

Aquatics

SUMMER 2017



LAP AND RECREATION SWIM

- Location:** Christopher High School (CHS) Aquatics Center, 850 Day Road, Gilroy
- Schedule:** Sat. & Sun., June 3-18 from 12:00-5:00pm
Tues.-Sun., June 20-August 6 from 11:30am-6:00pm
- Fee:** \$5 admission weekdays; \$7 admission weekends
Admission is free for children under 2 years old.

CHS Aquatics Center is closed on July 4, July 28-30, and Mondays.

- Location:** Gilroy High School (GHS) Pools, 750 W. Tenth Street, Gilroy
- Schedule:** Mon.-Thurs., June 19-August 3 from 12:30-3:15pm
- Fee:** \$3 admission
Admission is free for children under 2 years old.

GHS Pools are closed on July 3 & 4, Fridays, Saturdays and Sundays.

SUMMER POOL PASS

Summer Pool Passes are available for purchase online or at the Recreation Department. The deadline to purchase a pass is Friday, June 30, 2017. Summer Pool Passes are non-refundable and non-transferable. Bring your receipt to CHS Aquatics Center to take your picture and be issued your 2017 Summer Pool Pass.

- Individual Pass:** \$60
- Family Pass (4-pack):** \$200; must live in the same household
Add-ons are \$25 per person. Must be purchased on the same day as the Family Pass and live in the same household as the primary Family member. A maximum of 4 add-ons may be purchased per Family Pass.

POOL PARTY

Relax in the sun with your private section of pool deck while the kids enjoy the pool and slides. Package includes private deck space and pool usage, 1 party shirt, 6 tables and benches for up to 40 people maximum, including non-swimmers and parents. You may start setting up no more than 30 minutes prior to your party and cleanup must be completed by the closing time. Book your party online! The registration information online provides further details.

- Location:** CHS Aquatics Center
- Schedule:** Sat. & Sun., June 3-18 from 12:30-4:30pm
Tues.-Sun., June 20-August 6 from 12:00-5:30pm
- Fee:** \$325 for up to 40 people **Class #:** 3051.200 - 3051.253

WATER AEROBICS

Water Aerobics is a great way to exercise and get in shape by increasing cardiovascular endurance, strength and flexibility in a low impact class. No swimming ability required.

- Ages:** 15+
- Schedule:** Tuesday, Wednesday and Thursday from 6:00-7:00pm
- Dates:** June 20-29, July 5-13 and July 18-27
- Location:** CHS Aquatics Center
- Fee:** \$35 per session **Class #:** 3054.251 - 3054.253

SWIM FOR FITNESS

This program is for swimmers who want to improve their endurance and technique. A workout will be provided. This class is not a swim lesson. You must be able to swim freestyle at least 25 yards.

- Ages:** 15+
- Days:** Tuesday, Wednesday and Thursday from 6:00-7:00pm
- Dates:** June 20-29, July 5-13 and July 18-27
- Location:** CHS Aquatics Center
- Fee:** \$35 per session **Class #:** 3054.200 - 3054.202

2017 Group Swim Lessons (Ages 6 months - 15 years)

A session of Group Swim Lessons includes eight 30-minute classes. Group Swim Lessons are held Monday through Thursday. All classes are taught by American Red Cross certified Water Safety Instructors (WSI's). Proper bathing suit is required. All swim lessons are taught at Gilroy High School (GHS) Pools, 750 W. Tenth Street.

Session Dates: June 19-29, 2017
July 10-20, 2017
July 24-August 3, 2017

Fee: \$75 per session

PARENT & CHILD

Parent & Me (6 months - 3 years): An adult must accompany each child in the pool. Course is designed to develop a comfort level in and around the water. Maximum of 10 Parent/Child pairs per instructor.

PRE-SCHOOL AQUATICS

Tiny Tots Beginners (Ages 3-5): Introduction to Water Skills. Course is designed to develop a comfort level in and around the water and a readiness to swim. Skills taught include entering and exiting the water safely, blowing bubbles (nose and mouth), front and back kicking with assistance, introduction to arm movements, underwater exploration and rolling over in the water. Maximum of 5 students per instructor.

Tiny Tots Intermediate (Ages 3-5): Fundamental Aquatic Skills. Course builds on the skills taught in Tiny Tots Beginners and gives participants success with fundamental skills, such as bobbing, front and back kicking with assistance, floats, changing direction, recovering to a vertical position, glides, jumping into the water, combined arm and leg movements on the front and back, and underwater exploration. Maximum of 5 students per instructor.

