

POOL RULES AND REGULATIONS

The rules enforced at the El Cerrito Swim Center are designed for the safety of all patrons, staff and for the protection of the pool facility.

GENERAL POOL RULES

1. Animals other than Service Animals are not permitted in the Swim Center.
2. No shoes or street attire on pool deck.
3. No bicycles in Swim Center. Please use the bike racks in the front of the Community Center.
4. Only aquatic employees inside guardroom.
5. Foul language is strictly prohibited.
6. All patrons known to be or suspected of being afflicted with an infectious disease, suffering from a cold virus, sores or wearing Band-Aids shall be excluded from the pool (Department of Health and Safety Code #7830).
7. Smoking is prohibited everywhere at the Community Center.
8. Guests will refrain from displays of affection not appropriate in a public, family setting.
9. No portable stereos or radios allowed
10. No seeds or shells allowed.
11. No chewing or bubble gum allowed in swimming pool.
12. Persons not intending to swim and not accompanying a family member are not to enter the facility.
13. All swimmers older than one year must pay admission.

SAFETY RULES

1. Lifeguards and staff are present to insure the safety and enjoyment of patrons. Disregarding staff instructions is grounds for immediate ejection from the facility.
2. No running on the deck or in the locker rooms.
3. Rough play of any kind, including pushing, wrestling, dunking, snapping of towels, or riding on shoulders or back, is not allowed.
4. Facemasks that cover the nose, snorkels and fins are not allowed during Recreation Swim.
5. Flotation devices, other than professional exercise equipment are not allowed.
6. No diving into the recreation pool or the shallow sections of the competition pool.
7. **Glass containers of any kind are not allowed at the Swim Center.**
8. No swimming without a lifeguard present.
9. No hanging on lane lines and ropes.
10. No swimming under lifeguard chairs.
11. Any child under 6 years old must be accompanied at all times in the water by an adult over 18 years of age.

12. Swimmers under 18 wishing to go into the competition pool must pass a swim test. The test consists of two non-stop widths of the recreation pool or one length of the competition pool (approx. 25 yards) (any stroke utilizing rhythmic breathing, face in). The lifeguard may require a swimmer to perform additional skills, such as treading water, to assure their safety in deep water. Swimmers that pass the test will be issued a wristband that they must wear in a visible place. Lifeguards determine whether a swimmer passes the swim test.

American Red Cross General Water Safety Tips

- Learn to swim. The best thing anyone can do to stay safe in and around the water is to learn to swim.
- Always swim with a buddy; never swim alone. Swim in areas supervised by a lifeguard.
- Read and obey all rules and posted signs.
- Watch out for the dangerous “too’s” – too tired, too cold, too far from safety, too much sun, too much strenuous activity.
- Set water safety rules for the whole family based on swimming abilities (e.g. Inexperienced swimmers should stay in water that is less than chest deep).
- Know the water environment you are in and its potential hazards, such as deep and shallow areas, currents, depth changes, obstructions and where the entry and exit points are located. Pay attention to local weather conditions and forecasts. Stop swimming at the first indication of bad weather.
- Use a feet-first entry when entering the water. Enter headfirst only when the area is clearly marked for diving and has no obstructions.
- Don’t mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination. It affects your swimming and diving skills, and reduces your body’s ability to stay warm.
- Know how to prevent, recognize and respond to emergencies.

FREQUENTLY ASKED QUESTIONS

Is the pool indoor or outdoor? Outdoor

What Temperatures are your pools? The competition pool is heated to 79 °. The Recreation Pool is heated to 83 °.

How big are the pools? The competition pool is 25 yards by 25 meters. We run lap lanes in the yards direction only at this time. There are 8 competition lanes plus a shallow section that is a little more than one lane wide.

The recreation pool has three 25-yard lap lanes, as well as several shallow sections, a fountain feature and water slide.

How many laps are in a mile? 70.4 laps (in swimming a lap is equal to one length of the pool)

Do I need to be a member? No. We are a public pool owned and operated by the City of El Cerrito. All our programs are available to the public on a fee basis.

