

PALM COAST PARKS & RECREATION EVENTS & ACTIVITIES Summer 2017

[CPR/FIRST AID TRAINING PROGRAMS](#)

<http://www.palmcoastgov.com/government/fire/cpr>

The City of Palm Coast Fire Department offers CPR and First Aid Training

1. The Healthcare Provider course -- a professional certification course -- includes a multiple-choice written exam and a practical exam.
2. Workbooks for use during the class are provided. It is highly recommend that participants purchase a course workbook. The American Heart Association recommends that each student review the course information for two weeks prior to the course. Workbooks can be found at : <http://www.aha.channing-bete.com/>
3. Course available to those ages 13 and up.
4. Participants should arrive a few minutes ahead of time for check-in.
5. A minimum of six persons is required for each course date. If fewer than six persons have registered, each person will be contacted to reschedule or to receive a refund.
6. Please contact CPRcertification@palmcoastgov.com with any questions.

First Aid and CPR/AED

Heartsaver First Aid is a 7-hour classroom course (*includes 1 hour for lunch*) that is designed to meet OSHA regulations. The course teaches basic first aid skills:

- Administering CPR to an infant, young child, or an adult.
- Using an Automated External Defibrillator (AED).
- Using a mask or barrier device.
- How to stop visible bleeding.
- Assist with possible sprain or broken bone.
- Securing the scene for safety.

Dates: Saturday, June 24
Saturday, August 26
Time: 9 am-4 pm
Fee: \$5
Location: Fire Station 25

ADULT FITNESS

Adult Basketball League

Interested in playing ball? Come out and show your skills in the Adult Basketball League. Register as a team for this 5-a-side style play. Compete for the title of league champions and free entry into next year's league. All players are required to bring their ID to all games for proof of identification.

Registration includes:

- 8 regular season games
- One game played every hour
- Single elimination tournament
- 3 FHSAA certified officials per game
- Game equipment.
- Champion Prize; Trophy and Swag Item

Super Early Bird Registration: March 27th – May 7th

Early Bird Registration: May 8th - May 15th

Regular: May 16th - June 2nd

Days/Dates: Starting June 5th on Mondays and Wednesdays-July TBD

Game Times: 7 pm or 8 pm or 9 pm

Location: Buddy Taylor Middle School

Ages: 18 & Up

Team Fee: Super Early Bird \$360; Early Bird \$400; Regular \$440

Free Agent: Super Early Bird \$43; Early Bird \$50; Regular \$56

Pickle Ball

Fastest growing sport in America! Pickleball is an opportunity to socialize and exercise. All equipment is provided by the Palm Coast Parks and Recreation. A great game for all ages!

Days/Times: Tuesdays 1-3pm
 Wednesdays 6 - 8 pm
 Fridays 11am – 1 pm

Location: Belle Terre Park

Ages: All Ages

Fee: Free

SUMMER CAMP

www.palmcoastgov.com/camps

No Camp on Monday, July 3 and Tuesday, July 4

Fun in the Sun Summer Camp

Your child's day will be filled with a variety of age appropriate fun-filled themed activities such as arts and crafts, stories, recreational games, nature hikes, swimming, and special guest presentations. Campers registered for the Fun in the Sun Summer Camp are eligible for the free lunch program provided by the Flagler County School District (Flagler County is Not a Peanut Free School District). Field trips are scheduled weekly. Field trips are optional and require pre-registration and payment of applicable fee.

Days/Dates: Monday – Friday, June 5 – August 4
Times: 7:30 am - 4:30 pm
Location: Frieda Zamba Pool-Classroom
Grades: K - 6 (grade just completed)
Fee: \$80/week



After-Hours Camp Pick Up

Your kids will have plenty of time to wind down from a full day of camp activities from 4:30-6:00 pm as they relax waiting for pick-up during our After-Hours Camp care program. Campers may watch movies or play quiet games indoors. Afterhours Pick Up is only available to children registered for Fun in the Sun full day camp.

Days/Dates: Monday-Friday, June 5 – August 4
Times: 4:30 pm – 6:00 pm
Location: Frieda Zamba Pool-Classroom
Grades: K - 6 (grade just completed)
Fee: \$10/week

Specialty Camps

Fire Fighter Kids Camp

Campers will visit a fire station and use regulation fire equipment. They will learn firefighting techniques, the concept of CPR and first aid, home and fire safety and how to properly use a fire extinguisher. Bring a bathing suit and towel on Wednesday and prepare to get wet.

