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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. 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.

**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.

**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. 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?** 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 floatation 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 floatation 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 floatation devices; if anything, floatation 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 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. 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.

## **AQUA AEROBICS**

Come and enjoy the unique exercise benefits of the water in a fun and friendly setting. 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. 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 workout designed to raise your heart rate and your spirits! Restart your day at noon with a 45-minute workout complete with cardio moves and strength training. This class is adaptable to all fitness levels.

Tuesday & Thursday 12:00pm – 12:45pm

(Fees: see water aerobic 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

10:00am-10:30am

Wednesday & Friday

8:30am-9:00am

### **Drop In Fee: \$4.25**

### **Monthly Fees:**

#### **2x Per week**

\$22.00 Resident/ \$27.50 Non-Resident

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

#### **3x Per week**

\$33.00 Resident/ \$41.25 Non-Resident

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

## **WATER WALKING**

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

*See current schedule for times*

## ADULT SWIMMING LESSONS

### **BEGINNING SWIMMING (AGE 12+)**

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

**Monday & Wednesday 9:00am-10:00am**  
**Monday & Wednesday 6:00pm-7:00pm**  
**Saturday 9:00am-10:00am**

### **INTERMEDIATE SWIMMING**

(AGE 12+)

Intermediate Swimming is designed for adults who can swim comfortably swim at least 25 yards of front crawl and 25 yards of back crawl. Students develop endurance and further refine their swimming skills and stroke techniques learned in beginning swimming. Breaststroke, sidestroke and butterfly will be introduced. Basic diving techniques and deep-water skills will be taught.

**Monday, Wednesday 9:00am-10:00am**  
**Monday, Wednesday 7:00pm-8:00pm**  
**Saturday 9:00am-10:00am**

### **ADVANCED SWIMMING (AGE 12+)**

Advanced swimming is designed for adults who want to take their swimming to the next level. Participants will further develop their individual swimming skills and techniques. They will be taught how to create their own workouts and/or prepare to join the Master's Swim Team. Participants must be able to comfortably swim 25 yards each of front crawl, back crawl and breaststroke. Familiarity with butterfly is recommended but not required. This class provides an introduction to swim training terminology as well as stroke development, endurance training, drills, turns, starts and training with aquatic equipment.

**Tuesday and Thursday 6:00pm – 7:00pm**

### **SESSIONS & FEES**

**Monday/ Wednesday** (*Beginning/ Intermediate*)

**Session AD1 6/16--7/16/08 (10 classes)**

**Session AD2 7/21-8/20/08 (10 Classes)**

*Resident \$55.00/ Non-Res \$68.75*  
*Senior Resident \$44.00/Senior Non-Res \$55.00*

**Tuesday/ Thursday** (*Advanced*)

**Session AD1 6/17-7/17/08 (10 Classes)**

**Session AD2 7/22-8/21/08 (10 Classes)**

*Resident \$55.00/ Non-Res \$68.75*  
*Senior Resident \$44.00/ Senior Non-Res \$55.00*

**Saturday** (*Beginning/ Intermediate*)

**Session ADS1 6/21-7/19/08 (5 Classes)**

*Resident \$27.50/\$34.50 Non-Resident*  
*Senior Resident \$22.00/ Senior Non-Res \$30.60*

**Session ADS2 8/2-8/23/08 (4 Classes)**

*Resident \$22.00/ Non-res \$27.50*  
*Senior Resident \$17.60/ Senior non-res \$22.00*

Registration Starts February 14<sup>th</sup> for El Cerrito Residents Only/ February 25<sup>th</sup> Open Registration

## MASTERS SWIM TEAM (Age 19+)

Masters swimming is for adults 19 years old and up interested in either a guided workout or competitive swimming. 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 6:30pm-7:30pm  
Saturday & Sunday 8:30am-10:00am**