Why do your fees seem higher than some other local pools/ I love the Swim Center but I can't afford the fees?

Our fees are actually comparable to other local public pools in communities of the same size. Swimming pools are very expensive to operate and large cities have larger tax bases which allow them to subsidize their pool fees more than we can as a small city. We want everyone in this community to be able to use the Swim Center, but we understand that it can be difficult for some to afford our fees. Financial assistance is available in the form of the David Hunter Scholarship Fund which can help with the cost of all of our programs from swim lessons to lap swim. Please see Community Center staff for eligibility and application information.

What types of chemicals are in the water?

In order to keep the water sanitary and safe and adhere to health regulations we use liquid chlorine (sodium hypochlorite), hydrochloric acid, sodium bicarbonate (baking soda), and calcium chloride. At times additional chemicals may be used in order to insure the proper balance of the water. If you have questions about possible allergic reactions to any of these chemicals please contact a healthcare professional.

Do you have lockers? Yes. Each locker room is equipped with plenty of lockers. They are coin operated (\$.50) or you can use your own lock. Lockers are for day use only. Locks or belongings left overnight may be discarded.

Are my belongings safe at the Swim Center?

There are so many different people and groups that use the Swim Center on a regular basis; it is difficult for our staff to keep an eye on everyone's belongings. You should never bring anything of value to the Swim Center and what you do bring is only safe in a properly secured locker. Your belongings should not be left anywhere else in the locker room or on the pool deck.

How old is a senior, how old is a child? Patrons 60 and older are eligible for the Senior discount on passes and classes. Patrons 1 year to 17 years are considered children for purposes of Recreation Swim and Family Swim. Children under one year are admitted at no charge.

Why do non-residents pay more than residents? Who is a resident?

Residents or their landlords pay property taxes that help the city to subsidize our programs and operations, therefore non-residents pay a 25% surcharge for our classes and passes.

Residents live within the city limits of El Cerrito. If your postal code is 94530 you are an El Cerrito resident, otherwise you must pay the non-resident surcharge.

Residents of neighboring communities such as Kensington, Albany and Richmond are considered non-residents.

It's hot outside today can I come swimming?

If there is a scheduled Recreation Swim (for kids) or Lap Swim (for adults) then you are welcome during those times. In order to serve the needs of the whole community though, our pools are fully programmed seven days a week with a variety of activities. We cannot cancel pre-scheduled programs because it is hot outside and others may wish to use the pool. We do offer Recreation Swim at least 3 days a week year round (even in the cooler months) and 7 days a week in the summer.

It's raining and cold, is the pool still open/ are swim lessons still happening?

Yes. The only weather that closes the pool is lightning or anything that prevents the lifeguard from seeing the bottom of the pool. Besides, the pools are always heated and you're getting wet anyway.

What's the difference between Family Swim and Recreation Swim?

Both are times that at least the small pool is open for play, but during Family Swim all children must be accompanied by an adult in the water and all adults must be accompanied by children in the water. For this reason Family Swim tends to be a quieter time for families with small children to enjoy the water together.

Why don't you allow my child to wear flotation devices?

We believe, as do most public pools, that children are most safe in the water under the close supervision of their parent or other responsible adult. When a child is wearing some kind of flotation device we believe that parents develop a false sense of security and do not supervise their child as closely as they otherwise would. In addition, children may feel more confident in the water than they should. Although our pool provides a place for everyone who can stand to stand up, this does not mean that they are safe. When children lose their balance, even in very shallow water, it is very difficult for them to regain it. We have taught thousands of children and adults how to swim without the aid of flotation devices; if anything, flotation devices teach poor body position and unwarranted confidence in an environment where caution should always be exercised.

Why do you have so many rules?

The main reason behind almost all of our rules is safety. It may seem like we have a lot of rules but swimming pools are full of hazards and we don't like people to get hurt.

AQUA AEROBICS

Aqua aerobics is an invigorating, low-impact workout utilizing resistance equipment designed to accommodate all fitness levels. Each 60 minute class incorporates an aerobic workout set to music with conditioning, strength training and flexibility.

