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El Cerrito Swim Center-Frequently asked questions

Is the pool indoor or outdoor?

Outdoor

What Temperature are your pools?

The competition pool is heated to around 79 °. The Recreation Pool is heated to around 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?

Our patrons 60 and older are eligible for the Senior discount on passes and classes. Our patrons 1 year to 18 years are considered children for purposes of Rec 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 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.

POOL RULES AND REGULATIONS

The purpose of the lifeguards and all of the pool regulations is to allow the patron the maximum enjoyment and freedom which safety will permit (Department of Public Health and Safety Code #24100.1).

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

GENERAL

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.
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 chew 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. Face masks that cover the nose and 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 less than 6 years of age 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 stroke must be performed reasonably well according to the lifeguard. 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.

Spring Registration starts December 11th for El Cerrito Residents and December 18th for non-Residents

AQUA AEROBICS

Come and enjoy the unique exercise benefits of the water in a fun and friendly setting. An invigorating, low or no impact workout utilizing resistive equipment designed to accommodate all fitness levels. Each 60 minute class incorporates an aerobic workout set to music with conditioning, strength training, and flexibility. Non-Swimmers are welcome in the shallow water classes.

Shallow Water Aerobics

Monday, Wednesday, Friday 9:00AM-10:00AM
Tuesday, Thursday 6:30PM-7:30PM
Saturday 8:30AM-9:30AM

Deep Water Aerobics

Monday, Wednesday, Friday 12:00PM-1:00PM
Tuesday, Thursday 9:00AM-10:00AM
Monday, Wednesday 6:30PM-7:30PM

Fees

Drop In \$8.50

Water Aerobics Passes

Purchase 4, 6, 8, 10, or 12 classes
valid for one month from date of purchase

4 classes

Resident \$22.00/ Non-Res. \$27.50
Senior \$17.60/ Senior Non-Res. \$22.00

8 classes

Resident \$44.00/ Non-Resident \$55.00
Senior \$35.20/ Senior Non-Res. \$44.00

12 Classes

Resident \$66.00/ Non-Res. \$82.50
Senior \$52.80/ Senior Non-Res. \$66.00

(see pool staff for other fees)

LUNCH CRUNCH

A lively-paced, low-impact 45 minute workout designed to raise your heart rate and your spirits. Restart your day at noon with cardio moves and strength training, adaptable to all fitness levels.

Tuesday and Thursday 12:00PM-12:45PM

(see H2O Aerobics Fees above)

WATER WALKING

An Independent exercise time for adults in the recreation pool. Come enjoy the warmer pool as you do water walking, stretching, swim or other shallow water exercise. *(Water walking will share pool with Family Swim)*

Tuesday & Thursday

12:00PM-1:00PM

schedule subject to change

(see lap swim fees)

CALISTHENICS IN THE WATER

A 30-minute exercise class focused on improving mobility, flexibility and strength. Includes an aerobic workout set to music. Ideal for seniors, those with mobility issues, and anyone new to water exercise.

Monday, Wednesday, Friday
8:30-9:00AM

Drop In \$4.25

Monthly Fee

2x Per week

\$22.00 Resident/ \$27.50 Non-Resident
\$17.60 Senior Resident/ \$22.00 Senior Non-Res

3x Per week

\$33.00 Resident/ \$41.25 Non-Resident
\$26.40 Senior Resident/ \$33.00 Senior Non-Res

ADULT BEGINNING SWIMMING (AGE 12-100+)

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 learn a variety of safety skills. (Session Dates and Fees on next page)

Monday, Wednesday 9:00AM-10:00AM

Monday, Wednesday 6:00PM-7:00PM

Saturday 9:00AM-10:00AM

ADULT INTERMEDIATE SWIMMING (AGE 12-100+)

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. (Session Dates and Fees on next page)

Monday, Wednesday 9:00AM-10:00AM

Monday, Wednesday 7:00PM-8:00PM

Saturday 9:00AM-10:00AM

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ADVANCED ADULT SWIMMING (AGE 12-100+)

For adults that want to take their swimming to the next level. Learn valuable skills and techniques to create your own workout or prepare to join the Master's Swim Team. Participants should be able to swim one lap each of frontcrawl, backcrawl and breaststroke. Some familiarity with butterfly is recommended but not required. This course provides an introduction into swim training terminology as well as training in Stroke development, Endurance, Drills, Turns and starts & training with aquatic equipment.

