

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.



CITY GYM AND POOL

All registration for summer swim lessons began on March 6. Register now to secure your spot!

All Ages:	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 August 4 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.



Fall 2018 – City Gym Swim Schedule

Fees: \$55 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 Nov 12.**

Time	Mon/Wed 9/10 - 10/10	Tues/Thurs 9/11 - 10/11	Mon/Wed 10/15 - 11/19	Tues/Thurs 10/16 - 11/15	Saturday 9/15 - 11/17
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	Rec Swim \$2	PA L1- 472203-08 PA L2- 472204-11	Rec Swim \$2	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 2018 – Private Swim Lessons

For students and parents who desire more individual attention, the Community Services Department offers private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week on the listed day. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions. **No class dates: November 12.**

Private lessons will be taught with 1 to 1 participant to instructor ratio — Class Fee: \$75
OR

Small Group lessons are also available with maximum 2 students per instructor – Class Fee: \$85

All Private Lessons Held at City Gym and Pool • Age: 3 yrs to Adult

SESSION 1

CLASS #	TIME	DAY	DATES
472214-00	3:20pm	F	9/14-10/12
472214-01	3:20pm	F	9/14-10/12
472214-02	3:20pm	F	9/14-10/12
472214-03	3:40pm	F	9/14-10/12
472214-04	3:40pm	F	9/14-10/12
472214-05	3:40pm	F	9/14-10/12
472214-06	4:00pm	F	9/14-10/12
472214-07	4:00pm	F	9/14-10/12
472214-08	4:00pm	F	9/14-10/12
472214-09	4:20pm	F	9/14-10/12
472214-10	4:20pm	F	9/14-10/12
472214-11	4:20pm	F	9/14-10/12
472214-12	4:40pm	F	9/14-10/12
472214-13	4:40pm	F	9/14-10/12
472214-14	4:40pm	F	9/14-10/12
472214-15	5:00pm	F	9/14-10/12
472214-16	5:00pm	F	9/14-10/12
472214-17	5:00pm	F	9/14-10/12
472214-36	5:05pm	M	9/10-10/8
472214-37	5:05pm	M	9/10-10/8
472214-38	5:05pm	W	9/12-10/10
472214-39	5:05pm	W	9/12-10/10

SESSION 2

CLASS #	TIME	DAY	DATES
472214-18	3:20pm	F	10/19-11/16
472214-19	3:20pm	F	10/19-11/16
472214-20	3:20pm	F	10/19-11/16
472214-21	3:40pm	F	10/19-11/16
472214-22	3:40pm	F	10/19-11/16
472214-23	3:40pm	F	10/19-11/16
472214-24	4:00pm	F	10/19-11/16
472214-25	4:00pm	F	10/19-11/16
472214-26	4:00pm	F	10/19-11/16
472214-27	4:20pm	F	10/19-11/16
472214-28	4:20pm	F	10/19-11/16
472214-29	4:20pm	F	10/19-11/16
472214-30	4:40pm	F	10/19-11/16
472214-31	4:40pm	F	10/19-11/16
472214-32	4:40pm	F	10/19-11/16
472214-33	5:00pm	F	10/19-11/16
472214-34	5:00pm	F	10/19-11/16
472214-35	5:00pm	F	10/19-11/16
472214-40	5:05pm	M	10/15-11/19
472214-41	5:05pm	M	10/15-11/19
472214-42	5:05pm	W	10/17-11/14
472214-43	5:05pm	W	10/17-11/14

SESSION 3 (3 classes for \$45)

CLASS #	TIME	DAY	DATES
472214-44	3:20pm	F	12/7-12/21
472214-45	3:20pm	F	12/7-12/21
472214-46	3:20pm	F	12/7-12/21
472214-47	3:40pm	F	12/7-12/21
472214-48	3:40pm	F	12/7-12/21
472214-49	3:40pm	F	12/7-12/21
472214-50	4:00pm	F	12/7-12/21
472214-51	4:00pm	F	12/7-12/21
472214-52	4:00pm	F	12/7-12/21
472214-53	4:20pm	F	12/7-12/21
472214-54	4:20pm	F	12/7-12/21
472214-55	4:20pm	F	12/7-12/21
472214-56	4:40pm	F	12/7-12/21
472214-57	4:40pm	F	12/7-12/21
472214-58	4:40pm	F	12/7-12/21
472214-59	5:00pm	F	12/7-12/21
472214-60	5:00pm	F	12/7-12/21
472214-61	5:00pm	F	12/7-12/21