Shallow Water Aerobics					
Mon	Tues	Wed	Thurs	Fri	Sat
9-10am	6:30-7:30pm	9-10 am	6:30-7:30pm	9-10am	8:30-9:30am
Deep Water Aerobics					
Mon	Tues	Wed	Thurs	Fri	
12 to 1pm	9 to 10am	12 to 1pm	9 to 10am	12 to 1pm	
6:30pm to 7:30pm		6:30pm to 7:30pm			

Fees

Drop-In: \$8.50

Water Aerobics passes (vaild 3 months from the date of purchase)

4 Class Pass:

Resident \$22.00/ Non-Res. \$27.50

Senior Resident \$17.60/ Senior Non-Res. \$22.00

8 Class Pass:

Resident \$44.00/ Non-Resident \$55.00

Senior Resident \$35.20/ Senior Non-Res. \$44.00

12 Class Pass

Resident \$66.00/ Non-Res. \$82.50

Senior Resident \$52.80/ Senior Non-Res. \$66.00

WATER WALKING

This is an indepent exercise time for adults. Water walking takes place in the shallow lane of the big pool.

See lap swim fees.

Water Walking
Monday – Friday 11:00am to 1:00pm

ADULT BEGINNING SWIMMING (AGE 12+)

Beginning Swimming is designed for adults with little or no experience in the water. Participants will learn water adjustment skills, floating on both the front and back, front crawl with side breathing, back crawl, and elementary backstroke. Participants will also become familiar with deep water and will learn safety skills.

Adult Beginning Swimming	
Monday & Wednesday	Saturday
9am – 10am	9am – 10am
Tuesday & Thursday	
6:30pm – 7:30pm	

ADULT INTERMEDIATE SWIMMING (AGE 12+)

Intermediate Swimming is designed for adults who can swim at least 25 yards of freestyle and 25 yards of back crawl. Students work on endurance and further refining the skills and strokes learned in beginning swimming. The breaststroke, sidestroke, and butterfly will also be introduced. Diving and other deep-water skills will be taught.

Adult Intermediate Swimming		
Monday & Wednesday	Tuesday & Thursday	Saturday
9:00am – 10:00am 7:00pm – 8:00pm	6:30pm – 7:30pm	9:00am – 10:00am

ADULT ADVANCED SWIMMING (AGE 12+)

This class is designed for adults wishing to take their swimming to the next level. Valuable skills and techniques to create your own workout or to help you prepare to join the Masters' swim team will be taught. Participants must be able to swim 25 yards of each: freestyle, backstroke, and breaststroke. Familiarity with butterfly is recommended but not required. This course also provides an introduction to swim training terminology, such as stroke development, endurance, drills, turns, starts and the proper use of equipment.

Adult Advanced Swimming
Monday & Wednesday
6pm – 7pm

SEE NEXT PAGE FOR SESSION DATES & FEES

ADULT SWIMMING LESSON SESSIONS		
Monday & Wednesday Lessons		
Session 1	9/9/09 to 9/30/09 (7 classes)	Resident: \$38.50 Senior Resident: \$30.80 Non-Resident: \$48.30 Senior Non-Res.: \$38.50
Session 2	10/5/09 to 10/28/09 (8 classes)	Resident: \$44.00 Senior Resident: \$35.20 Non-Resident: \$55.20 Senior Non-Res.: \$44.00
Session 3	11/2/09 to 11/25/09 (7 classes) *No Class 11/11/09	Resident: \$38.50 Senior Resident: \$30.80 Non-Resident: \$48.30 Senior Non-Res.: \$38.50
Session 4	11/30/09 to 12/9/09 (4 classes)	Resident: \$22.00 Senior Resident: \$17.60 Non-Resident: \$27.60 Senior Non-Res.: \$22.00
Tuesday & Thursday Lessons		
Session 1	9/8/09 to 10/1/09 (8 classes)	Resident: \$44.00 Senior Resident: \$35.20 Non-Resident: \$55.20 Senior Non-Res.: \$44.00
Session 2	10/6/09 to 10/29/09 (8 classes)	Resident: \$44.00 Senior Resident: \$35.20 Non-Resident: \$55.20 Senior Non-Res.: \$44.00
Session 3	11/3/09 to 11/24/09 (7 classes) *NO Class 11/26/09	Resident: \$38.50 Senior Resident: \$30.80 Non-Resident: \$48.30 Senior Non-Res.: \$38.50
Session 4	12/1/09 to 12/10/09 (4 classes)	Resident: \$22.00 Senior Resident: \$17.60 Non-Resident: \$27.60 Senior Non-Res.: \$22.00
Saturday Lessons		
Session 1	9/12/09 to 10/3/09 (4 classes)	Resident: \$22.00 Senior Resident: \$17.60 Non-Resident: \$27.50 Senior Non-Res.: \$22.00
Session 2	10/10/09 to 10/31/09 (4 classes)	Resident: \$22.00 Senior Resident: \$17.60 Non-Resident: \$27.50 Senior Non-Res.: \$22.00
Session 3	11/7/09 to 12/5/09 (4 classes) *No class 11/28/09	Resident: \$22.00 Senior Resident: \$17.60 Non-Resident: \$27.50 Senior Non-Res.: \$22.00