### Fees

**Drop In** **\$8.50**  
**10 Punch Pass** **\$60.00**  
*(Ten punch pass valid for one year)*

### **Monthly Pass** *(Valid for one 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**

**For information regarding quarterly discounts, contact the Aquatics Division at (510) 559-7010.**

## LAP SWIM

A wide variety of times during the day are set aside for people who want to 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 questions on stroke technique. Kick boards, pull buoys and other workout equipment will be available.  
**(See current schedule for lap swim times)**

<b>Lap Swim Fees</b>	<b>Senior Rates</b>	
Drop in	\$5.50	\$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 Resident	\$100.00	\$80.00
Unlimited Month Pass Non-Resident	\$125.00	\$100.00

## 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. See you in the pool!

For more information contact Helen Kim at [hsk696@yahoo.com](mailto:hsk696@yahoo.com) or (510) 499-0696.

Tuesday & Thursday 7:30pm-9:30pm  
Sunday 4:00pm-6:00pm

## YOUTH SWIMMING LESSONS

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](mailto:mabelson@ci.el-cerrito.ca.us).

## PRE-SWIMMING CLASSES

<p><b>Parent &amp; Tot</b> (Ages 6 months to 4 years)</p>	<p>This class is designed 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 basic aquatic skills. This program is designed to teach parents the skills and techniques necessary to help children safely enjoy and explore the water.</p>
<p><b>Pee Wee I &amp; Pee Wee II</b> (Ages 2 ½ to 5 years)</p>	<p><b>Pee Wee I:</b> This class is a great introduction to swim lessons for children ages 2 ½ to 5 years old. The class will focus on learning to be comfortable in and to enjoy the water through the use of songs, games and play. <b>Pee Wee II:</b> This class is the next step in water adjustment. It focuses on the child becoming more confident and independent in the water including putting their face and head underwater. Children will explore more areas of the pool with the assistance of their instructors.</p>

## LEARN-TO-SWIM LEVELS

(Ages 4 to 12 years old)	Prerequisite Skills Needed:
<b>Level 1</b>	No prerequisite skills are needed for this water adjustment class. This class will focus on teaching fundamental skills. <b>Minimum age is 4 years.</b>
<b>Level 2</b>	<b>Skills Needed:</b> Safely enter and exit the water unassisted, move through the water 5 yards, bob 5 times to chin level, float on front (face in water) for 3 seconds, roll to back and float on back (ears in water) for 3 seconds.
<b>Level 3</b>	<b>Skills Needed:</b> Safely enter chest deep water from the pool deck; front float for 5 seconds; move from a front float to a back float for 5 seconds and return to a standing position; back float for 5 seconds and return to a standing position; push off the wall and swim 15 feet using arm stroke and kick; push off and swim 15 feet using back float kick and fin or back crawl.
<b>Level 4</b>	<b>Skills Needed:</b> Jump into chest deep water; swim front crawl for 15 yards using rhythmic breathing (to side); maintain position by treading water or floating for 30 seconds; swim back crawl for 15 yards.
<b>Level 5</b>	<b>Skills Needed:</b> Perform a feet-first entry into chest deep water; swim front & back crawl for 25 yards; maintain position on back for 1 minute in deep water (float or sculling); swim elementary backstroke & breaststroke for 15 yards; tread water for 1 minute.
<b>Level 6</b>	<b>Skills needed:</b> Perform a shallow dive into deep water; swim front & back crawl for 50 yards; maintain position on back for 2 minutes in deep water (float or scull); swim elementary backstroke & breaststroke for 25 yards; tread water for 2 minutes.

