

# AQUATICS

## SWIM LEVELS

### PARENT AND CHILD (PC) 6 mos 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 (PC1):** Introduces Basic skills including safety topics to parents and children.
- **PC Level 2 (PC2):** 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 (PA1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.
- **PA Level 2 (PA2):** Helps children gain greater independence in their skills and develop more comfort in and around water.
- **PA Level 3 (PA3):** 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 (LS1):** 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 (LS2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.
- **Level 3 (LS3):** 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 (LS4):** 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.

The City of Huntington Beach is pleased to offer a complete fall 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

Register online beginning 9 am August 8 at [hbsands.org](http://hbsands.org) or register in person at the City Gym and Pool during normal business hours.

**OFFICE HOURS:** M-Th 9 am-9 pm  
 Fri 9 am-8 pm  
 Sat 9 am-1 pm

## 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.

1-1:30 pm Saturdays September 2

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

1:30-3 pm City Gym Pool Friday \$2



# Fall 2017 – City Gym Swim Schedule

Fees: \$55 per 10-class session – All swim lessons are one half hour.

Classes taught by Aquatics Staff at City Gym and Pool.

All classes held at the City Gym and Pool – 1600 Palm Ave. **No Classes Nov 11 and 24.**

Time	Mon/Wed 9/11 - 10/11	Tues/Thurs 9/12 - 10/12	Mon/Wed 10/16 - 11/15	Tues/Thurs 10/17 - 11/16	Saturday 9/16 - 11/25
8:00 am					LS 1- 472206-04
8:30 am					LS 2- 472207-05
9:00 am					PA L1- 472203-15 PA L2- 472204-24
9:30 am	PA L1- 472203-00 PA L2- 472204-00	PA L2- 472204-05 PA L3- 472205-03	PA L1- 472203-09 PA L2- 472204-12	PA L2- 472204-17 PA L3- 472205-11	PA L2- 472204-25 PA L3- 472205-17
10:00 am	PA L2- 472204-01 PA L3- 472205-00	PA L1- 472203-04 PA L2- 472204-06	PA L2- 472204-13 PA L3- 472205-07	PA L1- 472203-12 PA L2- 472204-18	PC L1- 472201-06
10:30 am	PC L1- 472201-00	PC L1- 472201-01	PC L1- 472201-03	PC L1- 472201-04	PC L2- 472202-06
11:00 am	PC L2- 472202-00	PC L2- 472202-01	PC L2- 472202-03	PC L2- 472202-04	PA L1-472203-16 PA L2- 472204-26
11:30 am		PA L1- 472203-05 PA L2- 472204-07		PA L1- 472203-13 PA L2- 472204-19	PA L2-472204-27 PA L3- 472205-18
Noon		PA L2- 472204-08 PA L3- 472205-04		PA L2- 472204-20 PA L3- 472205-12	LS 1- 472206-05 LS 2- 472207-06
12:30 pm					LS 3- 472208-05 LS 4-472209-04
2:00 pm	PA L1- 472203-01 PA L3- 472205-01	PA L1- 472203-06 PA L3-472205-05	PA L1- 472203-10 PA L3- 472205-08	PA L1- 472203-14 PA L3-472205-13	
2:30 pm	PA L2- 472204-02 PA L3- 472205-02	PA L2- 472204-09 PA L3- 472205-06	PA L2- 472204-14 PA L3- 472205-09	PA L2- 472204-21 PA L3- 472205-14	
3:00 pm	PA L1- 472203-02 PA L2-472204-03	PA L1- 472203-07 PA L2- 472204-10	PA L2- 472204-15 PA L3- 472205-10	PA L2- 472204-22 PA L3- 472205-15	
3:30 pm	LS 1- 472206-00	LS 1- 472206-01	LS 1- 472206-02	LS 1- 472206-03	
4:00 pm	LS 2-472207-00	LS 2- 472207-01	LS 2- 472207-03	LS 2- 472207-04	
4:30 pm	LS 3- 472208-00	LS 2- 472207-02	LS 3- 472208-02	LS 3 - 472208-03	
5:00 pm	Private Lessons (See Schedule)	LS 3- 472208-01 LS 4- 472209-00	Private Lessons (See Schedule)	LS 3- 472208-04 LS 4-472209-02	
5:30 pm		LS 4- 472209-01		LS 4- 472209-03	
6:00 pm		PC L1- 472201-02		PC L1- 472201-05	
6:30 pm	PA L1- 472203-03 PA L2- 472204-04	PC L2- 472202-02	PA L1- 472203-11 PA L2- 472204-16	PC L2- 472202-05	
7:00 pm	<b>Rec Swim \$2</b>	PA L1- 472203-08 PA L2- 472204-11	<b>Rec Swim \$2</b>	PA L2- 472204-23 PA L3- 472205-16	
7:30 pm		472213-00 Exceptional Swim \$18		472213-01 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	472212-00 Adult Lessons		472212-01 Adult Lessons	

# Fall 2017 – City Gym Swim Schedule

Fees: \$75 for one swimmer/ \$85 for two swimmers

5-class session (unless otherwise noted) / All private swim lessons are 15 minutes.