ECAM MASTERS SWIM TEAM (Age 19+)

El Cerrito Aquatic Masters swimming is designed for adults 19 years old and up who are interested in swimming competitively or just developing the endurance and technique needed to participate at a competitive level. Coached workouts focus on endurance, technique, and overall fitness. No competitive experience necessary, all levels welcome and encouraged. Talk to the coach regarding minimum swimming ability required.

Masters' Swim Team						
Sun.	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
8:30-10am	6-8am	6-8am	6-8am	6-8am	No workout	8:30-10am
		6:00 - 7:30pm		6:00 - 7:30pm		

EL CERRITO AQUATICS MASTERS (ECAM)				
FEES				
	EC Resident	Non-Resident	Senior EC Resident	Senior Non-Resident
Masters Monthly Pass (includes unlimited Masters workouts for the month) Valid 1 month	\$60.00	\$70.00	\$48.00	\$56.00
Masters Quarterly Discount Pass (Includes unlimited Masters workouts for the quarter) Valid 3 months				
1-Swimmer Per household	\$162.00	\$192.00	\$129.60	\$153.60
2-Swimmers per household	\$219.00	\$249.00	\$175.20	\$199.20
NEW! Masters Plus Pass Valid 1 month (Includes unlimited Masters workouts as well as unlimited lap swim access for 1 month).	\$110.00	\$130.00	\$88.00	\$104.00

MASTERS WATER POLO



Are you looking for a challenge in the water? Join XX-XY Water Polo Club of the East Bay! We are a Masters' level co-ed water polo club made up of water polo enthusiasts of all ages, skill levels and experience levels. We provide skill development, endurance training and game strategy to beginner and advanced players. It is a friendly and fun environment with a competitive edge. For more info, contact Michael Dove at mdove@kovarus.com or (510) 334-6960. See you in the pool!

Masters' Water Polo		
Sunday	Tuesday	Thursday
4:00-5:30pm Scrimmage	8:00 – 9:00pm Skills	8:00-9:30pm Scrimmage

Note: Days and times subject to change. Contact the team for current practice days and times.

LAP SWIM

A variety of times during the day are set aside for people who have the interest to come in and work out on their own. Lane markers will be set out during these times designating the speeds of each lane. Kick boards, pull buoys and other workout equipment will be available. Lap Swim is designed for adults (ages 14 and older). (See current schedule for lap swim times)

Lap swim/water walking fees:

Drop-In: \$5.50
Resident 10-swim pass: \$41.50 (valid 1 year)
Non-Resident 10-swim pass: \$51.50 (valid 1 year)
Senior Resident 10-swim pass: \$33.20 (valid 1 year)
Senior Non-Resident 10-swim pass: \$41.20 (valid 1yr)
Resident Unlimited Monthly pass: \$100.00
Non-Resident Unlimited Monthly pass: \$125.00
Senior Resident Unlimited Monthly pass: \$80.00
Senior Non-Resident Unlimited Monthly pass: \$100.00

AMERICAN RED CROSS LIFEGUARD TRAINING

Participants will learn about the duties and responsibilities of a lifeguard and how to carry them out in a professional manner. They will also learn how to prevent injuries, give first aid, and care for breathing and cardiac emergencies. Certifications include Lifeguard Training, CPR for the Professional Rescuer, and First Aid. See flyer or ask pool staff for dates and times. Participants must be at least 15 years old by the last day of class. Attendance at all class sessions is mandatory.