Days/Dates: Monday-Friday, June 19 - June 23
Times: 8:30 am - 11:30 am
Location: Fire Station 25
Grades: 3 - 5 (grade just completed)
Fee: \$60/week

Golf Camp

Learn the game of golf during these fun filled days of short game, full swing, putting, golf etiquette, sportsmanship, and friendly competition. Open to all skill levels. Lunch, snacks, & drinks included. Family discounts available. Pre-registration required.

Days/Dates: June 12 – June 16
June 19 – June 23
July 31 – August 4
Times: 9 am - 1 pm
Location: Palm Harbor Golf Course
Ages: 6-15

Fee: \$125 per week per participant

Tennis Camp

Learn the game of tennis. Campers will focus on stroke fundamentals, hand–eye coordination, balance, footwork and match play. Open to all abilities. Campers will need to provide the following: water bottle, towel, hat, lunch, snacks, & drinks. Family discount is available. Pre-registration required.

Days/Dates: June 12 – June 15
July 17 – July 21
July 31 – August 4

Times: 9 am - 1 pm

Location: Palm Coast Tennis Center

Ages: 6-13

Fee: \$149 per week OR \$35 per day (optional ½ day for juniors 6-8 year's old/9:00am-11:30am, \$89)

Jr. Lifeguard Camp

The Junior Lifeguard Camp offers step-by-step lifeguarding skill development. Learn water safety, lifeguard rescues, and First Aid CPR/AED in a weekend camp. Class attendees will receive a CPR mask, Red Cross whistle and T-shirt.

Days/Dates: Saturday, June 17th- Sunday, June 18th

Times: 8:00am-12:00pm

Location: Frieda Zamba Swimming Pool

Ages: 11-15years

Fee: \$60

SPECIAL EVENTS

◆ *Movies in the Park*

www.palmcoastgov.com/movies

Bring your blanket, lawn chair, bug spray and snacks, and invite your friends and neighbors to join you at this free, family activity. Relax and enjoy watching a movie on the giant, outdoor movie screen.

Day/Date/Time: Friday, June 9, movie begins at 8:45 pm, “Fantastic Beasts” (PG-13)
Friday, July 14, movie begins at 8:45 pm, “Secret Life of Pets” (PG)
Friday, August 11, movie begins at 8:30 pm, “Kubo” (PG)
Location: Central Park in Town Center

◆ *Dive in Movies*

Palm Coast Parks and Recreation is excited to present Just bring your suit and enjoy the show. Dive-In movie nights at Frieda Zamba Swimming Pool provides a unique outdoor movie viewing experience for the entire family. Be sure to grab your favorite snack, sit back and enjoy the show!

Day/Dates: Friday, June 23, “Moana” (PG)
Friday, July 21, “Sing” (PG)
Time: Gates open at 8 pm; Movie starts approximately 8:30pm
Location: Frieda Zamba Swimming Pool
Fee: \$1/person

◆ *Food Truck Tuesdays*

www.palmcoastgov.com/foodtruck

Free entertainment along with gourmet food available for purchase from a variety of specialty food trucks. Proceeds from Food Truck Tuesdays benefits a local organization whose work supports our children and families.

Day/Date: Tuesday, June 20 Beneficiary Palm Coast Arts Foundation
Tuesday, July 18 benefiting Parks and Recreation Scholarship Program
Tuesday, August 15 Beneficiary TBD
Time: 5 pm – 8 pm
Location: Central Park in Town Center

◆ *Social Media Day*

Do you like or follow the City of Palm Coast? For \$1 entry into the pool all you have to do is like or follow the City of Palm Coast on Facebook and or Twitter. Stay up to date with all City information through Facebook and twitter.

Days/Dates: Saturday, June 17
Times: 12-6pm
Location: Frieda Zamba Swimming Pool
Fee: \$1 for people

◆ *Fireworks in the Park*

Kick-off your Independence Day weekend at the Palm Coast “Fireworks in the Park.” Pack your picnic basket, bring your blanket and chairs to watch the colorful display beginning at 9pm.

Day/Dates: Monday, July 3
Time: 9 pm

Location: Central Park in Town Center

♦ *Independence Day Ceremony “By Dawn’s Early Light”*

Day/Date: Tuesday, July 4

Time: 8 am

Location: Heroes Memorial Park

Rain Location: Fire Station 21, 9 Corporate Drive

Information: Fire Station 25 at 386-986-2300

♦ *Fun on the Fourth*

What are your July 4th plans? Why not head down to Frieda Zamba Swimming Pool for **Fun on the Fourth**. Entry is only \$1 per customer if you wear Red, White and Blue to the pool.

