

# Swimming

## Spring Swimming

The City of Huntington Beach is pleased to offer a complete spring swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified.



**American  
Red Cross**

**CITY GYM AND POOL** 1600 Palm Ave. 714-960-8884

Register online beginning 9:00am March 6 at [hbsands.org](http://hbsands.org) or register in person at the City Gym and Pool during normal business hours.

Office Hours: M - Th 9am - 9pm, Fri 9am - 8pm, Sat 9am - 1pm

## SWIM LEVELS

### Parent and Child (PC) 6 month to about 3 years –

Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

**PC Level 1 (PC 1)** – Introduces Basic skills including safety topics to parents and children

**PC Level 2 (PC 2)** – Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

**Preschool Aquatics (PA) about 4 to 5 years:** Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

**PA Level 1 (PA 1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.

**PA Level 2 (PA 2):** Helps children gain greater independence in their skills and develop more comfort in and around water.

**PA Level 3 (PA 3):** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

**Learn-to-Swim (LS) About 6 years through adult:** Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

**Level 1 (LS 1):** Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.

**Level 2 (LS 2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.

**Level 3 (LS 3):** Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.

**Level 4 (LS 4):** Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.

**Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.

**Adult Lessons:** Adults will improve swimming skills and learn new skills.

## Need additional help or have questions?

Knowledgeable staff will be available at the City Gym and Pool to assist you with questions about aquatic programs. You can find out more information about swim levels or have your child tested for appropriate swim level placement. City Gym staff can also help you set up an online account so you will be prepared to register online.

### SWIM LEVEL TESTING:

Have your child tested for swim level placement. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

**Saturday, Feb. 25** 1 -2 pm

**Saturday, March 3** 1 -2 pm

### SENIOR CITIZEN SWIM

Senior citizens have a special afternoon all to themselves at the City Gym and Pool. Come and enjoy the heated pool.

**City Gym Pool** 3:30-5 on \$2 Friday

# Swimming

## SPRING 2012 CITY GYM SWIM SCHEDULE

Fees: \$45 per 10-class session – All swim lessons are one half hour. All classes held at the City Gym and Pool – 1600 Palm Ave. **No Classes Monday, May 28th.**

Time	Mon/Wed 3/26 - 4/25	Tues/Thurs 3/27 - 4/26	Mon/Wed 4/30 - 6/4	Tues/Thurs 5/1 - 5/31	Saturday 3/31 - 6/2
8:00am					LS 1- 8502.205
8:30am					LS 2- 8503.206
9:00am					PA L1- 8501.217 PA L2- 8626.224
9:30am	PA L1- 8501.201 PA L2- 8626.200	PA L2- 8626.205 PA L3- 8627.203	PA L1- 8501.211 PA L2- 8626.212	PA L2- 8626.217 PA L3- 8627.211	PA L2- 8626.225 PA L3- 8627.217
10:00am	PA L2- 8626.201 PA L3- 8627.200	PA L1- 8501.205 PA L2- 8626.206	PA L2- 8626.213 PA L3- 8627.207	PA L1- 8501.214 PA L2- 8626.218	PC L1- 8500.207
10:30am	PC L1- 8500.201	PC L1- 8500.202	PC L1- 8500.204	PC L1- 8500.205	PC L2- 8628.206
11:00am	PC L2- 8628.200	PC L2- 8628.201	PC L2- 8628.203	PC L2- 8628.204	PA L1- 8501.218 PA L2- 8626.226
11:30am		PA L1- 8501.206 PA L2- 8626.207		PA L1- 8501.215 PA L2- 8626.219	PA L2- 8626.227 PA L3- 8627.218
12:00pm		PA L2- 8626.208 PA L3- 8627.204		PA L2- 8626.220 PA L3- 8627.212	LS 1- 8502.206 LS 2- 8503.207
12:30pm					LS 3- 8504.206 LS 4- 8505.203
2:00pm	PA L1- 8501.202 PA L3- 8627.201	PA L2- 8626.228 PA L3- 8627.205	PA L1- 8501.212 PA L3- 8627.208	PA L1- 8501.216 PA L3- 8627.213	
2:30pm	PA L2- 8626.202 PA L3- 8627.202	PA L2- 8626.209 PA L3- 8627.206	PA L2- 8626.214 PA L3- 8627.209	PA L2- 8626.221 PA L3- 8627.214	
3:00pm	PA L1- 8501.203 PA L2- 8626.203	PA L1- 8501.209 PA L2- 8626.210	PA L2- 8626.215 PA L3- 8627.210	PA L2- 8626.222 PA L3- 8627.215	
3:30pm	LS 1- 8502.201	LS 1- 8502.202	LS 1- 8502.203	LS 1- 8502.204	
4:00pm	LS 2- 8503.201	LS 2- 8503.203	LS 2- 8503.204	LS 2- 8503.205	
4:30pm	LS 2- 8503.202	LS 3-8504.201	LS 3- 8504.203	LS 3- 8504.204	
5:00pm		LS 3- 8504.202		LS 3- 8504.205	
5:30pm		LS 4- 8505.201		LS 4- 8505.202	
6:00pm		PC L1- 8500.203		PC L1- 8500.206	
6:30pm	PA L1- 8501.204 PA L2- 8626.204	PC L2- 8628.202	PA L1- 8501.213 PA L2- 8626.216	PC L2- 8628.205	
7:00pm	<b>Recreation Swim \$2</b>	PA L2- 8626.211 PA L3- 8627.219	<b>Recreation Swim \$2</b>	PA L2- 8626.223 PA L3- 8627.216	
7:30pm		8507.201 Exceptional Swim \$18		8507.202 Exceptional Swim \$18	
8:00pm	Adult Swim \$2 8-8:30 PM	8508.201 Adult Lessons	Adult Swim \$2 8-8:30 pm	8508.202 Adult Lessons	