Session 1: September 14 th – October 7 th		
Monday 9/14, 9/21, 9/28, 10/5	Wednesday 9/16, 9/23, 9/30, 10/7	Saturday 9/19
5:30-8:30pm	5:30-8:30pm	8:00-5:00pm
Costs:	EC Residents: \$150.00	Non-Residents: \$187.50

JUNIOR LIFEGUARD I

Junior Lifeguard 1 is a program for 12-14 year olds who love the water and have an interest in eventually becoming a certified Lifeguard. This is an intense program including education on aquatic safety, prevention of accidents, communication, team building and customer service. Upon successful completion of course requirements, Junior Lifeguards will receive certifications in American Red Cross Guard Start, First Aid and CPR.

September 14 th - November 18 th	
Monday 3:30-5:00pm	Wednesday 3:30 – 5:00pm
EC Residents: \$150.00	Non-Residents: \$187.50

GATORS SWIM TEAM

The City of El Cerrito is the home of the USS Gators Swim Team. Our year round swim team is for youth 5-18 years old, and is for both new and experienced swimmers. Gators will focus on stroke technique, endurance, and speed. Swimmers must be able to swim one length each of front crawl, back crawl, and breaststroke. Tryouts are held Monday-Thursday at 4PM year round. Contact Coach Jerry for more information at 510 - 559- 7010 or jabee@ci.el-cerrito.ca.us.

See Pool Schedule for current practice times

Fees (based on calendar month)

1-swimmer per household
 Resident: \$60.00/Non-Resident \$70.00
2-swimmers per household
 Resident \$85.00/Non-Resident \$95.00
3-swimmers per household
 Resident \$110.00/Non-Resident \$120.00
 (Please contact the Aquatics Registrar regarding quarterly discounts and Automatic Payment options)

SWIM CLUB

Swim Club is a program designed for youth age 9-15. Sessions are focused on improving technique and building endurance. This is ideal for swimmers who would like to build up the skills to join swim team and those that would like to enjoy the benefits of swimming in a non-competitive environment. Participants must be able to swim 25 yards of front crawl and be able to float on their back.

Swim Club	
Tuesday 3:30pm to 5:00pm	Thursday 3:30pm to 5:00pm

Monthly Fees:

Resident: \$30.00
 Non-Resident: \$37.50
 Note: This program follows the WCCUSD school calendar.
Starts on September 8, 2009.

RECREATION SWIM

Recreation Swim is a time for people of all ages to enjoy the water and to have fun. Children under 6 years old must be accompanied at all time in the pool by an adult. Please consult the pool rules before participating in Recreation Swim. **See current schedule for days and times.**

FAMILY SWIM

Family Swim is a family time rather than a recreational swim time. **An adult must accompany ALL children in the water.** Family Swim is designed to be a calmer open swim for families with young children. Family Swim takes place in the recreation pool. The slide is not available. Note: Family Swim shares the pool with other programs.
Family Swim runs until October 25, 2009.
See current schedule for days and times.

RECREATION SWIM & FAMILY SWIM

Fees:

Drop-In Child: \$3.00
 Drop-In Adult: \$5.50

Children's Passes (Age 1-17 years)

Resident 10-Swim Pass \$25.00 (valid 1 year)
 Non-Resident 10-Swim Pass \$29.00 (valid 1 year)
 Resident Unlimited Swim Pass \$35.50 (valid 1 month)
 Non-Resident Unlimited Swim Pass \$41.50 (valid 1 month)

Adult Recreation Swim Passes (18 and up)