Days/Dates: Tuesday, July 4th

Times: 12-6pm

Location: Frieda Zamba Swimming Pool

Fee: \$1 for people wearing Red, White and Blue

♦ *Tour De Palm Coast*

The “Tour” will begin promptly at 8 am leaving from City Hall. Our ride will take us along the scenic route of Lehigh Trail behind Epic Movie Theater down to Colbert lane and back. No registration required. Riders are encouraged to bring water and all riders must wear a helmet.

Day/Date: July 22

Time: 8 am–10 am

Location: Start and End at City Hall

♦ *Palm Coast & the Flagler Beaches Senior Games*

www.palmcoastgov.com/seniorgames

Whether you are an active adult, elite athlete or just looking for motivation to train, you can find your sport at the Senior Games. Competition is held in 5-year-increment age groups, awarding the top three in each division. The following are the sports which we will offer:

- Archery
- Horseshoes
- Pickleball
- Tennis
- Swimming
- Golf
- Cycling
- Ballroom Dancing
- Golf Croquet

Day/Date: September 14th – 24th

Time: Depends on event

Location: Depends on event

Ages: 50 or over as of December 31, 2017.

Aquatics-Frieda Zamba Swimming Pool

www.palmcoastgov.com/pool

Parent and Child Aquatics – Level 1 (Ages 6 months to 4 years)

\$45

The purpose of Parent and Child Aquatics Level 1 is to teach safe behaviors around the water and develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in and around the water. Parents must accompany child in the water for each class.

Preschool Aquatics – Level 1 (Ages 4-5 years)

\$45

Participants will be introduced to the basic skills needed to achieve a minimum level of water competency.

Skills introduced include, but not limited to the following:

- How to safely enter and exit the pool
- Floating on front and back
- Treading of water
- Swimming on front and back

Preschool Aquatics – Level 2 (Ages 4-5 years)

\$45

For participants who can successfully demonstrate the skills of Preschool Aquatics Level 1. Participants will build upon those skills and knowledge of water competency in order to advance to Preschool Aquatics Level 3.

Skills introduced include, but not limited to the following:

- How to safely enter and exit the pool
- Bobbing
- Front glide & float
- Back glide & float

Preschool Aquatics- Level 3 (Ages 4-5 years)

\$45

For participants who can successfully demonstrate the skill Preschool Aquatics Levels 1 and 2. Participants will build upon those skills and knowledge of water competency in order to advance to Learn to Swim Level 1.

- How to safely enter and exit the pool
- Bobbing
- Rotary breathing
- Survival float
- Back & Front float
- Treading water

Learn to Swim - Level 1 (Ages 6 & up)

\$45

This class is for children 6 years of age and older. Participants will learn basic water skills and water safety.

Level 1 training includes:

- How to safely enter and exit the pool
- Floating on front/back
- Treading of water
- Swimming on front and back
- Retrieve submerged objects
- Roll from front to back

Learn to Swim - Level 2 (Ages 6 & up)

\$45

Participants of Level 2 must have successfully completed the skills required for Learn to Swim-Level 1 or be able to demonstrate the skills required of Learn to Swim-Level 1. Level 2 participants build upon the skills and knowledge learned in Level 1. Level 2 training includes:

- Fully submerge and hold breath
- Front and back glide
- Rotary breathing
- Swim on front and back for 5 body lengths
- Treading with arm and hand actions
- Change direction while swimming

Learn to Swim- Level 3 (Ages 6 & up)

\$45

This class builds on the skills learned in Learn to Swim-Level 2 through additional guided practice. Participants of Level 3 must have successfully completed the skills required for Level 2 or be able to demonstrate the skills required of Level 2. Level 3 is a faster paced instructional level and for those who are confident in the water. Emphasis is on refining stroke technique. Level 3 training includes:

- Rotary breathing
- Survival float
- Streamlined and dolphin kick
- Freestyle stroke for 15 yards
- Breast stroke kick for 15 yards
- Elementary backstroke 15 yards

Adult/Teens Level 1

\$45

This adult/teen classes are designed to teach the basic skills to achieve a minimum level of water competency. In this course, participants strive for skill and stroke performance.