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## TWO - WEEK LESSONS

### Monday – Friday

Session 1: 6/16/08 to 6/27/08 (10 classes)

\*Session 2: 6/30/08 to 7/11/08 (9 classes)

\*No class July 4<sup>th</sup>

Session 3: 7/14/08 to 7/25/08 (10 classes)

Session 4: 7/28/08 to 8/8/08 (10 classes)

Session 5: 8/11/08 to 8/22/08 (10 classes)

#### **Fees: Sessions 1 & 3-5      Session 2**

Residents      \$ 90.00      \$81.00

Non-Residents \$110.00      \$99.00

#### **Parent & Tot Class Fees:**

##### **Session 1 & 3-5**

**2x per week Residents      \$36.00**

**2x per week Non-Residents      \$44.00**

**3x per week Residents      \$54.00**

**3x per week Non-Residents      \$66.00**

##### **Session 2**

**2x per week Residents      \$36.00**

**2x per week Non-Residents      \$44.00**

**3x per week Residents      \$45.00**

**3x per week Non-Residents      \$55.00**

#### **Drop-in Fees (if space is available):**

**Residents      \$10.00**

**Non-Residents      \$12.50**

Class Times:	Levels:
10:30am – 11:00am	Level 1 Level 2 Level 3
11:00am – 11:30am	Parent & Tot (M/W/F) Level 1 Level 4 Level 5 Level 6
11:30am – 12:00pm	Level 2
12:00pm – 12:30pm	Level 2 Level 3 Level 4
4:30pm – 5:00pm	Level 2 Level 3
5:00pm – 5:30pm	Level 1 Level 2 Level 3
5:30pm – 6:00pm	Level 1 Level 4 Level 5 Level 6

## ONE - WEEK LESSONS

### Monday – Friday

Session A1: 6/16/08 to 6/20/08 (5 classes)

Session A2: 6/23/08 to 6/27/08 (5 classes)

\*Session A3: 6/30/09 to 7/3/08 (4 classes)

\*No class July 4<sup>th</sup>

Session A4: 7/7/08 to 7/11/08 (5 classes)

Session A5: 7/14/08 to 7/18/08 (5 classes)

Session A6: 7/21/08 to 7/25/08 (5 classes)

Session A7: 7/28/08 to 8/1/08 (5 classes)

Session A8: 8/4/08 to 8/8/08 (5 classes)

Session A9: 8/11/08 to 8/22/08 (5 classes)

Session A10: 8/18/08 to 8/22/08 (5 classes)

#### **Fees:      Session A 1 - A 10**

Residents      \$45.00

Non-Residents      \$55.00

#### **Session A 3**

Residents      \$36.00

Non-Residents      \$44.00

Class Times:	Levels:
11:30am – 12:00pm	Pee Wee I  Pee Wee II
3:30pm – 4:00pm	Level 4  Level 5  Level 6
4:00pm – 4:30pm	Level 1  Level 2  Level 3
4:30pm – 5:00pm	Pee Wee I  Pee Wee II

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## Tuesday & Thursday Lessons

### 5-week session

Session T1: 6/17/08 to 7/17/08 (10 classes)

Session T2: 7/22/08 to 8/21/08 (10 classes)

#### Fees (per session):

Residents \$ 90.00

Non-Residents \$110.00

Class Times:	Levels:
6:30pm – 7:00pm	Level 1 Level 2
7:00pm – 7:30pm	Level 3 Level 4 Level 5 Level 6

## Saturday Lessons

### 5-week session

Session SS1: 6/21/08 to 7/19/08 (5 classes)

Session SS2: 8/2/08 to 8/21/08 (4 classes)

#### Fees:

#### **Session SS1**

Residents \$45.00

Non-Residents \$55.00

#### **Session SS2**

Residents \$36.00

Non-Residents \$44.00

Class Times:	Levels:
10:00am – 10:30 am	Level 1 Level 4 Level 5 Level 6
10:30am – 11:00am	Pee Wee II Level 1 Level 2 Level 3
11:00am – 11:30am	Parent & Tot Level 1 Level 2 Level 3
11:30am – 12:00pm	Pee Wee I Level 1 Level 2 Level 4

## PRIVATE SWIMMING LESSONS

If you are interested in private or semi-private swimming lessons you can fill out a **Private Lesson Request Form** available at the pool office. There is a four-lesson minimum when signing up for Private Lessons. A limited number of private lessons will be scheduled starting in April. Lessons depend on Instructor availability. We are not able to accommodate all Private Lesson requests.