Resident 10-Swim Pass \$41.50 (valid 1 year)
 Senior Resident 10-Swim Pass \$33.20 (valid 1 year)
 Non-Resident 10-Swim Pass \$51.50 (valid 1 year)
 Senior Non-Resident 10-Swim Pass \$41.20 (valid 1 year)
 Resident Unlimited Swim Pass \$62.50 (valid 1 month)
 Senior Resident Unlimited Swim Pass \$50.00 (valid 1 month)
 Non-Resident Unlimited Swim Pass \$67.50 (valid 1 month)
 Senior Non-Resident Unlimited Swim Pass \$62.50 (valid 1 month)

POOL RENTALS

This beautiful facility is available for rent for end of the year class parties, birthdays and other special events. Times fill quickly, so booking far in advance is recommended. There is a minimum rental time of one hour. The pool is available for rental on Saturdays and Sundays. Occasionally, the pool is available during the week for rental by school and community groups. Please inquire with Aquatics management regarding renting the pool. (510) 559-7011 or bcooney@ci.el-cerrito.ca.us

RECREATION POOL RENTAL SCHEDULE	
JUNE – SEPTEMBER AVAILABILITY:	
Saturday	12:00pm to 1:00pm
	5:30pm to 7:00pm
Sunday	11:30am to 1:00pm
	5:30pm to 7:00pm
OCTOBER – MAY AVAILABILITY:	
Saturday	12:00pm to 1:00pm
	4:30pm to 6:00pm
Sunday	11:30am to 1:00pm
	4:30pm to 6:00pm

FEES:

Non-refundable \$100 deposit required
 El Cerrito Residents: \$175.00/hour
 Non-Residents: \$218.00/hour

YOUTH SWIMMING LESSONS

Our youth learn-to-swim program is designed for children ages 6 months to 12 years. The program includes three pre-swimming classes and six Learn-to-Swim levels based on the American Red Cross standards. We believe swimming to be a very important safety skill, and thus teach lessons with a structured progression. Participants will not advance to the next level if they cannot completely pass all of the skills on the level card. If some time has passed between lessons, it is recommended that you sign your child up for the last level they passed. If you have questions regarding the proper class or level for your child please contact the swim staff at (510) 559-7011 or bcooney@ci.el-cerrito.ca.us

During the Fall, swimming lessons are offered on both Monday/Wednesday and Tuesday/Thursday afternoons and Saturday mornings.

Pre-Swimming Classes (ages 6 months – 3 years)	
Parent & Tot (6 months – 3years)	This class is designed for children 6 months to 3 years and their parent or caregiver. The program is designed to give parents the information and techniques necessary to introduce their child to the water in a safe and comfortable environment. This is done through the use of songs, games and introducing basic water skills.
Pee Wee (2 ½ years – 4years)	Pee Wee swimming is a great introduction to swim lessons for children ages 2 ½ to 4 years. The class will focus on learning to be comfortable in the water through songs, games and play.

Learn-to-Swim Levels (ages 4 to 12 years)	
Level 1 - Prerequisite skills	No skills needed. This is a water adjustment class with a focus on learning fundamental skills.
Level 2 - Prerequisite skills	Enter the pool unassisted, move through the water 5 yards; bob 5 times in chin level water & safely exit the water. Float on front for 3 seconds (face in the water), and float on back (ears in water) 3 seconds.
Level 3 - Prerequisite skills	Enter chest deep water from the side, move into a front float for 5 seconds, roll over to a back float, return to a standing position, then move to a back float for 5 seconds and return to a standing position. Push off and swim using arm stroke and kick for 15 feet on the front; push off and swim using back float kick and fin or back crawl for 15 feet.
Level 4 - Prerequisite skills	Jump into chest-deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to side). Maintain position by treading water or floating for 30 seconds and swim back crawl 15 yards.
Level 5 - Prerequisite skills	Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back for 1 minute in deep water (float or scull) and swim elementary backstroke for 15 yards. Swim breaststroke 15 yards, tread water for 1 minute and swim back crawl for 25 yards.
Level 6 - Prerequisite skills	Perform a shallow dive into deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and elementary backstroke for 25 yards. Swim breaststroke 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

