

# Activities For You

*Whether it's swimming lessons for the kids, Lifeguard Training for the older teens, or water aerobics for the adults, the Tecumseh Municipal Pool has just the activity for you.*



Students posing in a Lifeguard Training class.

## Hours

Monday-Friday 1:00 PM – 8:00 PM  
Saturday 12:00 PM – 6:00 PM  
Sunday 2:00 PM – 8:00 PM

## Daily Prices

Students—\$3.00  
Adults—\$4.00  
Under 5—\$1.00 for first one, additional free

## Season Passes

Family Resident—\$81.50  
Family Non-Resident—\$86.50  
Single Resident—\$52.50  
Single Non-Resident—\$55.00

## Swimming Lessons

\$32.50

## Manager

Tom Doran  
(Lifeguard Instructor, CPR/AED Instructor,  
Adult Swim Lessons)

## Assistant Manager



Tecumseh Municipal Pool

169 S 8th St  
Tecumseh, NE 68450  
Phone: 402-335-2147  
Fax: 402-335-3185  
E-mail: tdoran66@gmail.com



Tecumseh Municipal  
Swimming Pool

**Come make a Splash with us!**

## ► Tecumseh Swimming Pool Information Sheet



402-335-2147



# Something For Everyone

## Swimming Lessons



The Tecumseh Municipal Swimming Pool has lessons to offer all members of the family.

Lifeguards also serve as Red Cross "Learn to Swim" instructors.

From youth to adults, we can develop a swimming lesson that will fit your needs and schedule.

Youth can take all levels of the Red Cross "Learn to Swim" classes from our certified instructors. Each class can be streamlined to fit the needs of individual swimmers as well as the traditional ability-level group settings.

Adults have the opportunity to take group lessons or private, individualized lessons in a discreet setting.



## Water Aerobics

Want to engage in aerobic activities but can't find the time during the day. Then enroll in the evening Water Aerobics class at the



Enjoying water aerobics!

Tecumseh Municipal Swimming Pool. Every Tuesday and Thursday from 8:00 p.m.—9:00 p.m. This well developed, high energy program will increase your heart rate and decrease your waist line but not strain your joints nor deflate your pocket book. The program is designed to include walk-ins as well as regular participants. Stop in and give us a try.

## Lifeguard Classes



Classroom participation during Lifeguard Training.

The Tecumseh Municipal Swimming Pool offers Red Cross Lifeguard Training at the beginning of each summer. To successfully complete this professional class students

must be 15 by the end of the session, attend all classes, demonstrate all skills correctly, and pass all sections of the written test with an 80% or better. First Aid, Automatic External Defibrillator (AED) use, and Cardio Pulmonary Resuscitation (CPR) for the Professional Rescuer will be learned as well.



Spinal Injury Management during Lifeguard Training.

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