


Tolleson Union High School Pool

Open May 27 – July 27, 2019

9419 W. Van Buren St.
Tolleson, Arizona 85353
On the Tolleson High School Campus

POOL HOURS		FEES	
Open Swim:		Open Swim:	
Monday	11am-5:00pm, 6:00-8:00pm	Toddlers 3 & Under: FREE	
Tuesday	11am-5:00pm, 6:00-8:00pm	Children 4-17: \$1.00	
Wednesday	11am-5:00pm, 6:00-8:00pm	Adults 18 & Up: \$3.00	
Thursday	11am-5:00pm, 6:00-8:00pm	Lessons: \$25/student	
Friday	1:00-7:00pm	Available for youth & Adults	
Saturday	1:00-7:00pm	Divided into four (4) 2 week sessions	
Closed Sundays and as posted due to weather and/or swim meets.		Swim Team: \$50/athlete	
Lessons:		All sales are final. No refunds.	
Monday-Thursday		PAY ONLINE AT:	
9:00 - 11:00am & 5:00 - 6:00pm		https:// az-tolleson.intouchrecepting.com/	
See class schedule for details			

The pool will host various special events during the summer including dive-in movie nights. Registration for summer swim lessons and swim team must be done online. We no longer accept in-person registration and payments.

For information, please visit www.tuhsd.org or 623-478-4398. The pool staff can be reached via email at tollesonpool@tuhsd.org. The swim team can be reached at tidalwaves@tuhsd.org.

Swim Lessons 2019

Course Descriptions Lessons for youth and adults cost \$25.00 per person (per session)

Level 1: Swimmers will build their comfort level with the water. They will learn how to blow bubbles, hold their breath, float, and basic kicking. Students must be able to follow simple instructions (Recommended age 4+).

Level 2: Swimmers will begin learning standard strokes: freestyle and backstroke. They will learn how to change direction in the water, safely enter and exit the pool, and safely float, all while building on the skills that they learned in Level 1.

Level 3: Swimmers will begin learning advanced strokes: breaststroke and the butterfly. At the conclusion of the class, students will need to complete one complete lap of the pool using all four of the strokes they have learned.

Level 4: Swimmers will perfect their swimming in preparation for competitive team membership. They will tread water, learn survival swimming, and drill to increase stamina and skill.

Session Schedules

June 3 – June 13 (Monday – Thursday) Session 1

Level 1	Level 2	Level 3	Level 4
9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:45am
9:30 – 10:00am	9:30 – 10:00am	9:30 – 10:00am	
10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:45am
10:30 – 11:00am	10:30 – 11:00am	10:30 – 11:00am	
5:00 – 5:30 pm*	5:00 – 5:30 pm*	5:00 – 5:30 pm*	5:00 – 5:45 pm*
5:30 – 6:00 pm*	5:30 – 6:00 pm*	5:30 – 6:00 pm*	

* Thursday, June 13th lesson cancelled due to Swim Meet, but lesson will be made up on Friday, June 14th during the normal class time.

June 17 – June 27 (Monday – Thursday) Session 2

Level 1	Level 2	Level 3	Level 4
9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:45am
9:30 – 10:00am	9:30 – 10:00am	9:30 – 10:00am	
10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:45am
10:30 – 11:00am	10:30 – 11:00am	10:30 – 11:00am	
5:00 – 5:30 pm*	5:00 – 5:30 pm*	5:00 – 5:30 pm*	5:00 – 5:45 pm*
5:30 – 6:00 pm*	5:30 – 6:00 pm*	5:30 – 6:00 pm*	

* Thursday, June 27th lesson cancelled due to Swim Meet, but lesson will be made up on Friday, June 28th during the normal class time.

July 1 – July 11 (Monday – Thursday) Session 3

Level 1	Level 2	Level 3	Level 4
9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:45am
9:30 – 10:00am	9:30 – 10:00am	9:30 – 10:00am	
10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:45am
10:30 – 11:00am	10:30 – 11:00am	10:30 – 11:00am	
5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:45 pm
5:30 – 6:00 pm	5:30 – 6:00 pm	5:30 – 6:00 pm	

July 15 – July 25 (Monday – Thursday) Session 4

Level 1	Level 2	Level 3	Level 4
9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:30am	9:00 – 9:45am
9:30 – 10:00am	9:30 – 10:00am	9:30 – 10:00am	
10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:30am	10:00 – 10:45am
10:30 – 11:00am	10:30 – 11:00am	10:30 – 11:00am	
5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:30 pm	5:00 – 5:45 pm
5:30 – 6:00 pm	5:30 – 6:00 pm	5:30 – 6:00 pm	

Swim Team

The Tolleson Tidalwaves Swim Team participates in the MarWest Swim League. In order to participate in the swim team, swimmers must be able to swim the length of the pool without assistance and without stopping. Swim team practice is Monday through Thursday from 7:00am-9:00am (Except Memorial Day & Fourth of July). The swim team coaches will be helping swimmers perfect specific strokes, but will not be teaching basic swim skills (please see the swim lesson schedule above if your swimmer needs basic swim instruction).

The registration cost pays for the league registration, meet medals, and other miscellaneous costs associated with the swim team. Each swimmer must provide an appropriate swimsuit – royal blue in color (NOT navy blue). Parents/Guardians are responsible for all transportation to and from swim practices, meets and other team events. Parents/Guardians will be required to sign a league parent code of conduct and will be expected to honor that code of conduct at all league events including practices. Swim meets are scheduled Thursday evenings and Saturday mornings to compete against participating west valley recreation swim teams both at home (Tolleson) and away (at participating west valley pools).

The Tolleson Tidalwaves need volunteers to assist with both home and away swim meets. To be successful each parent/guardian volunteer is asked to volunteer for at least one meet to ensure we are able to staff the swim meets appropriately. If interested, there will be a parent meeting on Tuesday, May 28 at 8:00am at the Tolleson Pool where this is discussed in more detail. Practice will start on Tuesday, May 28 as well. Ages 10 and under will practice from 9:00am until 10:00am, and 11 and over will practice from 10:00am until 11:00am. The first swim meet is on Thursday, June 6 at the Goodyear Pool.