FALL YOUTH SWIMMING LESSONS		
Time	Monday & Wednesday	Tuesday & Thursday
4:00	Pee Wee Level 2 Level 3	
4:30	Level 1 Level 2 Level 3	Pee Wee Level 2 Level 3
5:00	Level 1 Level 2 Level 4	Level 1 Level 3 Level 4
5:30	Level 1 Level 3 Level 5/6	Level 1 Level 2 Level 5/6
6:00		Level 1 Level 2 Level 3

FALL YOUTH SWIMMING LESSONS	
Time:	Saturday
10:00am	Pee Wee Level 2 Level 3 Level 4
10:30am	Level 1 Level 2 Level 3 Level 5/6
11:00am	*Parent & Tot Pee Wee Level 3 Level 4
11:30am	*Parent & Tot Level 1 Level 2 Level 3

** Parent & Tot class is offered sessions 1 & 2 only.*

Monday & Wednesday Lessons		
Session 1	9/9/09 to 9/30/09 (7 classes)	Resident: \$63.00 Non-Resident: \$77.00
Session 2	10/05/09 to 10/28/09 (8 classes)	Resident: \$72.00 Non-Resident: \$88.00
Session 3	11/2/09 to 11/25/09 (7 classes) *NO Class 11/11/09	Resident: \$63.00 Non-Resident: \$77.00
Session 4	11/30/09 to 12/9/09 (4 classes)	Resident: \$36.00 Non-Resident: \$44.00

Tuesday & Thursday Lessons		
Session 1	9/8/09 to 10/10/09 (8 classes)	Resident: \$72.00 Non-Resident: \$88.00
Session 2	10/6/09 to 10/29/09 (8 classes)	Resident: \$72.00 Non-Resident: \$88.00
Session 3	11/3/09 to 11/24/09 (7 classes) *NO Class 11/26/09	Resident: \$63.00 Non-Resident: \$77.00
Session 4	12/01/09 to 12/10/09 (4 classes)	Resident: \$36.00 Non-Resident: \$44.00

Saturday Lessons		
Session 1	9/12/09 to 10/3/09 (4 classes)	Resident: \$36.00 Non-Resident: \$44.00
Session 2	10/10/09 to 10/31/09 (4 classes)	Resident: \$36.00 Non-Resident: \$44.00
Session 3	11/7/09 to 12/5/09 (4 classes) *NO class 11/28/09	Resident: \$36.00 Non-Resident: \$44.00

PRIVATE SWIMMING LESSONS

If you are interested in arranging private swimming lessons you can fill out a Private Lesson Request form. Forms are available in the pool office. We are not always able to accommodate requests. Lessons are determined by instructor availability and there is often a long waiting list. Instructor availability is especially limited in the fall and winter months.

FALL 2009 PRIVATE SWIM LESSON SCHEDULE	
MONDAY/WEDNESDAY (4 classes) 2 week session 6:00pm to 6:30pm	9/14/09 to 9/23/09 9/28/09 to 10/7/09 10/12/09 to 10/21/09 10/26/09 to 11/4/09
TUESDAY/THURSDAY (4 classes) 2 week session 4:00pm to 4:30pm	9/8/09 to 9/17/09 9/22/09 to 10/1/09 10/6/09 to 10/15/09 10/20/09 to 10/29/09 11/3/09 to 11/12/09
SATURDAY (4 classes) 4 week session 9:30am to 10:00am	9/12/09 to 10/3/09 10/10/09 to 10/31/09

Fees:

Private Lessons:

El Cerrito Resident: \$100.00

Non-Resident: \$120.00

Semi-Private Lessons:

(2 students)

El Cerrito Resident: \$120.00

Non-Residents: \$160.00

SPECIAL ARRANGEMENT GROUP SWIMMING LESSONS

Do you have a school group, a pre-school, home school or other group that you would like swimming lessons for? We offer group lessons outside of our traditional Learn-to-Swim program. Dates and times are based upon instructor availability. Please contact aquatics management for availability and fees. (510) 559-7011 or bcooney@ci.el-cerrito.ca.us