

Prenatal/Postpartum Water Fitness

The City of Bryan's Prenatal/Postpartum Water Fitness class is fun and challenging for expecting and recent moms! You will use the resistance of the water to tone your body and stay in shape during your pregnancy or after when traditional fitness routines may not be an option. As an added bonus, the water will also help reduce swelling and you will be weightless in the water (PRICELESS!). This class runs in conjunction with Water Fit with special considerations and alterations.

Location: Bryan Aquatic Center

Schedule: March 21 - mid Fall. Tuesdays and Thursdays from 5 - 6 p.m.

Ages: 18 years and up

Fee: Single classes - Resident \$7 / Non-Resident \$9
8-pack - Resident \$51 / Non-Resident \$67

Swim Stroke Clinic

The Stroke Clinic is designed to give swimmers a chance to refine swim strokes and improve techniques before the summer season begins.

Location: Bryan Aquatic Center

Ages: 5 years and up

Fee: \$20

Schedule: Monday - Friday / April 17 - 21 / 6 - 7 p.m.

Special Aquatic Events

Learn more at: bryantx.gov/pools

EVENT	DATES	TIMES	LOCATION
Slide into Summer	May 28	1 - 7 p.m.	BAC
Sensory-Friendly Swim Days	Wednesdays June 7 - Aug. 2	Noon - 5 p.m.	Sadie Thomas
World's Largest Swim Lesson 2022	June 22	1 - 2 p.m.	BAC
First Responders, Frontline Workers, and Military	July 4	1 - 7 p.m.	BAC Sadie Thomas Henderson Harbor
Teens Only: Late Night Swim	7th & 8th Grade June 2 9th - 12th Grade June 14 HS Seniors Only Aug. 4	9 - 11 p.m.	BAC
Float into Fall (Last Splash of Summer)	Aug. 6	1 - 7 p.m.	BAC



Bryan Barracudas

The purpose of our swim team is to foster competitive youth swimming and to provide instruction in competitive swimming skills. This is accomplished in a supportive atmosphere with good sportsmanship that is conducive to proper social and physical development of our youth. We want each child to develop their physical and mental stamina while setting their own personal goals and finding out how to reach those goals.

Location: Bryan Aquatic Center

Ages: 5 years and up

Must be able to swim 25 yards unassisted

REGISTRATION FEES: - \$115 per a swimmer / Plus additional fees for selected swim meets

PRACTICE SCHEDULE

SPRING

Dates: April 24 - May 26 / Monday - Friday

Times: 5:30 - 6:30 p.m. and 6:45 - 8 p.m.

SUMMER

Dates: May 29 - June 23 / Monday - Friday

Times: 8 - 9:30 a.m. and 10 - 11:30 a.m.

(Extremely limited evening practice available, ask coach for details)

MEET THE COACHES: Monday, April 10 / 6 - 7 p.m.

NOW HIRING

FOR SUMMER STAFF

- Lifeguards
- Swim instructors
- Swim coaches
- Camp Counselors
- Recreation Assistants
- Cashiers

To apply, visit: bryantxjobs.com



CITY OF BRYAN PARKS & RECREATION AQUATICS



To learn more about pools, visit:
bryantx.gov/pools

Bryan Aquatic Center 979.209.5222

Daily Admission Fees: Child (ages 4 - 11) \$2 / Adult (ages 12+) \$3

Olympic-sized heated pool, featuring the double-flume waterslide, the only public diving board in the area, a zero-depth beach entry area perfect for families, and plenty of space for the whole family to bask in the sun! The pool is available for rent after hours and on a first-come, first-served basis.

The diving board, waterslides, and recreation swim activities are only available during the summer season. Lap swimming is available year-round at the Bryan Aquatic Center.

POOL PASSES	RESIDENT	NON-RESIDENT
25-Punch Pass	\$40	\$48
Annual Individual	\$200	\$240
Annual Family (4/family)	\$350	\$420
Each additional member	\$30	\$36
Replacement Pass	\$5	\$5

AQUATIC CENTER RENTAL FEES

2 hours for 100 or less	\$250	\$300
Each additional hour	\$125	\$150
2 hours for 101 - 200	\$300	\$360
Each additional hour	\$150	\$180
2 hours for 201 - 300	\$400	\$480
Each additional hour	\$200	\$240
2 hours for 301 - 400	\$500	\$600
Each additional hour	\$250	\$300

Spring Lap Swim / Jan. 2 - May 26

Adults
Monday - Friday: 5:30 - 7:30 a.m. / 11:30 a.m. - 1:30 p.m. / 4 - 8 p.m.
Saturday: 11 a.m. - 3 p.m. / Closed on Sundays, April 8, May 20

Summer Lap Swim / May 28 - Aug. 6

Monday - Friday: 5:30 - 7:30 a.m. / Noon - 8 p.m.
Saturday and Sunday: 11 a.m. - 7 p.m.