Tuesday and Thursday 6-7PM

ADULT CLASS SESSIONS & FEES

Monday /Wednesday (Beginning/ Intermediate)

Session MW1 2/4-2/20/08 (5 Classes) (No Class 2/18)

Resident \$27.50 Non Resident \$34.50

Senior \$22.00/ Senior Non-Res. \$27.60

Session MW2 2/25-3/19/08 (8 Classes)

Resident \$44.00 Non Resident \$55.00

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

Session MW3 3/31-4/30/08 (10 classes)

Resident \$55.00 Non Resident \$68.75

Senior \$44.80/ Senior Non-Res. \$55.00

Session MW4 5/5-6/4/08 (9 classes) (No Class 5/26)

Resident \$49.50/ Non Resident \$62.00

Senior \$39.60/ Senior Non-Res. \$49.60

Tuesday/Thursday (Advanced Swimming)

Session TTH1 2/5-2/21/08(6 Classes)

Resident \$33.00 Non Resident \$41.25

Senior \$26.40/ Senior Non-Res. \$33.00

Session TTH2 2/26-3/20/08 (8 Classes)

Resident \$44.00 Non Resident \$55.00

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

Session TTH3 4/1-5/1/08 (10 classes)

Resident \$55.00 Non Resident \$68.75

Senior \$44.80/ Senior Non-Res. \$55.00

Session TTH4 5/6-6/5/08 (10 Classes)

Resident \$55.00 Non Resident \$68.75

Senior \$44.80/ Senior Non-Res. \$55.00

Saturday (Beginning/ Intermediate)

Session S1 2/9-2/23/08 (3 classes)

Resident \$16.50 Non Resident \$20.50

Senior \$13.20/ Senior Non-Res. \$16.40

Session S2 3/1-3/22/08 (4 classes)

Resident \$22.00 Non Resident \$27.50

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

Session S3 4/5-5/3/08 (5 classes)

Resident \$27.50 Non Resident \$34.50

Senior \$22.00/ Senior Non-Res. \$27.60

Session S4 5/10-5/31/08 (4 Classes)

Resident \$22.00 Non Resident \$27.50

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

MASTERS SWIM TEAM

(Age 19+)

Masters swimming is for adults 19 years old and up interested in either competitive swimming or 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. See coach for minimum swimming abilities needed.

Monday, Tuesday, Wednesday, Thursday

6:00AM-8:00AM

Tuesday, Thursday 6:00PM-7:30PM

Saturday, Sunday 8:30AM-10:00AM

Fees

Drop In

\$8.50

10 Punch Pass Resident \$60.00/Non-Resident \$70.00

(Ten punch pass good for one year)

Monthly Pass (Valid for one month)

1 swimmer per Household

\$60.00 Resident/\$70.00 Non Resident

2 swimmers per Household

\$85.00 Resident/\$95.00 Non Resident

3 swimmers per Household

\$110.00 Resident/\$120.00 Non Resident

(Please contact Aquatics management regarding quarterly discounts and Automatic Payment)

MASTERS WATER POLO



Are you looking for a challenge in the water? Join XX-XY Water Polo Club of the East Bay, El Cerrito's newest water polo team! 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 Helen Kim at hsk696@yahoo.com or (510) 499-0696. See you in the pool!

Tuesday & Thursday

7:30PM-9:30PM

Sunday

4:00PM-6:00pm

LAP SWIM

A wide 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. Please feel free to ask the advice of staff on lane speeds as well as (cont. next page)

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(Lap Swim continued from last page)
questions on stroke technique. Kick boards, pull buoys and other workout equipment will be available.
(See current schedule for lap swim times)

Lap Swim/Water Walking Fees

	Sr. Rates	
Drop in	\$5.50	
10 Punch Pass Resident (valid one year)	\$41.50	\$33.20
10 Swim Pass Non-Resident (valid one year)	\$51.50	\$41.20
Unlimited Month Pass Res.	\$100.00	\$80.00
Unlimited Month Non-Res.	\$125.00	\$100.00

POOL RENTALS

This beautiful facility is available for rental for end of the year class parties, birthdays and other special events. Times fill quickly, so booking far ahead of time is recommended. Minimum one hour rental. At times the pool is available during the day on weekdays for rental by school and community groups. Please inquire with Aquatics management to arrange these rentals.

