

# City of Gulf Shores

## Parks & Recreation Department



310 West 19th Avenue

(251) 968-4420

[www.cityofgulfshores.org](http://www.cityofgulfshores.org)



Children 12 years & under \$2.00,

Adults \$3.00,

Seniors 55 & up \$2.00

### General Swimming

M-W-F	6 - 9 am 1-9 pm
T-Th	7 - 9 am 1-9 pm
Saturday	8 am - 6 pm
Sunday	1 pm - 6 pm

### Lap Swimming

M-W-F	6-9 am 10:30-9 pm
T-Th	7-9 am 10:30-9 pm
M-F only 1 lane	9-10:30 am
Saturday	8 am - 6 pm
Sunday	1 pm - 6 pm



### Water Aerobic Classes

Arthritis Water Class	Mon -Fri.	8 - 9 am
Shallow Aerobics Class	Mon.-Fri.	8 - 9 am
Deep Water Class	M - W - F	12 - 1 pm
P.M. Water Class	M - W - Th	5:30 - 6:30 pm



\$5.00 per Class

\$30.00 per month

Full & Pool Members - free

### Swim Team Practices

#### GSST(Gulf Shores Swim Team)

Monday-Friday

Advanced 7:30-9:00 am

Suggested 5 practices a week

Age Group 9:00-10:30

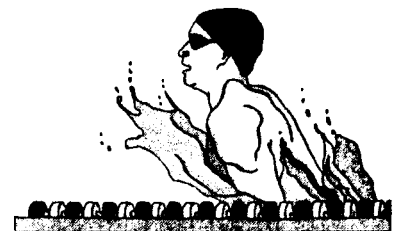
Suggested 3-4 practices a week

Mon. Tues. & Thurs. Only

Beginning & Intermediate 9:00-10:30 am

\*During swim team practices, no general swimming, diving board area is closed, and one lane is available for lap swimming\*

Spring schedule March 31, 2008- May 23, 2008 Revised 3-31-08



### Master Swim Team

Mon - Wed - Fri 6 a.m. - 7 a.m.