Summer Recreation Swim / May 28 - Aug. 6

Tuesday - Sunday 1 - 7 p.m. / Closed Mondays

Water Aerobics Hours

Open while weather permits / Monday - Friday: 11:30 AM - 12:30 PM

Senior Citizen's Day / Monday, Aug. 21

Half-priced pool passes for 55 and older. Proof of age required.

Bryan Seasonal Pools Daily Admission Fees: Child (ages 4-11) \$2 / Adult (ages 12+) \$3

HENDERSON HARBOR	SADIE THOMAS POOL	RENTAL FEES	RESIDENT	NON-RESIDENT
May 28 - Aug. 13 Monday - Sunday: 1 - 7 p.m.	May 28 - Aug. 13 Monday - Friday: Noon - 5 p.m. Saturday - Sunday: 1 - 7 p.m.	2 hours for 100 or less	\$225	\$270
		2 hours for 101 - 200	\$275	\$330
		Each additional hour	\$110	\$132
1200 Ridgedale St	129 Moss St	Pool rental request: bryantx.gov/pools		

Swim Lessons

Spring Swim Lessons

Classes Offered - Preschool Level 1 - 3 / Youth Level 1 - 3

Jump start the summer with City of Bryan's spring swim lessons! Spring lessons are perfect for families and kids who are looking to work on their swimming skills before the rush of the summer. Ideal for first timers and those who might need some extra TLC since they have been focusing on school and other parts of life! During the first class, teachers will make sure the participants are in the correct levels fit for their success.

Location: Bryan Aquatic Center

Fees: Resident \$40, Non-Resident \$50

DATES	TIMES	LEVELS
Session I: April 10 - 21	5:30 - 6:30 p.m.	Preschool 1 - 3
Session II: May 1 - 12	6:30 - 7:15 p.m.	Youth Levels 1 - 3

Summer Swim Lessons

We offer swim lessons for ages 3 - adult and for parents with infants ages 6 - 36 months. Each session meets Monday - Friday for two weeks. We guarantee 8 out of 10 lessons in the event of inclement weather or other factors beyond our control. During the first class, teachers will make sure the participant is in the correct level fit for their success. Waterbabies and Pre-School classes meet for 30 minutes and Youth Levels and Adult Levels meet for 45 minutes each day.

Fees: Resident \$40, Non-Resident \$50

TIMES	CLASSES	POOL
8 a.m.	Waterbabies, Preschool 1 - 3, Youth 1 - 6	BAC
9 a.m.	Waterbabies, Preschool 1 - 3, Youth 1 - 6	BAC
10 a.m.	Waterbabies, Preschool 1 - 3, Youth 1 - 6	BAC
11 a.m.	Waterbabies, Preschool 1 - 3, Youth 1 - 6	BAC
Noon	Adult*	BAC
5:30 p.m.	Waterbabies, Preschool 1 - 3, Youth 1 - 3	STP
6:30 p.m.	Youth 4 - 6, Adult*	BAC
6:30 p.m.	Waterbabies, Preschool 1 - 3, Youth 1 - 3	STP
7:30 p.m.	Waterbabies, Preschool 1 - 3, Youth 1 - 3	STP

*Three options available for Adult Swim Lessons - Beginner, Stroke Improvement and Swimming for Fitness

All levels are taught in the mornings at Bryan Aquatic Center (BAC) and evenings at Sadie Thomas Pool (STP). Youth Levels 4 - 6 at 6:30 p.m. are at the Bryan Aquatic Center.

SESSIONS	DATES	POOL
I	June 5 - 16	BAC & STP
II	June 19 - 30	BAC & STP
III	July 10 - 21	BAC & STP
IV	July 24 - Aug. 4	BAC & STP

To make sure you register for the appropriate level of swim lessons, visit:

parks.bryantx.gov



Water Fit

The City of Bryan's Water Fit class is designed to push anyone, of any fitness level. This class meets twice a week at the Bryan Aquatic Center and focuses on aerobic conditioning and toning of the body by using the resistance of the water and a variety of challenging aquatic exercises. Water Fit is definitely a step up from water aerobics and your body will know it when the work out is over. It's also a great option for those who are limited by orthopedic issues when it comes to traditional land-based fitness programs.

Fee: Single classes - Resident \$7 / Non-Resident \$9
8 pack - Resident \$51 / Non-Resident \$67

Ages: 16 years and up

Location: Bryan Aquatic Center

Schedule: March 21 - mid Fall. Tuesdays and Thursdays from 5 - 6 p.m.

