



**We are excited to welcome patrons back to Adventure Oasis Water Park for the 2022 Season on May 28, weather permitting. We have made changes to our admittance policies. Proof of residency is required for day passes, family passes, and season passes. Independence residents and non-residents are able to sign-up for swim lessons, exercise classes, special programs, party rentals, and group bookings.**



**Find more details at [indep.us/adventureoasis](https://indep.us/adventureoasis).**

## **SWIM LESSONS**

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Swimming Lessons are offered under the Progressive Swim Program. This program is divided into numerous levels. The objective of this program is to let YOUR abilities determine how fast you will progress through the levels. Practice and persistence are key, so let your swim lessons begin!

**Fee:** \$50 per participant (2-week session) (\$40 for season pass holders)

- All classes are Monday - Thursday
- Make-up lessons will be held on Fridays

**Lesson Times:** 8:45am, 9:45am, 10:45am, 7pm, and 8pm

- Junior Lifeguard: 10:45am and 8pm

**Sessions:** Registration deadlines: June 6, July 5, and July 25

- June 13 - June 23
- July 11 - July 21
- August 1 - August 11

# Swim Lesson Levels

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**Shrimp:** Develop comfort in & around water (Parent accompanies child in pool) (30min)

**Seahorse (Level 1):** Buoyancy, Breath Control, Basic Water Skills (30min)

**Starfish (Level 2):** Unsupported Floating, Kicking, Front Crawl, Back Crawl (45min)

**Guppy (Level 3):** Elementary Backstroke, Kneeling Dive, Front Crawl, Back Crawl (45min)

**Flipper (Level 4):** Sidestroke, Deep Water Bobbing, Breaststroke Kick, Previous Strokes (45min)

**Seal (Level 5):** Dolphin Kick, Treading Water, Breaststroke, Previous Strokes (45min)

**Sailfish (Level 6):** Butterfly, Front And Back Crawl Flip Turns, Increased Endurance (45min)

**Barracuda (Level 7):** Refine And Review All Strokes And Turns, Junior Life Guard Skills (45min)

**Junior Life Guard (Must have passed all 7 levels):** Refine, Review And Master All Strokes In Prep For Becoming Lifeguard (45min)

- Junior Life Guard Level is only offered during the second and third sessions



# RIVER WALKING

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Walk a section of the Lazy River with the current and against the current in this low-impact program. Water Shoes are recommended.

**Fee:** \$35 for 10-visit pass, \$4 per visit or included with season pass

- Monday - Thursday
- June 13 - August 11
- 9:30am - 11am and 8:15pm - 9pm
- Ages 16 and older

# SPLASH AND PLAY

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Enjoy the kiddie slides, water cannons, fountains and more. This program is designed just for the younger child to enjoy. Parents are free and encouraged to join in the fun.

**Fee:** \$4/child per day

- Tuesday and Thursday
- June 14 - August 11
- 9:30am - 11:30am
- Ages 6 and younger

# DIVE-IN MOVIES

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**Fee:** \$3 per person (Please note Dive-In Movie tickets are only available to Independence residents.)

- June 24, July 15, August 5
- Moana, Finding Dory, Lilo & Stitch
- 9pm



# FITNESS CLASSES

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**Fee:** \$35 for a 10-punch pass or \$4 per visit

- 10 week sessions
- June 6 - 10 through August 15 - 19
- No classes the week of July 4
- Ages 16 and older

## Let's Move That Body

A low impact but high intensity water aerobics class where no swimming skills are needed. This class is designed to improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using the resistance of the water to cushion the feet, knees and back. Exercises are performed to lively, motivating music.

- Instructor: Belinda Smith
- Tuesday and Thursday
- 8:15pm - 9pm

## Aqua Kick

This class will have you punching and kicking that water for a great cardio workout! A strength section to finish off a full body workout! Don't forget about the great music to drive that workout! All levels of fitness welcome!!!

- Instructor: Jennifer Vance - Schmidt
- Monday
- 8:15pm - 9pm

## Aqua Blast

Incorporates aerobic water exercises both strength and endurance with great music! This class will work your entire body and is appropriate for all fitness levels!

- Instructor: Jennifer Vance - Schmidt
- Wednesday
- 8:15pm - 9pm



**INDEPENDENCE**  
★PARKS★RECREATION★TOURISM★

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