SWIM LESSON SCHEDULE:

- ❖ Pre-registration, including payment of applicable fee, is required prior to the start of each session
- ❖ Registration accepted while space is available. Registration accepted on a first come, first registered basis.
- ❖ Minimum class size of 4 participants

Session I	Monday through Thursday, June 5th- June 15th
Parent and Child Level 1	8:00am-8:30am
Preschool Level 1	8:00am -8:30am/ 8:45am-9:15am
Preschool Level 2	8:45am- 9:15am
Preschool Level 3	9:30am-10:00am
Learn to Swim Level 1	9:30am-10:00am/ 5:00pm-5:30pm & 5:45pm-6:15pm
Learn to Swim Level 2	9:30am-10:00am/ 5:00pm-5:30pm & 5:45pm-6:15pm
Learn to Swim Level 3	5:00pm-5:30pm/ 5:45pm-6:15pm
Adults/Teens Level 1	6:30pm-7:00pm

Session II

Parent and Child Level 1
 Preschool Level 1
 Preschool Level 2
 Preschool Level 3
 Learn to Swim Level 1
 Learn to Swim Level 2
 Learn to Swim Level 3
 Adult/Teens Level 1

Monday through Thursday, June 19th- June 29th

8:00am-8:30am
 8:00am- 8:30am & 8:45am-9:15am
 8:45am-9:15am
 9:30am-10:00am
 9:30am-10:00am/ 5:00pm-5:30pm & 5:45pm-6:15pm
 9:30am-10:00am/ 5:00pm-5:30pm & 5:45pm-6:15pm
 5:00pm-5:30pm & 5:45pm-6:15pm
 6:30pm-7:00pm

Session III

Parent and Child Level 1
 Preschool Level 1
 Preschool Level 2
 Preschool Level 3
 Learn to Swim Level 1
 Learn to Swim Level 2
 Learn to Swim Level 3
 Adult/Teens Level 1

Monday through Thursday, July 10th- July 20th

8:00am-8:30am
 8:00am-8:30am & 8:45am-9:15am
 8:45am-9:15am
 9:30am-10:00am
 9:30am-10:00am/ 5:00pm-5:30pm & 5:45pm-6:15pm
 9:30am-10:00am/ 5:00pm-5:30pm & 5:45pm-6:15pm
 5:00pm-5:30pm & 5:45pm-6:15pm
 6:30pm-7:00pm

Session IV

Parent and Child Level 1
 Preschool Level 1
 Preschool Level 2
 Preschool Level 3
 Learn to Swim Level 1
 Learn to Swim Level 2
 Learn to Swim Level 3
 Adult/Teens Level 1

Monday through Thursday, July 24th- Aug 3rd

8:00am-8:30am
 8:00am-8:30am & 8:45am-9:15am
 8:45am-9:15am
 9:30am-10:00am
 9:30am-10:00am/ 5:00pm-5:30pm & 5:45pm-6:15pm
 9:30am-10:00am/ 5:00pm-5:30pm & 5:45pm-6:15pm
 5:00pm-5:30pm & 5:45pm-6:15pm
 6:30pm-7:00pm

Session V

Parent and Child Level 1
 Preschool Level 1
 Preschool Level 2
 Preschool Level 3
 Adult/Teens Level 1

Monday through Thursday, Aug. 7th- Aug 17th

8:00am-8:30am
 8:45am-9:15am
 8:45am-9:15am
 9:30am-10:00am
 6:30pm-7:00pm

Private/Semi Private Swim Lessons

- Private instruction by Red Cross certified swim instructor. Instruction tailored to the skill level of the participant, from beginner to advanced level.
- Semi-private lessons are available for two students of similar skill level per instructor.

Date/Time: Appointment only

Location: Frieda Zamba Swimming Pool

Fee: Private: \$20/30-minute lesson
 Semi-Private: \$25/30-minute lesson/ \$5 for each extra student.

Basic Swim Instructor Course

The Basic Swim Instructor course is designed to train Instructor Candidates to teach the fundamental Learn-to-Swim courses and water safety presentations in the American Red Cross Swimming and Water Safety program to help course participant reach water competency and learn to be safer in and around the Water. Instructor candidates will learn to teach: Parent and Child Aquatics, Preschool Aquatics, Learn-to-Swim Levels 1-3 and Private Lessons.

Date/Time: May 12th 4pm-8pm
May 13th 8am-4pm
May 14th 8am-4pm
May 20th 8am-4pm
Location: Frieda Zamba Swimming Pool
Ages: 16 years and older
Fee: \$195.00 plus \$35.00 American Red Cross Fee

Aqua Zumba

Aqua Zumba® blends the **Zumba®** philosophy with water resistance, for one pool party you shouldn't miss! There is less impact on your joints during an **Aqua Zumba®** class so you can really let loose. Water creates natural resistance, which means every step is more challenging and helps tone your muscles.

Days/Dates: Tuesdays/Thursdays
Session 1 May 30th- June 22nd
Session 2 July 11th- August 3rd
Time: 9:00am-10:00am
Location: Frieda Zamba Swimming Pool
Fee: \$40/session or \$8 drop in.

