

Facts

- The facility can accommodate a swim load of up to 243 persons. Another 200 non-swimming can be on the pool deck.
- The facility has a zero depth entry pool with the deepest area at 5 feet.
- The pool holds over 185,000 gallons of water.
- The facility has a party/meeting room that can be rented by the hour. Please call (772) 770-5312 for rates.
- Two enclosed slides that twist and turn.
- **The Gifford Aquatic Center is a substance free facility. No smoking or alcoholic beverages are permitted.**

Admission Fees

Daily:		1 Month Pass:
0-2 yrs.	FREE	Single person
3 yrs.-17 yrs. (Mon.-Fri.)	\$1.50 plus tax	\$15 plus tax
Adults	\$3.00 plus tax	3 Month Pass:
62 yrs. +	\$1.50 plus tax	Single person
Weekends \$3.00 + tax for everyone		\$30 plus tax

Hours of Operation

GAC Spring and Summer Facility Hours

March-August 2010	
Monday closed	
Tues. & Thurs..... 1:00-5:00 p.m.	May - August
Wed. & Fri.... 8:00 a.m.-11:00 a.m.	Mon. - Fri.. 9:00 a.m.-6:00 p.m.
Saturday 10:00 a.m.-5:00 p.m.	Saturday ... 9:00 a.m.-5:00 p.m.
Sunday 12 noon-5:00 p.m.	Sunday 12 noon-5:00 p.m.



COME PARTY WITH US

Everyone loves a party! Why not choose the Gifford Aquatic Center for your next party or family reunion? Select a combination of rentals from meeting rooms to pool. To schedule your party, contact the Gifford Aquatic Center at (772) 770-5312.

Party Meeting Room: Hourly -

- \$ **35.00** fee includes up to 10 patrons.
- \$ **70.00** 2 hour rental fee includes up to 20 patrons.
- \$ **105.00** 3 hour rental fee includes up to 50 patrons.

Facility Rental: Please call for more information.

- Non-Profit organizations must provide a Florida C and tax exempt form
- There will be a \$150.00 deposit on all facility rentals
- All parties must be booked at least 2 weeks in advance with a signed contract and \$50 deposit



See Page 14 for information on SPECIAL "K" AEROBICS and Page 12 for information on SELF DEFENSE both held at the Gifford Aquatic Center.

Water Aerobics

A new water aerobics class is being offered at the Gifford Aquatic Center. The cost of the class is \$4.00 or you can buy a pass for \$28.00 for eight classes which gives you one free class. Water Aerobics is a fun exercise class in the pool. The class is designed to strengthen and firm muscles, improve cardio-respiratory function, and increase flexibility. Benefits include better balance and coordination, greater agility, and more energy. Exercising in the water results in less strain on the bones and joints. So, come out and enjoy the fun!

For additional information and the summer schedule, please call the Gifford Aquatic Center at (772) 770-5312.

Complete Fitness

This seven week program includes: weight lifting, water walking, chair aerobics, underwater treadmills and more. This workout stimulates cardiovascular circulation and helps to strengthen muscles.

- **When:** April 6 - May 20, 2010
- **Dates:** Tuesdays & Thursdays, 4:30 - 5:30 p.m.
- **Cost:** \$7.00 per week
- For more information, contact Larry Staley at (772) 770-5312.

Dolphins Recreation Swim Team

The summer recreation swim team is a great way for children to be introduced to the sport of swimming in a low key competitive setting. We work on stroke improvement, team building and fun in the sun!

We will offer a swim clinic before the first day of registration to determine if your child can swim 25 yards unassisted and be eligible to register for the swim team.

Swim Clinic - May 15, 2010

6 & under.....	9:00-9:30 a.m.	11-12	10:30-11:00 a.m.
7 - 8	9:30-10:00 a.m.	13-14	11:00-11:30 a.m.
9-10	10:00-10:30 a.m.	15-18	11:00-11:30 a.m.

- Please bring swim goggles, towel, water bottle and swim suit to the clinics.
- The summer practice schedule is Mon., Wed., and Fri. from 7:30-9:00 a.m.
- This program is 8 weeks and will run from June 14th through August 7th.
- Registration begins Saturday, May 22, 2010, at the Gifford Aquatic Center.
- Registration is limited to 25 swimmers.
- Cost: \$45.00 If you have any additional questions, please feel free to call the Gifford Aquatic Center at 772-770-5312.

Dr. Martin Luther King Parade



January 18, 2010
See page 14 for details