Pool Locations

Ashworth Swimming Pool
Address: 101 SW 45th Street • Seasonal Phone: 243-3567 (1)
This facility is a 50-meter pool with 8 lanes and water depth between 4’6” and 13’, two 1-meter diving boards and one 3-meter diving board and a baby pool with water depth between 1’ and 2’6”.

Birdland Swimming Pool
Address: 300 Holcomb Avenue • Seasonal Phone: 243-3567 (2)
This facility is a 50-meter pool with 8 lanes and water depth between 4’6” and 13’, two 1-meter diving boards and one 3-meter diving board, a baby pool with water depth between 1’ and 2’6” and a water slide that exits into 10” of water.

Nahas Family Aquatic Center
Address: 1101 Porter Avenue • Seasonal Phone: 243-3567 (3)
This facility has a zero-depth entry, rain drop water feature with a maximum water depth of 5’, along with two water slides that exit into 3’6” of water.

Northwest Family Aquatic Center
Address: 4915 Madison Avenue • Seasonal Phone: 243-3567 (4)
This facility has a zero-depth entry, rain drop water feature with a maximum water depth of 5’, along with one water slide that exits into 3’6” of water.

Teachout Family Aquatic Center
Address: 2601 Hubbell Avenue • Seasonal Phone: 243-3567 (5)
This facility has a zero-depth entry and a rain drop water feature with a maximum water depth of 5’. There are two water slides. One slide is enclosed and the other is an inner tube slide, which both exit into 3’6” of water.

Daily Admission
2 and under ............ Free
Ages 3 - 20 .................. $2
Ages 21 and Over...... $4
½ price daily admission after 5 p.m. Monday – Thursday

Season Pool Pass
Individual........ $45
2 person........ $80
3 person.......... $110
4 person......... $140
Add $10 for each additional person after 4

Punch Cards*
5 punches Youth: $7.50 Adult: $17.50
20 punches Youth: $30 Adult: $70
*Savings of $.50 per admission
Season Passes and Punch Cards are available for purchase at dmparks.org.

Splash Pools
A splash pool is a splash pad with standing water and spray features; offering water play specifically aimed at children ages 10 and under. City of Des Moines splash pools are staffed; however, parental supervision is strongly encouraged.
Monday – Friday from 10 a.m. – 7 p.m.
Saturday, Sunday and Holidays from 12 – 6 p.m.
Ashby Park – 5200 38th Street (open May 23 – September 6)
M.L. King Park – 1650 Garfield Avenue (open May 23 – August 19)
Pete Crivar Park – 1012 SE 14th Street (open May 23 – August 19)
Union Park – 725 Thompson Avenue (open May 23 – September 6)

Spraygrounds
A sprayground is a splash pad with spray features and without standing water. Spraygrounds offer unsupervised water play specifically aimed at children ages 10 and under. City of Des Moines spraygrounds are not staffed and parental supervision is required.
Open May 1 – September 30*
Daily from 9 a.m. – 8 p.m.

Wading Pools
A wading pool is a small pool with standing water and no spray features. They offer supervised water play specifically aimed at children ages 10 and under. Wading pools are staffed; however, parental supervision is strongly encouraged.
Open June 1 – August 12
Monday – Friday from 10 a.m. – 4 p.m
Ashfield Park – 720 E 19th Street
Burke Park – 601 E University Avenue
Chesterfield Park – 2719 Scott Avenue
Drake Park – 2300 Drake Park Avenue*
Jordan Park – 600 E Wall Avenue (12 – 6 p.m. Wednesdays)
Sayers Park – 1300 Linden Lane
Stone Park – 2100 SE 5th Street

*Seasonal schedule could be impacted by construction
**NEW THIS SEASON!**

**Diving**
Learn the basics of springboard diving technique, safety and competition rules. No previous diving experience is required, but participants must be able to swim comfortably in deep water and easily swim a minimum distance of 25 yards.

**Lifeguarding 101**
Lifeguarding 101 is an introductory program designed to provide participants ages 11 – 14 with basic lifeguarding skills and knowledge. Please note, this is not a lifeguard certification course.