#### Fees:

\$20.00 per lesson

\$10.00 each additional child

## Special Arrangement Group Lessons

Do you have a school group, pre-school, home-school or other group that would like swimming lessons? We offer private group lessons outside of our Learn-to-Swim times by special arrangement. Please contact Aquatics Management for fees and availability.

## 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 ages 5 to 18. Gators focus is on stroke technique, endurance, and speed. Both new and experienced swimmers welcome. Swimmers must be able to swim one length (25 yards) of front crawl, back crawl and breaststroke. For practice times see pool schedule. **Tryouts take place every Monday at 4:00pm.** For more information contact Coach Jerry at (510) 559-7011 or [jabee@ci.el-cerrito.ca.us](mailto:jabee@ci.el-cerrito.ca.us)

#### Fees:

1 swimmer \$60.00 Resident  
Per household \$70.00 Non-Resident

2 swimmers \$85.00 Resident  
Per household \$95.00 Non-Resident

3 swimmers \$110.00 Resident  
Per household \$120.00 Non-Resident

**Above fees are based on a calendar month. Quarterly discounts available –contact Coach Jerry for details.**

## JUNIOR LIFEGUARDS

Junior Lifeguards is designed for youth 11 to 15 years old who love the water and have an interest in eventually becoming a certified Lifeguard. Upon successful completion of the program, Junior Lifeguards receive certifications in American Red Cross Guard Start, First Aid, CPR and Water Safety Aid (which allows them to assist teaching swim lessons). This is an intense program that educates participants in aquatic safety, how to prevent accidents, communication, team building and customer service. Senior Swim Camp is a great afternoon option for Junior Lifeguards. **To meet American Red Cross certification requirements, Junior Lifeguards must attend the majority of the 5-week session. Absences must be approved in advance.**

### Days/Times:

Monday-Friday 9:00am to 12:00pm  
6/23/08 – 7/25/08

### Fees:

Residents \$175.00  
Non-Residents \$218.75

## POOL RENTALS

Our beautiful facility is available for rent for end of the year class parties, birthdays and other special events. Times fill quickly, so booking far ahead of time is recommended. There is a minimum one-hour rental.

### Recreational Pool Availability:

Saturday & Sunday 12:00pm to 1:30pm  
Saturday & Sunday 5:00pm to 7:00pm

### Fees:

Residents \$175.00 per hour  
Non-Residents \$200.00 per hour

## RECREATIONAL SWIM

Recreational swim is 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

This is a family time rather than a recreational swim. Family swim will take place in the Recreation Pool. **During Family swim an adult must accompany all children under the age of 17. (Family Swim may share pool with other programs the entire pool may not be available)** See current schedule for times.

### Fees:

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

### Children's Passes (1 to 18 years):

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

### Adult Passes (18 and up):

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

## Swim Camp

Our Swim Camp was so successful last year that we are extremely excited to bring it to you again with new field trips and activities! This year's camp offers even more exciting aquatics opportunities for ages 7-16. If your children love the water you've found the camp for them!

Swim campers should bring a swimsuit, towel, sunscreen (SPF 45) and a warm coat for late afternoons. A permission slip will be handed out each Monday for the field trips as well as a list of what to bring for each specific trip. **Both Junior and Senior Swim Camp field trips will use a chartered bus, public transportation or city vehicle for transportation to and from each trip.**

### Junior Swim Camp (Ages 7-11)

**Monday - Friday 12:30pm to 5:30pm**

**Fieldtrips will be on Wednesdays.**

Junior Swim Camp focuses on our younger campers and includes some great activities from last year's swim camp and some exciting new adventures. Each week will include a daily swim lesson, daily recreational swim, pool kayaking, snorkeling, water polo, and water safety lessons. There will be a fun age appropriate field trip each week. Campers spend the whole afternoon in and around the water so a love of the water is a must! Junior campers must be comfortable in the water and be able to float on their front and back. **Level 2 swimming skills are required.** Weekly fees vary due to cost of fieldtrips (included in price). We will not accept campers under the age of 7.