All classes held at the City Gym and Pool – 1600 Palm Ave. **No Classes Nov 11 and 24.**

## SESSION 1

## SESSION 2

## SESSION 3 (3 LESSONS-\$45)

CLASS #	DAY	TIME	DATES
472214-36	M	5:05-5:20pm	9/11-10/9
472214-37	M	5:05-5:20pm	9/11-10/9
472214-38	W	5:05-5:20pm	9/13-10/11
472214-39	W	5:05-5:20pm	9/13-10/11
472214-00	F	3:20-3:35pm	9/15-10/13
472214-01	F	3:20-3:35pm	9/15-10/13
472214-02	F	3:20-3:35pm	9/15-10/13
472214-03	F	3:40-3:55pm	9/15-10/13
472214-04	F	3:40-3:55pm	9/15-10/13
472214-05	F	3:40-3:55pm	9/15-10/13
472214-06	F	4-4:15pm	9/15-10/13
472214-07	F	4-4:15pm	9/15-10/13
472214-08	F	4-4:15pm	9/15-10/13
472214-09	F	4:20-4:35pm	9/15-10/13
472214-10	F	4:20-4:35pm	9/15-10/13
472214-11	F	4:20-4:35pm	9/15-10/13
472214-12	F	4:40-4:55pm	9/15-10/13
472214-13	F	4:40-4:55pm	9/15-10/13
472214-14	F	4:40-4:55pm	9/15-10/13
472214-15	F	5-5:15pm	9/15-10/13
472214-16	F	5-5:15pm	9/15-10/13
472214-17	F	5-5:15pm	9/15-10/13

CLASS #	DAY	TIME	DATES
472214-40	M	5:05-5:20pm	10/16-11/13
472214-41	M	5:05-5:20pm	10/16-11/13
472214-42	W	5:05-5:20pm	10/18-11/15
472214-43	W	5:05-5:20pm	10/18-11/15
472214-18	F	3:20-3:35pm	10/20-12/1
472214-19	F	3:20-3:35pm	10/20-12/1
472214-20	F	3:20-3:35pm	10/20-12/1
472214-21	F	3:40-3:55pm	10/20-12/1
472214-22	F	3:40-3:55pm	10/20-12/1
472214-23	F	3:40-3:55pm	10/20-12/1
472214-24	F	4-4:15pm	10/20-12/1
472214-25	F	4-4:15pm	10/20-12/1
472214-26	F	4-4:15pm	10/20-12/1
472214-27	F	4:20-4:35pm	10/20-12/1
472214-28	F	4:20-4:35pm	10/20-12/1
472214-29	F	4:20-4:35pm	10/20-12/1
472214-30	F	4:40-4:55pm	10/20-12/1
472214-31	F	4:40-4:55pm	10/20-12/1
472214-32	F	4:40-4:55pm	10/20-12/1
472214-33	F	5-5:15pm	10/20-12/1
472214-34	F	5-5:15pm	10/20-12/1
472214-35	F	5-5:15pm	10/20-12/1

CLASS #	DAY	TIME	DATES
472214-44	F	3:20-3:35pm	12/8-12/22
472214-45	F	3:20-3:35pm	12/8-12/22
472214-46	F	3:20-3:35pm	12/8-12/22
472214-47	F	3:40-3:55pm	12/8-12/22
472214-48	F	3:40-3:55pm	12/8-12/22
472214-49	F	3:40-3:55pm	12/8-12/22
472214-50	F	4:00-4:15pm	12/8-12/22
472214-51	F	4:00-4:15pm	12/8-12/22
472214-52	F	4:00-4:15pm	12/8-12/22
472214-53	F	4:20-4:35pm	12/8-12/22
472214-54	F	4:20-4:35pm	12/8-12/22
472214-55	F	4:20-4:35pm	12/8-12/22
472214-56	F	4:40-4:55pm	12/8-12/22
472214-57	F	4:40-4:55pm	12/8-12/22
472214-58	F	4:40-4:55pm	12/8-12/22
472214-59	F	5:05-5:20pm	12/8-12/22
472214-60	F	5:05-5:20pm	12/8-12/22
472214-61	F	5:05-5:20pm	12/8-12/22

AQUATICS