Recreational Pool Availability

Saturday, Sunday

12:00PM-1:30PM

Saturday, Sunday

4-6PM (Please confirm times on current schedule)

Residents \$175.00/hour

Non-Residents \$200.00/hour

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.

Prerequisites: See flyer or pool staff for important prerequisites

Participants must attend all class sessions.

Session A 3/24-3/28/08
Monday-Friday 10AM-5PM

Resident: \$150.00
Non-Resident \$187.50

Session B 4/21-5/21/08
Monday and Wednesday 5:30-9pm

Resident: \$150.00
Non-Resident \$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 on Mondays at 4PM year round. Contact Coach Jerry for more information at 510.559.7011 or jabee@ci.el-cerrito.ca.us.

See Pool Schedule for current practice times

Fees (based on calendar month)

1 swimmer per Household

\$60.00 Resident/\$70.00 Non Resident

2 swimmers per Household

\$85.00 Resident/\$95.00 Non Resident

3 swimmers per Household

\$110.00 Resident/\$120.00 Non Resident

(Please contact Aquatics management regarding quarterly discounts and Automatic Payment)

SWIM CLUB

This is an after school program 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, those that need to fulfill P.E. waiver requirements, 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.

Ends 6/10/08

Tuesday/Thursday 3:15-5:15PM

Monthly Fee: \$30.00 Residents

\$37.50 Non-Residents

RECREATIONAL SWIM

A time for people of all ages to enjoy the water and have fun. Please consult the pool rules before participating in Recreation Swim.

See Current Schedule for times

FAMILY SWIM

During Family swim an adult must accompany All Youth under the age of 17. This is a family time rather than a recreational swim. Family swim will take place in the Recreation Pool. (Family Swim will share pool with Water Walking or swim lessons, slide may not be available) (see current schedule for times)

Recreational/Family Swim Fees

Drop In Child \$3.00

Drop In Adult \$5.50

Rec Swim Fees Pass Fees on next page

Spring Registration starts December 11th for El Cerrito Residents and December 18th for non-Residents

Children's Passes (Age 1-18 years)

10 Swim Pass- Resident \$25.00 (valid one year)
 10 Swim Pass- Non-Res. \$29.00 (valid one year)
 Unlimited Pass- Resident \$36.50 (valid one month)
 Unlimited Non-Resident \$41.50 (valid one month)

Adult Recreation Swim Passes (18 and up)

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

YOUTH SWIMMING

Our Youth Swimming Classes are designed for children from 6 months to 12 years old. The program focuses on creating a solid foundation in swimming, emphasizing proper technique and the cultivation of a life long love of the water. It is important that each child is placed in the proper class for their age and ability. Please respect the age limits for each of the programs. The Children's "Learn to Swim" program includes three pre-swimming classes and 6 Learn-To-Swim Levels based on 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 what is on their skill level card. If some time has passed between lessons we recommend that you sign your child up for the last level they passed. If you have any questions as to the proper class or level for your child, please feel free to contact swim staff at (510)559-7011 or mabelson@ci.el-cerrito.ca.us.

During the Fall we offer lessons on Monday and Wednesday afternoons, Tuesday and Thursday afternoons, and Saturday mornings.

Age 6 months-5 years	Class Descriptions
Parent and Tot (Ages 6 months to 4 years) Drop-In (When space available) \$10 Res./ 12.50 Non-Res.	For children 6 months through 4 years of age and their parents or other adult. This program helps children become comfortable in and around the water so that they are ready to learn to swim. Using songs and games children learn some basic aquatic skills. This program is not designed to teach children to become good swimmers or to survive in water unassisted. The program is designed to give parents information and techniques to help orient their children to the water.
Pee Wee I Pee Wee II (Ages 2.5-5 years)	<u>Pee Wee 1</u> swimming is a great introduction to swim lessons for children ages 2.5-5 years. The class will focus on learning to be comfortable and enjoy the water through songs, games, and play. <u>Pee Wee 2</u> swimming is the next step in water adjustment. It will focus on the child becoming more confident in the water including putting their face and head underwater. Children will be able to explore more areas of the pool with the assistance of the instructors.

LEARN TO SWIM LEVELS

Remember if you have questions regarding which level to place your child in please contact swim staff at 510.559.7011 or mabelson@ci.el-cerrito.ca.us.

