

CITY OF BURLINGTON - PARKS & RECREATION



Dankwardt Park Pool

400 Blackhawk Drive, Burlington, IA 52601
(access of off of Dankwardt Drive and 5th Street in Dankwardt Park)

Phone: (319) 753-8183 Email: selbyb@burlingtoniowa.org

Located inside Dankwardt Park, the Dankwardt Park Pool is a 50-meter pool with both 1 and 3-meter diving boards. The facility also includes a concession stand and a wading pool. The Dankwardt Pool normally opens with the close of Burlington Community Schools and closes when Burlington Schools reopen.

Please call 753-8183 or 753-8117 for additional information.

Hours

Monday - Friday

Adult Lap Swim 11:30 - 12:30
Open Swim 12:30 - 6:00

Saturday - Sunday & Holidays

Adult Lap Swim 11:30 - 12:30
Open Swim 12:30 - 6:00

** Must be 72 degrees by noon to open*

Admission Rates for 2014

0 to 3 FREE
4 to 14 \$3.00
15 and up \$3.50

Season Passes for 2014

Child \$ 65.00
Adult \$ 80.00
Family \$125.00 (up to 5 members; \$10 each additional member beyond 5)



Group and Rental Rates for 2014

Group and rental rates are available for parties, reunions and special events:

\$80.00 / hour up to 30 persons

\$90.00 / hour more than 30 persons

Reservations must be made in person with a \$25 non-refundable deposit.

Please call 753-8183 for additional information.

Red Cross Swimming Lessons

The Burlington Parks and Recreation Department offers swimming lessons during the open season. The lessons are offered in two-week sessions for \$35. Registration will be taken during open pool hours.

Swim Lesson Sessions for 2014

Lesson Schedule

Session I	10:30	June 1 -11
Session II	10:30	June 22 - July 3
Session III	10:30	July 6 - 16
Session IV	10:30	July 20-30
Night Session I	6:05	June 22 - July 3
Night Session II	6:05	July 20 - 30



Preschool I - Prerequisites

- Little to no fear of participating in a pool environment without the parent.
- Attention span capable of concentration on skill development for a 30-40 minute period.

Preschool II - Prerequisites

- All prerequisites for PreSchool I
- Very comfortable in water including submerging face and holding breath.
- Front and back float with assistance.

Preschool III - Prerequisites

- All the prerequisites for Preschool II
- Comfortable working in deep water.
- Front and back glide without assistance.



Level 1: Introduction to Water Skills

- * Enter and exit water safely.
- * Submerge mouth, nose and eyes.
- * Exhale underwater through mouth and nose.
- * Open eyes underwater; pick up submerged object.
- * Change direction while walking or paddling.
- * Roll over from front to back and back to front with support.
- * Explore floating on front and back with support.
- * Explore swimming on front and back using arm and leg actions with support.
- * Use a life jacket.

Level 2: Fundamental Aquatic Skills

- * Enter water by stepping / jumping from side.
- * Exit water safely using ladder or side.
- * Submerge entire head.
- * Blow bubbles submerging head in a rhythmic pattern (bobbing).
- * Open eyes underwater; pick up a submerged object in shallow water.
- * Float on front and back.
- * Perform front and back glide.
- * Change direction of travel paddling on front or back.
- * Roll over from front to back, back to front.
- * Tread water using arm and leg motions (chest-deep water).
- * Swim on front, back, and side using combined arm and leg actions.
- * Move in the water while wearing a life jacket.

Level 3: Stroke Development

- * Jump into deep water from the side.
- * Dive from kneeling or standing position.
- * Submerge and retrieve an object in chest deep water.
- * Bob with the head fully submerged.
- * Rotary breathing in horizontal position.
- * Perform front and back glide using two different kicks.
- * Float on front and back in deep water.
- * Change from horizontal to vertical position on front and back.
- * Tread water using hand and leg movements.
- * Perform front and back crawl.
- * Butterfly—kick and body motion.
- * Perform the HELP and Huddle position.

Level 4: Stroke Improvement

- * Perform a dive from a standing or stride position.
- * Swim underwater.
- * Perform feet-first surface dive.
- * Perform open turns on front and back.
- * Tread water using sculling arm motions and with different kicks.
- * Perform the following:
 - * Front and back crawl
 - * Breaststroke
 - * Butterfly
 - * Elementary backstroke
- * Swim on side using scissors-like kick.
- * Perform compact jump into water from a height while wearing a life jacket.

Level 5: Stroke Refinement

- * Standing dive
- * Shallow dive, glide two body lengths and begin any front stroke
- * Tuck surface dive
- * Pike surface dive
- * Front flip turn
- * Backstroke flip turn
- * Front and back crawl
- * Butterfly
- * Breaststroke
- * Elementary backstroke
- * Sidestroke
- * Tread water with two different kicks
- * Learn survival swimming

Level 6: Swimming and Skill Proficiency

Refines the strokes so students swim with ease, efficiency, power and smoothness over greater distances.

Level 6 is designed with “menu” options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options include:

- Personal Water Safety
- Fundamentals of Diving
- Lifeguard Readiness
- Fitness Swimmer