

# Pool Schedule

June 1 – August 11

## ADULT LAP SWIM

*One lap lane is always available.*

Monday	5:00 am – 8:45 pm
Tuesday	5:00 am – 8:45 pm
Wednesday	5:00 am – 8:45 pm
Thursday	5:00 am – 8:45 pm
Friday	5:00 am – 5:45 pm
Saturday	8:00 am – 5:45 pm
Sunday	1:00 pm – 5:45 pm

## OPEN FAMILY SWIM

Monday-Thursday	10:00 am – 8:45 pm
Friday	10:00 am – 5:45 pm
Saturday	8:00 am – 5:45 pm
Sunday	1:00 pm – 5:45 pm

### Aquatics Office

Aquatics Manager – Laney Beard  
205.444.7751

[laney.beard@hooveralabama.gov](mailto:laney.beard@hooveralabama.gov)

Assistant Manager – Mitch O'Brien  
205.739.6723

[mitch.o'brien@hooveralabama.gov](mailto:mitch.o'brien@hooveralabama.gov)



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# Parks and Recreation Hoover

SUMMER 2023



# Aquatics

600 Municipal Drive  
Hoover, AL 35216  
Front Desk: 205.444.7703  
Aquatics: 205.444.7751

[hooveralabama.gov/parksandrecreation](https://hooveralabama.gov/parksandrecreation)

## Group Swim Lessons

The Hoover Rec Center is currently offering group swim lessons for Preschool I and Preschool II. Classes will be held on Tuesdays and Thursdays, 10-10:30am and 10:30-11am. Call (205) 444-7751 or (205) 739-6723 for more info.

### Class Fees

\$40 per session.

Please register online @ RecDesk:

[hoover.recdesk.com](http://hoover.recdesk.com)

(under "programs")

Pre-school 1 is for beginners; children will learn basic water skills such as gliding, blowing bubbles, beginning arm and leg actions on their front and back and how to roll on their front and back. Children will also learn basic safety tips; for example, staying safe around aquatic environments, recognizing lifeguards and how to call for help. Pre-school 2 will increase proficiency in performing previously learned skills, improving coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions.

## Private Swim Lessons

Private swim lessons are offered on a contract basis at the Hoover Recreation Center by qualified Water Safety Instructors. Lessons are available for all ages and skill levels. Membership or program pass required.

Please contact swim instructors:

Cal Elder @ (205) 541-4737

or

Lisa Stone @ (423) 312-4402

(Note: Fees may differ between each individual instructor)

## Aqua Aerobics Adult and Senior Water Fitness

**Monday – Friday 8:30 – 9:30 am**

The indoor pool water temp is 85°. Free with Full Membership.

## Magic City Diving

### 1M and 3M Springboard Diving

Dive Team practices year round at the Hoover Recreation Center. Dive Team is available to Residents and non-residents with a current membership or program pass.

**Ages:** All Ages **Head Coach:** *Charlie Dunham*

For more information, contact Magic City Diving at [magiccitydiving@gmail.com](mailto:magiccitydiving@gmail.com) or 205.936.3168. You can also visit the website at [www.magiccitydiving.com](http://www.magiccitydiving.com)

## Therapeutics Swim Team

The Hoover Therapeutics Swim Team is specifically designed for individuals with disabilities who have the ability to swim one length of the pool and are interested in improving technique and endurance.

**Practices: Monday & Wednesday 3:30pm-5:00pm**

For more information contact:

*Jayla Maye*

205.444.7752/[jayla.maye@hooveralabama.gov](mailto:jayla.maye@hooveralabama.gov)

*Madison Childers*

205.739.7123/[Madison.childers@hooveralabama.gov](mailto:Madison.childers@hooveralabama.gov)



# Aquatics Programs schedule Summer 2023

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM							
6:00 AM							
7:00 AM			Navy (2 lanes) 7-9am	Navy (2 lanes) 7-9am	Navy (2 lanes) 7-9am	Navy (2 lanes) 7-9am	
8:00 AM			Navy (2 lanes) 7-9am	Navy (2 lanes) 7-9am	Navy (2 lanes) 7-9am	Navy (2 lanes) 7-9am	
8:30 AM		Aqua aerobics (4 lanes) 8:30-	Aqua aerobics (4 lanes) 8:30-	Aqua aerobics (4 lanes) 8:30-	Aqua aerobics (4 lanes) 8:30-	Aqua aerobics (4 lanes) 8:30-	
9:00 AM		Aqua aerobics (4 lanes) 9:30am	Aqua aerobics (4 lanes) 9:30am	Aqua aerobics (4 lanes) 9:30am	Aqua aerobics (4 lanes) 9:30am	Aqua aerobics (4 lanes) 9:30am	
10:00 AM							
10:30 AM							
11:00 AM		Dive team (4 lanes) 11am -		Dive team (4 lanes) 11am -		Dive team (4 lanes) 11am -	
11:30 AM		Dive team (4 lanes) 1:00pm		Dive team (4 lanes) 1:00pm		Dive team (4 lanes) 1:00pm	
12:00 PM		Dive team (4 lanes)		Dive team (4 lanes)		Dive team (4 lanes)	
1:00 PM							
2:00 PM							
3:00 PM		Therapeutics (3 lanes) 3:30 -		Therapeutics (3 lanes) 3:30 -			
4:00 PM		Therapeutics (3 lanes) 5pm		Therapeutics (3 lanes) 5pm			
4:30 PM		Therapeutics (3 lanes)		Therapeutics (3 lanes)			
5:00 PM				Therapeutics (3 lanes)			
5:30 PM		Master swimming (2 lanes) 5:30-6:30pm		Dive team (4 lanes) 5:00 -			
6:00 PM		Master swimming (2 lanes)		Dive team (4 lanes) 7:30pm			
7:00 PM		Dive team (4 lanes) 7:00 -	Dive team (4 lanes) 7:00 -	Dive team (4 lanes)	Dive team (4 lanes) 7:00 -		
8:00 PM		Dive team (4 lanes) 8:30pm	Dive team (4 lanes) 8:30pm		Dive team (4 lanes) 8:30pm		
8:45 PM		Dive team (4 lanes)	Dive team (4 lanes)		Dive team (4 lanes)		