LEARN TO SWIM

Level 1 (Ages 6-12): Introduction to Water Skills. Course focuses on getting children comfortable in and around the water and develops a readiness to swim. Skills taught include entering and exiting the water safely, blowing bubbles (nose and mouth), bobbing, opening eyes underwater to retrieve objects, front and back glides, back float, recover to a vertical position, roll from front to back and from back to front, tread water using arm and hand action, alternating and simultaneous arm and leg action on front and back. Maximum of 6 students per instructor.

Level 2 (Ages 6-12): Fundamental Aquatic Skills. Course builds on the skills learned in Level 1 and gives participants success with the fundamental skills. Skills taught include entering the water by stepping or jumping in, bobbing, front and back kicking, floats, changing direction and recovering to a vertical position, glides, combined leg and arm movements on the front and back, and underwater exploration. Maximum of 6 students per instructor.

Level 3 (Age 6-12): Stroke Development. Course builds on the skills learned in Level 2 with practice in deeper water. Skills taught include enter by jumping in, head first entry (sitting and kneeling), rotary breathing, survival float, back float, change from vertical to horizontal positions on front and back, tread water, flutter kick, dolphin kick and scissor kick, front crawl and elementary backstroke. Maximum of 8 students per instructor.

Level 4 (Ages 6-12): Stroke Improvement. Course builds on skills learned in Level 3 and develops confidence and improves skills. Skills taught include headfirst entries from the side in compact and stride positions, swim under water, feet first surface dive, survival swimming, front and back crawl open turns, tread water using 2 different kicks, front and back crawl, elementary backstroke, breaststroke, sidestroke, butterfly, flutter and dolphin kicks on back. Maximum of 10 students per instructor.

Level 5 (Ages 6-12): Stroke Refinement. Course builds on skills learned in Level 4 and refines strokes and builds endurance. Swimmers will work on alternate breathing and stride jump. Skills taught include refinement of: freestyle, backstroke, elementary backstroke, sidestroke, breaststroke, dolphin kick and butterfly, open turn on front and back, feet-first surface dive, and treading water. Maximum of 10 students per instructor.

| | CLASS # | 10:00am | 10:35am | 11:10am | 11:45am | 4:00pm | 4:35pm | 5:10pm | 5:45pm |
|-------------------------------|---------------------|---------------|---------------|---------|---------------|---------------|--------|--------|--------|
| Parent & Me | 3060.200 - 3060.208 | | | ● | | | | ● | ● |
| Tiny Tots Beginners | 3061.200 - 3061.232 | ● (2 classes) | ● | ● | ● (2 classes) | ● (2 classes) | ● | ● | ● |
| Tiny Tots Intermediate | 3062.200 - 3062.223 | ● | ● | ● | ● | ● | ● | ● | ● |
| Level 1 | 3063.200 - 3063.226 | ● | ● (2 classes) | ● | ● | ● | ● | ● | ● |
| Level 2 | 3064.200 - 3064.223 | ● | ● | ● | ● | ● | ● | ● | ● |
| Level 3 | 3065.200 - 3065.211 | | ● | ● | | | ● | ● | |
| Level 4 | 3066.200 - 3066.208 | | | | ● | | ● | | ● |
| Level 5 ***NEW*** | 3067.200 - 3067.205 | ● | | | | ● | | | |

Private and Semi-Private Swim Lessons (Ages 3 through Adult)

Private (1-to-1) and Semi-Private Swim Lessons (2-to-1) are held by appointment. A session includes six 30-minute classes in a 2-week period. All classes are taught by American Red Cross certified WSI's. Proper bathing suit is required. All lessons are taught at GHS Pools, 750 W. Tenth Street. Participants must be at the same swim level to enroll in Semi-Private Swim Lessons.

Session Days: Monday-Thursday (choose 6 days in the session)

Session Dates: June 19-29, July 10-20, and July 24-August 3

Session Times: 10:00am, 10:35am, 11:10am, 11:45am,
12:30pm, 1:05pm, 1:40pm, 2:15pm, 2:50pm,
3:25pm, 4:00pm, 4:35pm, 5:10pm and 5:45pm

Location: Gilroy High School Pools

Fee: \$155 Private Lessons / \$230 Semi-Private Lessons

Class #: 3069.200 - 3069.241