

AQUATICS

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

Recreation Swim is offered at the City Gym & Pool for \$2 per person. No registration required.

*Family swim is for all ages.

Family Swim:	Mon/Wed	7-8 pm
Adult Swim:	Mon/Wed	8-8:30 pm
Senior Swim:	Fri	1:30-3 pm

NEED ADDITIONAL HELP OR HAVE QUESTIONS?

Swim Level testing is available, but not required, to enroll in a swim class. Knowledgeable staff will be available at the City Gym & Pool to assist you with questions about aquatic programs, and help you enroll in the correct level.

SWIM LEVEL TESTING: Have your child tested for swim level placement on November 4th from 1-1:30 pm. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

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.



Winter 2018 – 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: Jan 15, Feb 19.**

Time	Mon/Wed 1/8 - 2/12	Tues/Thurs 1/9 - 2/8	Mon/Wed 2/14 - 3/21	Tues/Thurs 2/13 - 3/15	Saturday 1/13 - 3/17
8:00 am					LS 1- 172206-04
8:30 am					LS 2- 172207-05
9:00 am					PA L1- 172203-15 PA L2- 172204-24
9:30 am	PA L1- 172203-00 PA L2- 172204-00	PA L2- 172204-05 PA L3- 172205-03	PA L1- 172203-09 PA L2- 172204-12	PA L2- 172204-17 PA L3- 172205-11	PA L2- 172204-25 PA L3- 172205-17
10:00 am	PA L2- 172204-01 PA L3- 172205-00	PA L1- 172203-04 PA L2- 172204-06	PA L2- 172204-13 PA L3- 172205-07	PA L1- 172203-12 PA L2- 172204-18	PC L1- 172201-06
10:30 am	PC L1- 172201-00	PC L1- 172201-01	PC L1- 172201-03	PC L1- 172201-04	PC L2- 172202-06
11:00 am	PC L2- 172202-00	PC L2- 172202-01	PC L2- 172202-03	PC L2- 172202-04	PA L1- 172203-16 PA L2- 172204-26
11:30 am		PA L1- 172203-05 PA L2- 172204-07		PA L1- 172203-13 PA L2- 172204-19	PA L2- 172204-27 PA L3- 172205-18
Noon		PA L2- 172204-08 PA L3- 172205-04		PA L2- 172204-20 PA L3- 172205-12	LS 1- 172206-05 LS 2- 172207-06
12:30 pm					LS 3- 172208-05 LS 4- 172209-04
2:00 pm	PA L1- 172203-01 PA L3- 172205-01	PA L1- 172203-06 PA L3- 172205-05	PA L1- 172203-10 PA L3- 172205-08	PA L1- 172203-14 PA L3- 172205-13	
2:30 pm	PA L2- 172204-02 PA L3- 172205-02	PA L2- 172204-09 PA L3- 172205-06	PA L2- 172204-14 PA L3- 172205-09	PA L2- 172204-21 PA L3- 172205-14	
3:00 pm	PA L1- 172203-02 PA L2- 172204-03	PA L1- 172203-07 PA L2- 172204-10	PA L2- 172204-15 PA L3- 172205-10	PA L2- 172204-22 PA L3- 172205-15	
3:30 pm	LS 1- 172206-00	LS 1- 172206-01	LS 1- 172206-02	LS 1- 172206-03	
4:00 pm	LS 2- 172207-00	LS 2- 172207-01	LS 2- 172207-03	LS 2- 172207-04	
4:30 pm	LS 3- 172208-00	LS 2- 172207-02	LS 3- 172208-02	LS 3- 172208-03	
5:00 pm	Private Lessons (See Schedule)	LS 3- 172208-01 LS 4- 172209-00	Private Lessons (See Schedule)	LS 3- 172208-04 LS 4- 172209-02	
5:30 pm		LS 4- 172209-01		LS 4- 172209-03	
6:00 pm		PC L1- 172201-02		PC L1- 172201-05	
6:30 pm	PA L1- 172203-03 PA L2- 172204-04	PC L2- 172202-02	PA L1- 172203-11 PA L2- 172204-16	PC L1- 172201-05	
7:00 pm	Rec Swim \$2	PA L1- 172203-08 PA L2- 172204-11	Rec Swim \$2	PA L2- 172204-23 PA L3- 172205-16	
7:30 pm		172213-00 Exceptional Swim \$18		172213-01 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	172212-00 Adult Lessons	Adult Swim \$2 8-8:30 PM	172212-01 Adult Lessons	

Winter 2018 – Private Swim Schedule

Private swim lessons are for students and parents who desire more individual attention.

These lessons:

- For 3 years to Adult
- Consist of Five (5), Fifteen (15) minute swim classes
- Held once a week *on Fridays*
- At the City Gym and Pool
- Classes will be taught to the desired level

Please see the private swim schedule or contact the City Gym and Pool at (714) 960-8884 with any questions.



Session 1 (1/12-2/9)

CLASS #	TIME
172214-00	3:20 pm
172214-01	3:20 pm
172214-02	3:20 pm
172214-03	3:40 pm
172214-04	3:40 pm
172214-05	3:40 pm
172214-06	4 pm
172214-07	4 pm
172214-08	4 pm
172214-09	4:20 pm
172214-10	4:20 pm
172214-11	4:20 pm
172214-12	4:40 pm
172214-13	4:40 pm
172214-14	4:40 pm
172214-15	5 pm
172214-16	5 pm
172214-17	5 pm

Session 2 (2/10-3/16)

CLASS #	TIME
172214-18	3:20 pm
172214-19	3:20 pm
172214-20	3:20 pm
172214-21	3:40 pm
172214-22	3:40 pm
172214-23	3:40 pm
172214-24	4 pm
172214-25	4 pm
172214-26	4 pm
172214-27	4:20 pm
172214-28	4:20 pm
172214-29	4:20 pm
172214-30	4:40 pm
172214-31	4:40 pm
172214-32	4:40 pm
172214-33	5 pm
172214-34	5 pm
172214-35	5 pm



Rec Report is a monthly video segment designed to highlight the programs, services and events presented by the Huntington Beach Community Services Department.

Tune in to HBTv3 during 'Surf City Highlights' or follow the City of Huntington Beach on Facebook and Twitter to see what makes the show and our recreation programs award-winning!