Junior Guard

The Junior Lifeguard program offers the opportunity to learn and practice swimming and lifeguarding skills, as well as the opportunity to practice lifesaving measures. According to the American Red Cross, junior lifeguarding is "designed for kids ages 11-14 and helps to build a foundation of knowledge, attitudes, and skills for future lifeguards." It is a great class for those who love aquatic environments and want to develop further skills but want a change from traditional settings like swim lessons.

Due to the nature of the class, participants will need to be able to swim the front crawl for 25 yards and breaststroke for 25 yards at basic proficient level. They will also need to successfully complete the Water Competency Sequence. Those not quite ready will not be able to continue with the class due to safety reasons.

Location: Bryan Aquatic Center

Fees: Resident \$50, Non-Resident \$60

SESSIONS	DAY	DATES	TIMES
Session 1	Mon - Fri	June 5 - 16	9 - 11 a.m.
Session 2	Mon - Fri	June 19 - 30	9 - 11 a.m.
Session 3	Mon - Fri	July 10 - 21	9 - 11 a.m.
Session 4	Mon - Fri	July 24 - Aug 4	9 - 11 a.m.

American Red Cross Lifeguard Course

The City of Bryan's Parks and Recreation Department has been recognized by the American Red Cross as a top-level training provider in Texas for lifesaving skill certifications! Come train with the best!

The American Red Cross Lifeguard Training course will teach lifeguard candidates the skills and knowledge needed to prevent and respond to aquatic emergencies. The course content and activities prepare candidates to recognize and respond quickly and effectively to emergencies. The course includes Lifeguarding, CPR/AED and First Aid. Upon successful completion of the Lifeguard Training course, each participant will receive the American Red Cross Universal Certificates; indicating Lifeguard Training, First Aid, and CPR/ AED for Lifeguards that are valid for two years.

After registering for the course, candidates must:

- 15 years of age by the end of the class
- Pass a pre-course screening in swimming skills:
 - Swim 300 yards continuously
 - Tread water for 2 minutes only using legs. Candidates must place hands under armpits
 - Timed Skill: Swim 20 yards, retrieve 10-pound brick from 10-foot depth, swim back 20 yards, and climb out of the pool without using a ladder or steps in 1 minute 40 seconds
- Watch and complete all required online learning modules for the American Red Cross Lifeguard blended learning course

Certification requirements:

- Demonstrate competency in all required skills
- Demonstrate competency in the three final skill scenarios
- Correctly answer at least 80% of the questions in each of the four sections of the final written examination

Location: Bryan Aquatic Center

Ages: 15 years and up

Fee: \$150 Resident / \$165 Non-Resident

PAYMENT MUST BE MADE IN FULL UPON REGISTRATION.

Classes meet from 6 - 8 p.m. on Friday and 8 a.m. - 6 p.m. on Saturday and Sunday (classes break for lunch).

To apply to work as a lifeguard go to:

bryantxjobs.com



SESSIONS	DATES	DAYS & TIMES
SPRING		
I	March 13 - 25	Mon & Tue, 8 a.m. - 8 p.m. Wed, 8 a.m. - Noon
II	March 15 - 17	Wed, 4 - 8 p.m. Thu & Fri, 8 a.m. - 8 p.m.
III	March 17 - 19	Fri, 6 - 8 p.m. Sat & Sun, 8 a.m. - 8 p.m.
IV	March 31 - April 2	Fri, 6 - 8 p.m. Sat & Sun, 8 a.m. - 8 p.m.
V	April 21 - 23	Fri, 6 - 8 p.m. Sat & Sun, 8 a.m. - 8 p.m.
VI	May 12 - 14	Fri, 6 - 8 p.m. Sat & Sun, 8 a.m. - 8 p.m.
VII	May 15 - 19	Mon - Fri, 8 a.m. - 1 p.m.
VIII	May 15 - 19	Mon - Fri, 4:30 - 9:30 p.m.
IX	May 19 - 21	Fri, 6 - 8 p.m. Sat & Sun, 8 a.m. - 8 p.m.
SUMMER		
I	June 2 - 4	Fri, 6 - 8 p.m. Sat & Sun, 8 a.m. - 8 p.m.
II	June 16 - 18	Fri, 6 - 8 p.m. Sat & Sun, 8 a.m. - 8 p.m.

GOLD LEVEL
LEARN-TO-SWIM PROVIDER



Bryan Parks & Recreation is proud to partner with the American Red Cross Learn-to-Swim (LTS) program - a program that has been teaching swimming and water safety for over 100 years across the country. The LTS program focuses on developing swimming skills in a logical and refined progression that includes not only swimming skills but also teaches participants how to be safe in, on, and around the water. The City of Bryan has been recognized as a Gold Level Learn-to-Swim Provider by the American Red Cross by teaching over 1,000 swim lessons every year. We guarantee 8 out of 10 lessons unless in the event of inclement weather or other factors beyond our control.