GENERAL INFORMATION
The Teachers College Pool is open to all TC and CU students and faculty as well as area neighbors. A nominal fee is charged for the use of the facility. The pool offers times for adult lap swim and family swim for parents and their children. Additional pool programming includes swim instruction and pool rentals.

- The Teachers College pool is 20 yards long and depth ranges between three and six feet
- The Teachers College pool is maintained at 86 degrees.

SUMMER POOL HOURS

Monday – Friday
Adult Lap Swim  7:00 – 8:45 am
   11:30 – 1:45 pm
   6:00 – 8:00 pm
Family Swim  3:30 – 5:00 pm

Saturday – Sunday
Adult Lap Swim  3:00 – 4:55 pm
Family Swim  1:00 – 3:00 pm

POOL MEMBER FEES
TC & CU Students  $50.00
TC & CU Faculty & Staff  $85.00
Senior Citizens  $50.00
Alumni & Affiliates  $100.00
Additional Family Members  $50.00
Adult One Day Pass  $10.00
Child or Senior One Day Pass  $5.00

TAKE NOTE
- Patrons must follow all posted pool rules.
- All swimmers are required to wear swimming caps. Swimming caps and goggles are available for purchase in the pool office.
POOL RENTALS
For a party with a real splash, have your sons’ or daughters’ next birthday party at our warm, inviting swimming pool!

Per Hour → $250.00
Per Lifeguard Per Hour → $25.00
(one lifeguard is required for all rentals. Additional lifeguards are required per every ten swimmers over 20, adults included.)

SWIM LESSONS
Swimming lessons are offered at an affordable rate and are available for children and adults, beginner to advanced levels.

CHILDREN’S GROUP LESSONS
• Tots
  Parents will learn to aid their children in the beginning stage of the swimming progression. Skills include: entering the water, face submerging, supported floats, and bubble blowing.

• Level One
  Children learn elementary aquatic skills unaided by their parents. Skills include: submerging, supported floating, entering the water and blowing bubbles.

• Level Two
  Children will begin to swim more independently. New skills include unsupported floating, kicking, bobbing, and unassisted turning over from front to back.

• Level Three
  Children will learn to coordinate front crawl with an emphasis on rhythmic breathing. New skills include Back crawl, elementary back stroke, treading water, and retrieving objects.

• Level Four/Five
  Children will be doing the front crawl, back crawl and elementary back stroke. Breast stroke and side stroke will be introduced. This course builds endurance and introduces lap swimming while refining previous skills.

• Level Six
  This class is for children who are able to swim the full length of the pool repeatedly. The class will focus on stroke refinement for the front and back crawl, breast stroke, side strokes, and butterfly.

ADULT GROUP LESSONS
• Beginner
  This class is for adults who have little or no experience in the water, or who do not feel comfortable in the water. Adults will begin exploring the water and increasing their level of comfort. They will learn to float on their stomachs and backs, to flutter kick, and will begin learning the front and back crawl.

• Intermediate
  This class is for adults who have taken the beginner class. They will continue to develop the front and back crawl, and the breast stroke will be introduced.

• Advanced
  This class is for adults who are able to swim the full length of the pool repeatedly. The class will focus on stroke refinement for the front and back crawl and breast stroke. Butterfly will be taught.

PRIVATE LESSONS
Depending upon availability private classes may be available for children and adults of all ages and levels.

SUMMER SWIM LESSON FEES
<table>
<thead>
<tr>
<th></th>
<th>Group</th>
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<tbody>
<tr>
<td></td>
<td>6 classes</td>
<td>$125.00</td>
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</tbody>
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For questions about swim lessons please contact: aquaticcenter@tc.columbia.edu

SWIM STORE
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<tbody>
<tr>
<td>Goggles</td>
<td>$ 8.00</td>
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<tr>
<td>Swim Caps</td>
<td>$ 8.00</td>
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</tbody>
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SUMMER AT THE TC POOL
The Teachers College Pool is popular during the summer semester. To ensure that all patrons are able to use the pool during Family Swim we ask that swimmers limit their visit to 45 minutes. Family Swim has a capacity level of 40 swimmers in the pool at any one time. Once the pool has reached capacity, swimmers may wait in the balcony until the desk attendant announces an opening. Waiting swimmers will be called by name according to order indicated on the sign in sheet.