

EL CERRITO SWIM CENTER

7007 MOESER LANE ~ (510) 559-7011

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 near edge of 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. No Smoking. Smoking is prohibited in all areas of the Swim Center & 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.
12. Persons not intending to swim and not accompanying a family member, are not to enter the facility without paying the entrance fee during lap, recreation & family swim times.
13. All swimmers one year and older 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 towels, or riding on shoulders or back, is not allowed.
4. Facemasks that cover the nose, snorkels and fins are only allowed during lap swim.
5. Flotation devices are not allowed.
6. No diving into the recreation pool or the shallow sections of the competition pool.
7. **Glass or porcelain containers of any kind are not allowed at the Swim Center.**
8. No swimming without a lifeguard present.
9. No hanging on lane lines or ropes.
10. Any child under 6 years old must be

accompanied in the water at all times by an adult over 18 years of age.

11. Children under the age of 9 must be accompanied and closely supervised at all times by an adult.
12. Swimmers under 18 wishing to go into the competition pool must pass a swim test. The test consists of swimming approximately 25 yards of front crawl or breaststroke utilizing rhythmic breathing. 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.
13. Swimmers wishing to go down the water slide must be a minimum of 48 inches tall.

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.

How old do you have to be to participate in lap swim?

Lap swim is designed for adults defined as patrons 14 years and older.

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	12 to 1pm New! Starts 4/6/10	9-10 am	12 to 1pm New! Starts 4/6/10	9-10am	8:30-9:30am
	6:30-7:30pm		6:30-7:30pm		
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 (valid 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 independent exercise time for adults. Water walking takes place in the shallow lane of the big pool.

See lap swim fees.

Water Walking		
Monday - Friday	Saturday	Sunday
10:30am - 1:00pm	11:30am - 6:00pm	10am-4pm
* Note: 10:30-12:00pm Tuesday/Thursday starting 4/6/10		

ADULT/TEEN LESSONS

Ages: 12 & up

It's never too late to learn. Whether your goal is to conquer your fear of the water, learn proper technique, and prepare for lap swimming or even competitive events - we can help you get there. Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on support provided by the instructor.

ADULT/TEEN BEGINNING SWIMMING (AGE 12+)

Beginning Swimming is designed for those 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/TEEN INTERMEDIATE SWIMMING (AGE 12+)

Intermediate Swimming is designed for those 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
9am - 10am	6:30pm - 7:30pm	9am - 10am
7pm - 8pm		

ADULT/TEEN ADVANCED SWIMMING (AGE 12+)

This class is designed for those 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	Saturday
6pm - 7pm	10am - 11am

SEE REGISTRATION FORM FOR DATES & FEES

Visit us Online at http://www.el-cerrito.org/recreation/swim_center.html

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	6-8am	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
4:00-6:00pm Scrimmage	7:30-9:30pm Skills	7:30-9:30pm Scrimmage

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

LAP SWIM

Get in shape in our heated pool! For adults and students 14 and up who are interested in lap swimming. Lanes may be assigned speeds and space sharing is required. Our lap policy is available at the swim window. Those not participating in the program must remain outside or in the spectator area on the grass. Kick boards, pull buoys and other workout equipment will be available. **(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 1 yr)
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

Visit us Online at http://www.el-cerrito.org/recreation/swim_center.html

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	Thursday
3:30pm to 5:00pm	3:30pm to 5:00pm

Monthly Fees:

Resident: \$30.00

Non-Resident: \$37.50

Note: This program follows the WCCUSD school calendar.

There will be no Swim Club on the following dates due to school holidays: 2/16, 2/18, 4/6 & 4/8. Swim Club ends on June 3, 2010.

RECREATION SWIM

- Children under age 3 must wear a swim diaper – no exceptions! Swim diapers can be purchased at the El Cerrito Swim window.
- An adult must accompany children under 6 years in the water at all times.
- Children under 9 years must be accompanied and closely supervised by an adult.
- Water slide riders must be 48 inches tall.
- Please consult all pool rules before participating in Recreation Swim.

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 returns March 30, 2010.

See current schedule for days and times.