**Preschool Level II**
This course is designed for children 3 – 5 years of age who are comfortable in the water and can complete skills independently. Participants will work to enhance skills from Preschool Level I.

**Lap Swim**
Location(s): Ashworth & Birdland Swimming Pools
Details: Exercise in the pool by swimming laps. We offer Lap Swim from 12 – 1 p.m. prior to the pool opening for recreational swim and in one lane during open swim hours.

**Fitness Hour**
Location: Ashworth Swimming Pool
Details: Fitness Hour will be held daily from 12 – 1 p.m. Fitness Hour includes lap swim, aqua jog, aqua bike/treadmill and Total Body Aqua. Activities may not be offered each day. Visit dmparks.org for schedule.

**Special Promotions**
Location: All Pools
Details: A variety of special promotions are offered throughout the summer season, including Doggie Dive (aquatic centers only), Family Days, Father’s Day, National Swim A Lap Day, Military Appreciation Day and National Parents Day. Visit dmparks.org for specific dates and discounts.

**Private Party Rentals**
Let us host your next pool party! Whether it be a group outing, family reunion or birthday party, Des Moines aquatic facilities are the place to be. Visit dmparks.org to check availability. Rates vary from $110 – $360 per hour based on number of people attending the rental. All rentals can be completed online or in-person.

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**SWIM LESSONS** Registration begins April 1 at 8 a.m. - Visit dmparks.org to register!
Fee = $30 per participant for group lessons, $80 per participant for private lessons
Visit dmparks.org for scholarship opportunities ($5 per participant)

### Swim Lesson Placement Guide
*Please note: Preschool levels may seem similar to Level 1, the difference is based solely on age. Age requirements for each level are listed below.

<table>
<thead>
<tr>
<th>Level</th>
<th>Parent &amp; Child</th>
<th>Preschool I</th>
<th>Preschool II</th>
<th>Level 1</th>
<th>Level 2</th>
<th>Level 3</th>
<th>Level 4</th>
<th>Level 5</th>
<th>Adult</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Age</strong></td>
<td>6 mos. – 3 yrs.</td>
<td>3-5 yrs.</td>
<td>3-5 yrs.</td>
<td>5 yrs. &amp; up</td>
<td>5 yrs. &amp; up</td>
<td>5 yrs. &amp; up</td>
<td>5 yrs. &amp; up</td>
<td>5 yrs. &amp; up</td>
<td>16 yrs. &amp; up</td>
</tr>
</tbody>
</table>

**This class is for**
- A parent must accompany child in the water
- No required skills
- Children who are new to the water
- Most skills can be performed with assistance
- Parents who wish to learn about water safety and help their children feel comfortable in the water

**What will be taught?**
- How to feel comfortable in the water and safely enjoy it
- Water exploration
- Submerging face, blowing bubbles, floating and gliding with support
- How to feel comfortable in the water while enhancing skills from Preschool Level I
- Combined arm and leg actions on front and back along with treading can be completed with support
- How to fully submerge, float and glide with assistance, and combined arm and leg actions on front and back
- How to swim several body lengths without support, treading, and rotary breathing are introduced
- Elementary backstroke, rotary breathing, treading, front crawl, breaststroke kick, scissors kick, and dolphin kick
- Participants will gain confidence in the water and improve their strokes, including breaststroke, front crawl, sidestroke butterfly, and back crawl
- Participants will improve their strokes, build endurance, and learn flip turns and surface dives
- Instructor will work individually with participants and allow them to progress at their own pace to help them reach their personal goals

**Reminders**
- Registration can be completed at dmparks.org or in-person
- Registration is first come, first serve
- There will be no make-up classes due to weather
- If weather does not cooperate, skills will be practiced on deck and safety topics will be covered
- A $10 refund and transfer fee applies to all changes
- Register for one session at a time, as it is not uncommon to repeat a level
- Successful completion of one level is necessary before moving to the next level
- Not all levels are offered at all times; please check dmparks.org
- Cancellations must be made 5 business days prior the first day of the lesson to receive a refund
- Transfers must be completed 5 business days prior to the first day of the lesson

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