

# Swimming Lessons

\*With all water programs, Please notify your instructor if you have any health concerns, previous injuries or medical conditions that may be aggravated during workouts

## Beginner lessons 21 & older

**Participant ratio:** 1 instructor to 10 students

**Pool location:** Shallow water (0 to 4 feet)

### No Experience Required

**Class goal:** Instructors work with each participant to overcome apprehension and work on basic skills such as floating, swimming underwater, and basic stroke development. Lessons are designed to meet the participants personal goals.

**Skills taught:** Freestyle and back stroke, rotary breathing, streamlining, breaststroke, scissor kick, front/back float, survival floating, basic treading, etc.

<u>Days</u>	<u>Dates</u>	<u>Times</u>	<u>Cost</u>	<u>Code</u>
Tues	10/8 to 11/12	1:30pm-02:15pm	\$30	759108-00
Thurs	10/10 to 11/14	1:30pm-02:15pm	\$30	759108-01

# West Flamingo Aquatic Center Adult only Indoor Pool - 21 & up

6255 West Flamingo Rd, Las Vegas, NV, 89103  
(702 455-4192)  
DesertBreezeAquatics@ClarkCountyNV.gov



togetherforbetter

September-December  
Brochure

\*Effective 09/10/2024



# West Flamingo Aquatic Center

6255 W. Flamingo Rd, Las Vegas NV, 89103

(702) 455-4192

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## Daily Admission Fees

### Adults 18-54 Years

\$2

### Senior 55 and older

\$1

### Swim Passes **Pass#AQWF**

Passes can be Purchased from any Clark County Community Center or Aquatics Center

### 90 Day Pass

Adult (18-54 Yrs)	Senior (55 + yrs)
\$30	\$20

### 1 Year Pass

Adult (18-54 Yrs)	Senior (55 + yrs)
\$90	\$60

## Rental Information

Looking for a great place to celebrate your next birthday, family reunion or special event? How about renting the swimming pool? please contact the aquatics office at 702-455-7798 for more information and to book your rental

**Children can participate in rentals at West Flamingo Pool**

## Open Swim Hours

### Mondays Wednesday Friday

9:00 am to 12:00 pm  
& 1:00 pm to 3:00PM

### Tuesday Thursday

9:00 am to 1:30 pm  
& 2:30pm to 3:00PM

### Saturday and Sunday

Closed

## Pool Closure Dates

10/25/2024	Nevada Day
11/11/2024	Veterans Day
11/28-11/29	Thanksgiving
12/25/2024	Christmas day

## Class Registration Information

In person or Online Begins

**Session 7 Registration  
September 26th 7:00 AM**

**Session Dates:  
10/7 to 11/15**

**Mini Session Dates:  
12/2 to 12/20**

Register Online at:

[www.ClarkCountyNV.Gov/ParksRegistration](http://www.ClarkCountyNV.Gov/ParksRegistration)

Or at Any of your Nearest Clark County Recreation Facilities.

# Water Fitness

\*With all water Exercise programs, Please notify your instructor if you have any health concerns, previous injuries or medical conditions that may be aggravated during workouts

## Aqua Movements 21 & older

Aqua Movements 21 & older Drop-ins Available for \$6 per visit  
Slow moving exercises to increase range of motion and arthritic joints. This class is not a cardiovascular class, but a focus on improving range of motion throughout the body. This class will be held in deep and shallow water.

This is a 45-minute class on M, W, F. Ability to swim not required.

### \*Session 7 | No Class Oct 25th & Nov 11th

#### Days Dates Times Cost Code

M/W/F	10/7 to 11/15	08:15am-09:00am	\$48	759110-00
M/W/F	10/7 to 11/15	12:15pm-01:00pm	\$48	759110-01

### \*Mini Session |

#### Days Dates Times Cost Code

M/W/F	12/2 to 12/20	08:15am-09:00am	\$27	759110-02
M/W/F	12/2 to 12/20	12:15pm-01:00pm	\$27	759110-03