RECREATION SWIM & FAMILY SWIM

Fees:

Drop-In Child (Ages 1-17): \$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)

See schedule for days and times Recreation & Family Swim are offered.

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. Rental time includes 1-hour pool use and ½-hour party/clean up time. The pool is also available for rental during the week by school groups. Please inquire with Aquatics management regarding renting the pool. (510) 559-7011 or bcooney@ci.el-cerrito.ca.us

RECREATION POOL RENTAL SCHEDULE	
January - March	
Saturday	3:30pm to 5:00pm
Sunday	11:30am to 1:00pm 3:30pm to 5:00pm
April - May	
Friday	5:30pm – 7:00pm
Saturday	12:00pm to 1:30pm 4:00pm to 5:30pm
Sunday	11:30am to 1:00pm 4:00pm to 5:30pm

FEES:

\$100 non-refundable deposit required
El Cerrito Residents: \$175.00
Non-Residents: \$218.75

Visit us Online at http://www.el-cerrito.org/recreation/swim_center.html

REGISTRATION INFORMATION

- Please save your receipt! Receipt should be brought to the first 3 classes and saved for transfers or additional registration.
- Parents/Siblings/Guests: We request that you wait in the spectator area during all lessons.
- Incorrect Class Registration: It is the patron/parents' responsibility to transfer their self/child into the correct class if the individual is registered for an incorrect class after passing or not passing a level. Please do this as soon as possible so that we can correctly assign teachers.
- Registration or transfers will not be accepted by telephone.

MISSED LESSONS!

It is essential that each lesson is attended to receive the full benefit of the class. Please plan your schedule carefully. Sorry, there are no make-up lessons or credits for missed classes. If a class or session is canceled by the Recreation Department, a credit will be issued to your account.

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 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

See Registration Form for dates & fees

Pre-Swimming Classes (ages 6 months – 3 years)	
Parent & Tot (6 months – 3years)	For children 6 months through 3 years of age and their parents or other adult. Children are introduced to basic aquatic skills through the use of songs and games. This program is designed to give parents information and teach them techniques to help orient their children to the water.
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. Must be a minimum of 4 years old to participate.
Level 2 - Prerequisite skills	Enter independently, using steps or side, travel at least 5 yards, bob 3 times (fully submerging) then safely exit the water. Face in water while floating unsupported (10 seconds). Back float unsupported (10 seconds). Glide on front 2 body lengths, roll to back (with assistance) back float for 3 seconds and recover to a vertical position.
Level 3 - Prerequisite skills	Step from side into chest deep water, move into a front float for 5 seconds, roll over to a back float, for 5 seconds, return to a standing position. Move into a back float for 5 seconds, roll to front float for 5 seconds then return to a standing position. Push off and swim using combined arm stroke and kick for 10 yards on the front. Push off and swim using back float kick and fin for 10 yards.
Level 4 - Prerequisite skills	Jump into deep water, swim front crawl for 15 yards with face in the water and rhythmic breathing pattern (to side), maintain position by treading or back floating for 30 seconds and swim back stroke 15 yards.
Level 5 - Prerequisite skills	Perform a feet-first entry into deep water, swim front crawl for 25 yards with rhythmic side breathing, change direction and position and swim backstroke for 25 yards. Swim elementary backstroke 15 yards. Swim breaststroke 15 yards. Tread water for 1 minute.
Level 6 - Prerequisite skills	Perform a shallow dive in to deep water, swim front crawl for 50 yards, change direction and position and swim backstroke for 50 yards. Swim breaststroke for 25 yards, change direction and position and swim elementary backstroke for 25 yards. Tread water for 2 minutes. Swim sidestroke for 25 yards.

PRIVATE LESSONS

Ages 4 & up

Private lessons are available for participants ages 4 through adult and are offered in sessions of 4 classes each. We also offer semi-private lessons limited to three (3) students. The first student pays full price of \$100.00 Resident/\$120.00 Non-Resident and each additional student pays \$50.00 Resident/\$60.00 Non-Resident. For semi-private lessons all students must be the same level. If you are interested in taking private lessons, please fill out the Private Lesson Registration form. We have several sessions and times offered. Private lessons are scheduled based on instructor and pool availability.