Stroke Correction Clinic

This intensive Swim program is designed to improve stroke technique, efficiency, and overall fitness. All four strokes will be taught throughout the session.

Days/Dates: Saturdays, June 3rd -August 26th
Time: 9am-10am
Ages: 10-17 years
Location: Frieda Zamba Swimming Pool
Fee: \$60

Kids/Teen Splash and Dash

Join for Parks and Recreation Month for a non-competitive swim and run event. All participants will be timed and will receive prizes for finishing the race.

Days/Dates: Saturday, July 8
Time: 8:00am
Location: Frieda Zamba Swimming Pool
Fee: \$10

American Red Cross Whale Tales Water Safety Class

Longfellow WHALE Tales is taught to raise children's awareness of safe behavior in, on and around the water. WHALE Tales is a free course that can be taught by any Aquatic Leader or Instructor or School Teacher.

Days/Dates: June 12th, July 10th & August 14th

Time: 11:15am-12:00pm

Location: Frieda Zamba Swimming Pool

Ages: 3-5 years

Fee: Free

Swim Fitness Challenge

Improve your overall fitness by participating in the new Swim Fitness challenge. Prizes will be awarded to the top finishers who complete the challenge. Challenges will vary depending on participant's endurance and dedication. Lap lanes will be available during the days/times below.

Days/Dates: Tuesdays & Thursdays, May 31- Aug 25

Time: 4:00-7:15pm

Location: Frieda Zamba Swimming Pool

Fee: Free program with paid pool admission

World's Largest Swim Lesson

On Thursday, June 22 tens of thousands of participants from locations around the globe, will team-up to help prevent childhood drowning by spreading the word *Swimming Lessons Save Lives™*. We will all unite for the fifth annual event to set a new *Guinness World Record* for the largest swimming lesson ever conducted.

Date: Thursday, June 22

Time: Registration begins at 9:30 a.m.
Lesson begins promptly at 10:00 a.m.

Location: Frieda Zamba Swimming Pool

Fee: Free

Member Appreciation Day

We would like to extend our appreciation to all Frieda Zamba Pool members. With an afterhours party for all members and their families. Refreshments will be provided. Come meet the staff, and relax with us to close out the summer season.

Day/Date: Sunday, July 30

Time: 8-10pm

Location: Frieda Zamba Swimming Pool

Fee: Members Only Event – Free

American Red Cross Lifeguard Certification Class

The purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over.

Day/Date: Friday June 30th 8am-4pm

Saturday July 1st 8am- 6pm

Sunday July 2nd 8am- 6pm

Location: Frieda Zamba Swimming Pool

Cost: \$220.00

Frieda Zamba Swimming Pool

Seasonal Membership (April-November)	Fee	Definitions
Family	\$250	Family membership includes 2 adults living in the same household and their dependent children.
Limited Family (2 family members)	\$150	Limited Family membership is 2 individuals (maximum) living in the same household. When one member is under 13 years of age then an adult aged 18 & above, living in the same household, must be included on the membership.
Couple (Ages 65+)	\$120	2 adults both aged 65 and above, living in the same household.
Individual (Ages 2-64)	\$120	Children under the age of 13 must be accompanied by an adult age 18 & above
Individual (Ages 65+)	\$75	
Children under the age of 2	\$0	Under the age of 2
3-Month Membership		
Family	\$110	See Above
Limited Family (2 family members)	\$70	See Above
Individual (Regardless of Age)	\$50	
Monthly Membership		
Individual (Regardless of Age)	\$25	Children under the age of 13 must be accompanied by an adult age 18 & above.
Admission	Daily	
Youth	\$3	Ages 2-17
Adult	\$4	Ages 18-64
Senior	\$3	Ages 65 +
Children under the age of 2	\$0	Under the age of 2

Frieda Zamba Swimming Pool 2017 Hours of Operation

Monday, April 17-Friday, May 26

Monday through Friday - 2 PM to 7:30 PM

Saturday & Sunday - Closed

Saturday, May 27-Monday, September 4

Monday through Friday - 10:30 AM to 7:30 PM

Saturday & Sunday - 12:00 noon-6:00 PM

Tuesday, September 5-Friday, November 17

Monday through Friday - 2 PM to 7:30 PM

Saturday & Sunday - Closed

Holiday Hours of Operation:

Monday, May 29 -12 PM to 6 PM

Monday& Tuesday, July 3 & 4 -12 PM to 6 PM

Monday, September 4 - 12 PM to 6 PM

***** Hours of Operation dependent on daily weather conditions
and subject to change without notice *****