



CARSON AQUATIC FACILITY PROGRAMING

April 2022; Mike Freeman, Recreation Program Manager, Aquatics



Daily Programming Examples:

- Lap Swim
- Open Swim
- Range of Motion
- Aquacise
- Deep Water Fitness
- Drop in Weight Room
- Carson Tigersharks Swim Team
- Swimming Lessons
- Grownups and Guppies
- Drop in Kayak roll session
- Drop in Water Polo



Special Event Examples:

- NIAA Regional and State Swim Meets
- Major Pacific Swimming Swim Meets
- Capital City Kids Triathlon
- Easter Egg Hunt
- CASI Pooch Plunge



Seasonal Programming Examples:

- Junior Lifeguarding classes
- Lifeguarding classes
- Community CPR/AED/First Aid Classes
- Wilderness First Aid Classes
- Carson High School Swim Team training and competition
- Mcfadden Plaza Splash Pad

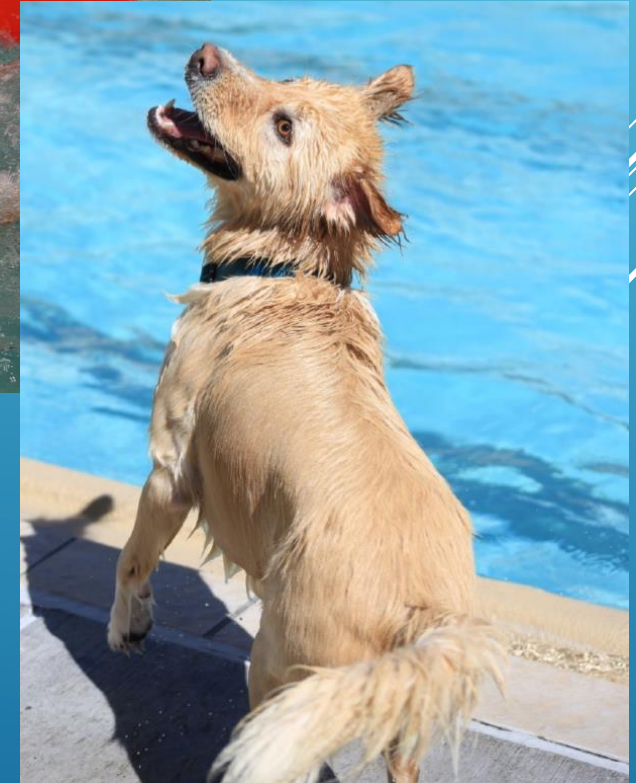


CURRENT PROGRAMMING EMPHASIS AREAS

Lifeguarding & Junior Lifeguarding



Special events: Pooch Plunge & Kids Triathlon



Swimming Lessons & Grownups and Guppies