See Registration Form for dates

Fees:

Private Lessons:

El Cerrito Resident: \$100.00

Non-Resident: \$120.00

Semi-Private Lessons:

(Up to 3 students)

The first student pays full price:

EC Resident: \$100.00/Non-Residents: \$120.00

Each additional student pays:

EC Residents: \$50.00/Non-Residents: \$60.00

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) 559-7015 or bcooney@ci.el-cerrito.ca.us

RED CROSS CERTIFICATION

LIFEGUARD TRAINING & TITLE 22

Prerequisites: 15 years of age on or before the last day of class, ability to swim continuously 300 yards using crawl stroke and breast stroke, swim 20 yards dive 7-10 feet and retrieve a 10 lb. brick in 1 minute 40 seconds. Skills will be tested at the first class meeting. This course includes Title 22: First Aid for Public Safety Personnel, which is a requirement for lifeguards.

5 classes	\$250.00 Resident	\$275.00 Non-Resident
Session 1:	Time:	Days:
4/5 – 4/9	8:00am – 5:30pm	Monday - Friday
Session 2:	Time:	Days:
4/12 – 4/16	8:00am – 5:30pm	Monday - Friday

JUNIOR LIFEGUARDS

Prerequisites: 12 – 14 years of age, able to swim 25 yards front crawl continuously with rhythmic breathing, tread water 1 minute, submerge & swim a distance of 10 feet underwater.

Course topics include: causes and ways to prevent drowning and water related accidents; how to supervise others around the water; how to recognize when someone is in trouble; improve swimming stroke mechanics, endurance, strength and physical fitness level for the skills necessary to become a lifeguard; leadership characteristics and skills necessary to become a lifeguard, including how to communicate effectively, make informed decisions, be an effective leader, be a part of a team and provide good customer service.

Upon successful completion of course requirements, Junior Lifeguards will receive certifications in American Red Cross Guard Start, First Aid and CPR.

18 classes *no class 4/5, 4/7	\$175.00 Resident	\$218.75 Non-Resident
Session 1:	Time:	Days:
3/15 – 5/19	3:30-5:00pm	Monday/Wednesday

LIFEGUARD CHALLENGE

Prerequisites: 15 years of age on or before the last day of class, ability to swim continuously 300 yards using crawl stroke and breast stroke, swim 20 yards dive 7-10 feet and retrieve a 10 lb. brick in 1 minute 40 seconds. Skills will be tested at the first class meeting. This course is designed for Lifeguards to renew certifications that are about to expire.

1 class	\$60.00 Resident	\$75.00 Non-Resident
Session 1:	Time:	Day:
3/27/10	9:00am – 2:00pm	Saturday
Session 2:	Time:	Day:
5/1/10	9:00am – 2:00pm	Saturday

TITLE 22: FIRST AID FOR PUBLIC SAFETY PERSONNEL

Prerequisites: 15 years of age on or before the last day of class and possess current Lifeguard Training & CPR/AED for the Professional Lifeguard. Skills will be tested at the first class meeting. This course includes Title 22: First Aid for Public Safety Personnel, which is a requirement for lifeguards

2 classes	\$125.00 Resident	\$156.25 Non-Resident
Session 1:	Time:	Days:
1/24/10 & 1/30/10	9:00am – 3:30pm	Sunday & Saturday
Session 2:	Time:	Days:
5/3, 5/5, 5/10, 5/12	5:00pm- 8:30pm	Monday & Wednesday

Visit us Online at http://www.el-cerrito.org/recreation/swim_center.html

WATER SAFETY INSTRUCTOR

Prerequisites: 16 years of age or older by the last class, Red Cross Level 4 swimming skills, back float (floating or sculling) for 1 minute. This class will provide the knowledge and tools to teach American Red Cross Learn to Swim lessons, as well as several other water safety courses such as Parent & Tot aquatics and Longfellow's WHALE Tales. This is the updated 2009 WSI course. It includes Fundamentals of Instructor Training

12 classes	\$185.00 Resident	\$231.25 Non-Resident
Session 1:	Time:	Days:
TBA	TBA	TBA