – August)

- WHO: 3 years and older
- WHEN: Eight (8) 40 minute class sessions; two (2) weeks in length; held Mondays-Thursdays, Fridays reserved as rain make-up days
- COST: \$140 (Members); \$170 (Nonmembers)

FALL SESSION: (September – October)

- WHO: 3 years and older
- WHEN: Four (4) 40 minute class sessions; Saturdays
- COST: \$110 (Members) ; \$150 (Nonmembers)

## Competitive Swim Lessons

This class is designed as a jump to the next level after swim lessons. We want to provide a special program for those children who are not quite ready for swim team and are too advanced for swim lessons.

Our instructors will work with your child to promote strong swimming skills, efficient stroke technique, and introduce them to swim team starts and finishes.

SUMMER SESSION: (June – July)

- WHO: Ages will vary; Swimmers must have advanced beyond beginner swim lesson program and be ready for low-level competition swimming.
- WHAT: Eight (8) 40 minute class sessions; two (2) weeks in length
- WHEN: Mondays-Thursdays @ 10.15 am; Fridays reserved as rain make-up days
- COST: \$130 (Members); \$160 (Nonmembers)

## Mommie & Me Swim Lessons

Participants must be accompanied by a parent or guardian in the water, providing interactive instruction for the parent to continue to reinforce after the class. This will help your child adapt to the water experience.

SUMMER SESSION: (TBD)

- WHO: Ages 6 months to 2 years.
- WHAT: Four (4) 30 minute sessions
- COST: \$135 (Members); \$175 (Nonmembers)

## GroupEx AQUA CLASSES

PAC offers complimentary and fee-based aquatics programs for our members & guests to enjoy!

### Aquacise

This program is designed for members of all levels, abilities, and interest. Our instructors work on cardio and strength with minimal impact on the joints. Aquacise is *complimentary* for PAC Members!

#### January – February

- Morning Classes: Monday/Wednesday/Friday @ 8:30 am–9:30 am
- Evening Classes: Monday/Wednesday @ 6:15 pm–7:15 pm
- Weekend Classes: Saturday Morning @ 9:00 am–10:00 am

#### March – Mid-May

- Morning Classes: Monday – Friday @ 8:30 am– 9:30 am
- Evening Classes: Monday – Thursday @ 6:15 pm–7:15 pm
- Weekend Classes: Saturday Morning @ 9:00 am–10:00 am

#### Mid-May – Mid-August

- Morning Classes: Monday through Friday @ 8:00 am–9:00 am
- Evening Classes: Monday-Thursday @ 6:15 pm–7:15 pm
- Weekend Classes: Saturday Morning @ 9:00 am–10:00 am

#### Mid-August – November

- Morning Classes: Monday – Friday @ 8:30 am– 9:30 am
- Evening Classes: Monday – Thursday @ 6:15 pm–7:15 pm
- Weekend Classes: Saturday Morning @ 9:00 am–10:00 am

#### November – December

- Morning Classes: Monday/Wednesday/Friday @ 8:30 am– 9:30 am
- Evening Classes: Monday/Wednesday/Thursday @ 6:15 pm–7:15 pm
- Weekend Classes: Saturday Morning @ 9:00 am–10:00 am

## Deep Water Running (DWR)

This is an innovative and challenging cross-training class that combines tethered sprinting, interval training, and explosive plyometric drills all done while minimizing injury risk. DWR is *complimentary* for PAC Members.

### Mid-August – Mid-May

- Morning Classes: Monday/Wednesday/Friday @ 7:15 am–8:15 am
- Weekend Classes: Saturday (*Deep Water Express*) @ 10:00 am–10:30 am

### Mid-May – Mid-August

- Morning Classes: Monday/Wednesday/Friday @ 6:50 am–7:50 am

## Deep Water Boot Camp (DWBC)

This class kicks DWR up a notch by providing similar challenging cross-training class that combines tethered sprinting, interval training, and explosive plyometric drills all done while minimizing injury risk.

DWBC is a *fee-based* program. Call PAC Concierge (985.626.3706) or visit our web site ([www.thepac.com](http://www.thepac.com)) for up-to-date pricing information.

### June

- Morning Classes: Tuesday/Thursday @ 6:50 am–7:50 am

## Masters Swimming

This 3 month program\* is designed for swimmers of all levels, abilities, and interest. We train beginner swimmers, competitive masters swimmers, tri-athletes and advanced fitness swimmers.

Workouts consist of stroke technique, conditioning, pacing and efficient training in endurance and speed concepts.

