

Pools

Aquatic Center (AC)
820 NE 18th Avenue, Pompano Beach, FL

Phone: 954.786.4128
Monday - Friday: 8:00 am - 8:00 pm
Saturday - Sunday: 9:00 am - 4:30 pm

Houston/Sworn Aquatic Center (H/S)
901 NW 10th Street, Pompano Beach, FL

Phone: 954.786.4116
Mon, Wed & Fri: 8:00 am - 7:00 pm
Tue & Thu: 8:00 am - 5:00 pm
Saturday - Sunday: 9:00 am - 4:30 pm

We would like to invite everyone to come and take a look at the Aquatic Center and Houston/Sworn Aquatic Center. The Aquatic Center includes an Olympic size pool that is 50-meters by 25-yards with two one-meter spring boards. Also available is a 25-meter pool just right for spending your leisure time. The Houston/Sworn Aquatic Center hosts nine 25-yard lap lanes with two one-meter spring boards.

Some programs may not be offered at both pools. Times and prices are subject to change. Call to verify schedule before visiting.

Adult Lap Swimming (AC)	18 & Up	Mon - Fri	8 am - 8 pm	❖	Residents: \$2 ^{.50} Non-Resident: \$4 ^{.50}	
	18 & Up	Sat - Sun	9 am - 4:30 pm	❖	Residents: \$2 ^{.50} Non-Resident: \$4 ^{.50}	
Adult Lap Swimming (H/S)	18 & Up	M, W & F	8 am - 7 pm	❖	Residents: \$2 ^{.50} Non-Resident: \$4 ^{.50}	
	18 & Up	Tue & Thu	8 am - 5 pm	❖	Residents: \$2 ^{.50} Non-Resident: \$4 ^{.50}	
	18 & Up	Sat - Sun	9 am - 4:30 pm	❖	Residents: \$2 ^{.50} Non-Resident: \$4 ^{.50} <i>Annual and Semi-annual passes available.</i>	
Open Swim (AC)	All Ages	Mon - Fri	8 am - 8:00 pm	★	Resident: \$1 ^{.75} (Child) Resident \$2 ^{.50} (Adult) Non-Resident: \$2 ^{.25} (Child) Non-Resident: \$4 ^{.50} (Adult)	
	All Ages	Sat - Sun	9 am - 4:30 pm	★	Resident: \$1 ^{.75} (Child) Resident \$2 ^{.50} (Adult) Non-Resident: \$2 ^{.25} (Child) Non-Resident: \$4 ^{.50} (Adult)	
Open Swim (H/S)	All Ages	Mon - Sun	1 - 4:30 pm	★	Resident: \$1 ^{.75} (Child) Resident \$2 ^{.50} (Adult) Non-Resident: \$2 ^{.25} (Child) Non-Resident: \$4 ^{.50} (Adult)	
Waterobics	(H/S) (AC)	18 & Up	M, W & F	9 - 10 am & 6 - 7 pm	❖	Resident: \$3/class OR \$25/10 classes Non-Resident: \$3 ^{.50} /class OR \$30/10 classes
	(AC)	18 & Up	M, W & F	10 - 11 am	❖	Resident: \$3/class OR \$25/10 classes Non-Resident: \$3 ^{.50} /class OR \$30/10 classes
	(H/S) (AC)	18 & Up	Sat	10 - 11 am	❖	Resident: \$3/class OR \$25/10 classes Non-Resident: \$3 ^{.50} /class OR \$30/10 classes
	(AC)		Tue & Thu	6:30 - 7:30 pm	❖	Resident: \$3/class OR \$25/10 classes Non-Resident: \$3 ^{.50} /class OR \$30/10 classes
<i>This program is a shallow and deep-water cardiovascular workout that challenges participants of all fitness levels. 55 minute class.</i>						
Aquaburst (AC)	13 & Up	Tu, Th & Sa	9:15 - 10 am	❖	Resident: \$3/class OR \$25/10 classes Non-Resident: \$3 ^{.50} /class OR \$30/10 classes <i>This program is a 45 minute high intensity interval workout in the 50 meter pool.</i>	
Aquastretch (AC)	18 & Up	M, W & F	11 am - 12 pm	❖	Resident: \$3/class OR \$25/10 classes Non-Resident: \$3 ^{.50} /class OR \$30/10 classes <i>This program promotes flexibility and reduces stiffness with low impact exercise & stretching.</i>	
Piranhas Swim Team (AC)	4 - 18	Mon-Fri	Call for times	❖	\$65 monthly	
	4 - 18	Sat	Call for times	❖	\$65 monthly	
<i>U.S.A. SWIM TEAM. For more information please contact 954.372.5029 or www.pompanopiranhas.com. Plus \$35 Club Registration & \$60.00 League Registration fee.</i>						
Private Lessons (AC & H/S)	All Ages			★	Resident: \$15/lesson Non-Resident: \$20/lesson <i>This program is a 30 minutes cardio intensive workout in deep water.</i>	
Deep Endurance (AC)	13 & Up	T, Th & S	8:30 - 9 am	★	Resident: \$3/lesson OR \$25/10 lessons Non-Resident: \$3 ^{.50} /lesson OR \$30/10 lessons <i>This program is a 30 minute cardio intensive workout in deep water</i>	
American Red Cross Certifications & Training (AC & H/S) ★ <i>Lifeguard Training, First Responder & Water Safety Instructor classes. Contact the facility for scheduling.</i>						
Pool Parties (AC & H/S) ❖ <i>Have your child's birthday or any occasion party at the pool. Schedule with facility at least two weeks in advance of event.</i>						
Preschools & Childcare Centers (AC & H/S) ❖ <i>Looking for lessons for your students? We will be offering group lessons. Call us for rates and times. Grants may be available!</i>						
College Teams Or Clubs (AC & H/S) ★ <i>Looking for training for your team? The Pompano Aquatic Center and Houston/Sworn Aquatic Center will be offering training space for your needs, long course (50 Meter) or short course (25 yards). Please contact the Pompano Aquatic Center for dates and times at (954)786-4128.</i>						

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ALL activities and prices are subject to change. Please call ahead to confirm.