Learn to Swim Levels (Ages 4-12)	Skills needed to be in each level
Level 1	No skills needed this is a water adjustment class with a focus on learning fundamental skills
Level 2	Enter unassisted, move 5 yards, bob 5 times to chin level and safely exit water. Float on front for 3 seconds (face in water), roll to back and float on back (ears in water) with support for 3 seconds.
Level 3	Step from side into chest deep water, 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	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 or floating for 30 seconds and swim back crawl 15 yards.
Level 5	Perform a feet-first entry into chest-deep water, swim front crawl for 25 yards, maintain position on back 1 minute in deep water (float or sculling) 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	Perform a shallow dive in to deep water, swim front crawl for 50 yards, maintain position on back for 2 minutes in deep water (float or scull) and swim elementary backstroke for 25 yards. Swim breaststroke 25 yards, tread water for 2 minutes and swim back crawl for 50 yards.

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Monday/Wednesday

Session MW1 2/4-2/20/08 (5 Classes)

(No Class Monday 2/18/08)

\$45.00 Res \$55.00 Non-Res

3:30PM	4:00PM	4:30PM	5:00PM	5:30PM (Session 3 & 4)
Pee Wee I	Level 1	Level 4	Level 1	Pee Wee II
(Session 3 & 4)	Level 2	Level 5	Level 2	Level 1
	Level 3	Level 6	Level 3	Level 2

Session MW2 2/25-3/19/08 (8 Classes)

\$72.00 Res \$88.00 Non-Res

Session MW3 3/31-4/30/08 (10 Classes)

\$90.00 Res \$110.00 Non-Res

Session MW4 5/5-6/4/08 (9 Classes)

(No Class Monday 5/26/08)

\$81.00 Res \$99.00 Non-Res

Tuesday/Thursday

Session TTH1 2/5-2/21/08 (6 Classes)

\$54.00 Res \$66.00 Non-Res

4:00PM	4:30PM	5:00PM	5:30PM	6:00PM (Session 3 & 4)
Pee Wee I	Level 1	Level 4	Level 1	Pee Wee II
(Session 3 & 4)	Level 2	Level 5	Level 2	Level 1
	Level 3	Level 6	Level 3	Level 2

Session TTH2 2/26-3/20/08 (8 Classes)

\$72.00 Res \$88.00 Non-Res

Session TTH3 4/1-5/1/08 (10 Classes)

\$90.00 Res \$110.00 Non-Res

Session TTH3 5/6-6/5/08 (10 Classes)

\$90.00 Res \$110.00 Non-Res

Saturday

Session S1 2/9-2/23/08 (3 Classes)

\$27.00 Res \$33.00 Non-Res

10:00AM	10:30AM	11:00AM	11:30AM
Level 1	Pee Wee II	Pee Wee I	Parent and Tot
Level 2	Level 4	Level 2	Level 1
Level 3	Level 5	Level 3	Level 2
	Level 6		

Session S2 3/1-3/22/08 (4 Classes)

\$36.00 Res \$44.00 Non-Res

Session S3 4/5-5/3/08 (5 Classes)

\$45.00 Res \$55.00 Non-Res

Session S4 5/10-5/31/08 (4 Classes)

\$36.00 Res \$44.00 Non-Res

GROUP SWIMMING LESSONS

Do you have a school group, pre-school, home school or other group that would like swim lessons? Depending on instructor availability we offer group lessons outside of our Learn-To-Swim times. Please contact aquatics management for availability and fees.

PRIVATE SWIMMING LESSONS

If you are interested in private Swimming lessons you can fill out a Private Lesson Request available at the pool office. Lessons depend on instructor availability and there is often a very long wait list. At times we are not able to accommodate requests. Private lessons are \$20.00 per half hour and we ask that you sign up for at least four lessons. Semi-Private Lessons are \$20.00 per lesson and \$10.00 for each additional child.

General Water Safety Tips

From the American Red Cross

- 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.
- Children or inexperienced swimmers should take precautions, such as wearing a U.S. Coast Guard-approved personal flotation device (PFD) when on a boat.
- 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 (for example, inexperienced swimmers should stay in water less than chest deep).
- Be knowledgeable of 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. The more informed you are, the more aware you will be of hazards and safe practices.
- 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.
- Do not mix alcohol with swimming, diving or boating. Alcohol impairs your judgment, balance, and coordination, affects your swimming and diving skills, and reduces your body's ability to stay warm.
- Know how to prevent, recognize, and respond to emergencies