### Quarterly Programs:

- |                               |                                |
|-------------------------------|--------------------------------|
| Q1: December-January-February | Q3: June-July-August           |
| Q2: March-April-May           | Q4: September-October-November |

### Class Times:

- Morning Classes: Monday and Thursday @ 9:00–10:00 am (Coach Cary)
- Morning Classes: Tuesday and Friday @ 5:45 am–6:45 am (Coach Charlie)
- Evening Classes: Tuesday and Thursday @ TBD by season (Coach Charlie)
- Weekend Classes: Saturdays @ 7:30 am–8:25 am (Coach Charlie)

\*Summer times are subject to change.

### Fee-based:

- COST: \$65 (Masters 30); \$110 (Members); \$190 (Nonmembers)

\*Prorated fees available.



## SWIM TEAM S F S

Pelican Athletic Club's swim team seeks to provide our swimmers with the best coaching staff possible. Our goal is to provide quality instruction so that each athlete receives the individual attention needed to reach his/her full potential. Our coaches seek to instill a sense of sportsmanship, integrity, team pride, self-discipline and an appreciation for competition.

All PAC coaches are USASF certified in CPR, Standard First Aid and Coaches Safety Training administered by the American Red Cross.

### Vision Statement

The Vision of the PAC swim team is to develop and improve our swimmers technique and competitive ability. We stress achieving high competitive goals along with having fun. PAC has produced state and regional champions, as well as sectional qualifiers with this approach. We will also promote teamwork, team spirit, and team unity among all team members. We strive to always deliver a positive and enjoyable athletic experience every day.

### Year-Round Swim Team

Year-Round swimming is ideal for any age swimmer to take his/her swimming to the next level. This team offers more intense training and stroke development, while at the same time allowing flexibility for multi-sporters, averaging as few as 3 practices per week.

- WHO: Must be at least 6 years of age; all skill levels
- WHEN: Practices: Monday–Friday afternoons; Saturday mornings  
Swim Meets: TBD
- MONTHLY COST: (Members)
 

First Child:	\$85	(with dry-lands)	\$105
Second Child:	\$75	(with dry-lands)	\$90
Third+ Child(ren):	\$65	(with dry-lands)	\$75
- MONTHLY COST: (Nonmembers)
 

First Child:	\$165	(with dry-lands)	\$185
Second Child:	\$155	(with dry-lands)	\$165
Third+ Child(ren):	\$145	(with dry-lands)	\$155
- USAS COST: \$60.00 *per swimmer*

## Seasonal Swim Team

This is a 9-week developmental program ideal for entry level swimmers and is designed to introduce swimmers into the competitive scene. We focus on stroke technique, endurance and positive self-image through a non-stress, supportive team environment.

### SPRING SESSION: (Mid-February – April)

- WHO : Swimmers must be able to safely swim ½ the length of the pool
- WHEN: Practices: Tuesday–Wednesday–Thursday @ 5:15 pm–6:30 pm  
Swim Meets: 2–3 meets per season @ TBD
- COST: (Members)
  - First Child: \$210
  - Second Child: \$175
  - Each Additional Child: \$150
- COST: (Nonmembers)
  - Per Child: \$270

### FALL SESSION: (Mid-September – Mid-November)

- WHO : Swimmers must be able to safely swim ½ the length of the pool
- WHEN: Practices: Tuesday–Wednesday–Thursday @ 5:15 pm–6:30 pm  
Swim Meets: 2–3 meets per season @ TBD
- COST: (Members)
  - First Child: \$210
  - Second Child: \$175
  - Each Additional Child: \$150
- COST: (Nonmembers)
  - Per Child: \$270

## Summer Swim League

This 11-week fun program is a recreational summer swim team that participates in the Scenic River Swim Association. Our summer program is designed for diverse ability and motivational levels to give each individual a unique swimming experience. This program offers superior stroke instruction, with a focus on improvement and having fun.

- WHO : Ages 4–18 ; Swimmers must be able to safely swim the length of the pool  
\*TRYOUTS are held in April
- WHEN: Stroke Clinic: \*Swimmers must sign up for Stroke Clinic at time of registration.  
May 14–May 25 Monday/Wednesday/Friday @ 5:30 pm; 6:00 pm; 6:30 pm  
  
Practices: \*Swimmers can choose to come to the morning or evening practices – not both.  
May 29–July 8 Monday–Friday  
Morning: Manatees (7 & Under) @ 8:00 am–8:45 am  
Dolphins (8, 9 & 10 years old) @ 8:45 am–9:30 am  
Marlins (11 & Over) @ 9:30 am–10:15 am  
Evening: Monday–Wednesday @ 5:15 pm–6:00 pm  
  
Swim Meets: TBD
- COST: (Members)
  - First Child: \$220
  - Second Child: \$195
  - Each Additional Child: \$170
- COST: (Nonmembers)
  - Per Child: \$400

Web Links: Swim Team Home Site: [www.thepac.com/swimteam](http://www.thepac.com/swimteam) • Year Round Team: [www.louisianaswimming.org](http://www.louisianaswimming.org)