<b>Week &amp; Fee</b>	<b>Fieldtrip</b>
<b>WEEK #2</b> <b>6/2/08-6/27/08</b> <b>Fees:</b> Resident: \$105.00 Non-Resident: \$131.25	Lake Anza, Berkeley
<b>WEEK #3</b> <b>6/30/08-7/3/08</b>  Closed July 4 <sup>th</sup> <b>Fees:</b> Resident: \$125.00 Non- Resident: \$156.25	Kayaking, Sausalito (TUESDAY)
<b>WEEK #4</b> <b>7/7/08-7/11/08</b> <b>Fees:</b> Resident: \$110.00 Non-Resident: \$137.50	Pedal Boats on Lake Merritt, Oakland
<b>WEEK #5</b> <b>7/14/08-7/18/08</b> <b>Fees:</b> Resident: \$110.00 Non-Resident: \$137.50	Lake Temescal, Oakland
<b>WEEK #6</b> <b>7/21/08-7/25/08</b> <b>Fees:</b> Resident: \$125.00 Non-Resident: \$156.25	Duck Tours (All Day), San Francisco
<b>WEEK #7</b> <b>7/28/08-8/1/08</b> <b>Fees:</b> Resident: \$110.00 Non-Resident: \$137.50	Crab Cove, Alameda
<b>WEEK #8</b> <b>8/4/08-8/8/08</b> <b>Fees:</b> Resident: \$125.00 Non-Resident: \$156.25	Sailing, Marina Bay Point Richmond

## Senior Swim Camp (Ages 11-16)

Monday, Tuesday, Wednesday, and Friday  
12:30pm to 5:30pm

Thursday \*9:30am to 5:30pm

\*Start time varies based on weekly fieldtrip (all field trips are on Thursdays except for Week #3).

Senior Camp focuses on encouraging the adventurous spirit of our older campers. Each week's focus will be an exciting field trip such as surfing lessons in Bolinas or kayaking on the Bay. Campers will enjoy a daily swim lesson, daily recreational swim, fun and challenging water activities such as windsurfing or snorkeling as well as a chance to learn more about Water Safety, CPR, and First Aid.

Campers spend the whole afternoon in and around the water so a love of the water is a must! **Senior Campers must be comfortable in deep water, able to swim 50 yards non-stop, and tread water for one minute.**

Weekly fees vary due to cost of the field trip (included in price).

Week & Fee	Fieldtrip
<b>WEEK #2</b> 6/23-6/27 Resident: \$180.00 Non-Resident: \$225.00	Surf Lesson, Bolinas
<b>WEEK #3</b> 6/30-7/3 Closed July 4th Resident: \$125.00 Non-Resident: 156.25	Kayaking, Sausalito <b>(TUESDAY)</b>
<b>WEEK #4</b> 7/7-7/11 Resident: \$135.00 Non-Resident: \$168.75	Santa Cruz Beach Boardwalk, Santa Cruz
<b>WEEK #5</b> 7/14-7/18 Resident: \$135.00 Non-Resident: \$168.75	Water World, Concord
<b>WEEK #6</b> 7/21-7/25 Resident: \$180.00 Non-Resident: \$225.00	White Water Rafting, American River, Sacramento
<b>WEEK #7</b> 7/28-8/1 Resident: \$130.00 Non-Resident: \$162.50	Day of Fun at the River, Russian River
<b>WEEK #8</b> 8/4-8/8 Resident: \$180.00 Non-Resident: \$225.00	Wind Surfing Lessons, Alameda

## 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 floatation 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