



Parkway Aquatic Center

385 Park Way, 91910 • (619) 409-1985

<http://www.chulavistaca.gov/goto/swim>



October & November 2017 SWIMMING LESSONS

Office Open for Registration weekdays 3pm - 7pm and during scheduled programs

You may also register online or at any Chula Vista Recreation Center

Morning Sessions:
During Fall Break
2 weeks, Mon-Friday
30 minutes per day
 \$35 resident/\$53 non-res
#15B: Sept 18 - 29

Ages:	6 mo -3	2-3 yrs	4-5 yrs	6-16 yrs	6-16 yrs	15+ yrs	3 yrs-Adult
30 Mins	Parent & Tot*	Toddler Aquatics*	Pre-school Aquatics	Learn to Swim Level 1-4	Swim Clinic** Advanced Level	Adult Lessons \$40 resident \$60 non-res	Privates* Mon & Wed \$80 resident \$120 non-res
9:05				#7202		#7402	#7602
9:40		#7904	#7104				#7604
10:15				#7206			#7606
10:50	#7008		#7108				#7608
11:25				#7210	#7310		#7610

Evening Sessions
2 weeks, Mon-Friday
30 minutes per day
 \$35 resident/\$53 non-res
#17: October 9 — 20
#18: October 23 — Nov 3
#19: November 6—17*
 *No class November 10th
 Prices are prorated

30 Mins	Parent & Tot*	Toddler Aquatics*	Preschool Aquatics	Learn to Swim Level 1-4	Swim Clinic** Advanced Level	Adult Lessons \$40 resident \$60 non-res	Privates* Mon & Wed \$80 resident \$120 non-res
3:25		#7912					
4:00				#7214			#7614
4:35		#7916	#7116				#7616
5:10				#7218	#7318		#7618
5:45	#7020		#7120				#7620
6:20				#7222			#7622
6:55					#7324	#7424	#7624

Saturday Sessions
5 weeks, on Saturdays
30 minutes per day
 \$18 resident/\$27 non-res
#D: October 7 - Nov 4

30 Mins	Parent & Tot*	Toddler Aquatics*	Preschool Aquatics	Learn to Swim Level 1-3	Swim Clinic**	Adult \$20 resident \$30 non-res
9:30				#7288		#7488
10:05	#7090		#7190			
10:40		#7992		#7292		
11:15	#7094		#7194			
11:50			#7196			#7496

*Children under 4 years old MUST wear a swim diaper regardless of potty training

**Swim Clinic students MUST be able to swim 25 yards crawl stroke and 25 yards backstroke to register

Registration for February & March begins November 13th!



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Fall 2017

Office Open Weekdays 3-7pm, and during scheduled programs

Pool Closures

September 2—4 Labor Day Weekend

November 10th Veterans Day

November 23—26th Thanksgiving

Open Swim (All Ages)

Fall Break— September 16 - 28

Tuesday & Thursday: 12:30 - 3pm

Saturday: 12:30 - 3:30pm

Fees

Adult (18+): \$4/swim or \$24/10 swims

Senior (55+): \$3/swim or \$18/10 swims

Child (4-17): \$2/swim or \$12/10 swims*

*Children 3 and under are FREE and MUST wear a swim diaper

Adult Lap Swim (18+)

July 1st - November 4th

Saturdays: 10am - 12pm

Fees

Adult (18+): \$4/swim or \$24/10 swims

Senior (55+): \$3/swim or \$18/10 swims

FREE Therapeutics Learn to Swim (18+)

August 18 — September 15th

Fridays: 4:30 - 5:15pm

These classes are funded by a grant to provide services to low/moderate income, special needs/disabled adults. Registrants must complete an intake form and submit proof of disability and income. For more information please call (619) 409-5439

Participants must be water safe and able to stand/walk independently in 3-4 feet of water.

FREE Aqua Fun to be Fit (9-14 yrs)

September 19 - 28th

Tuesday & Thursdays

#7502 12:30-1:15pm

#7504 1:20-2:05pm

#7506 2:10-2:55pm

This class is part of the award winning Fun to Be Fit Program that is offered **exclusively for Chula Vista Residents**. Students will learn to exercise and have fun in the water.

This class is funded by a grant from Kaiser.

Students must be able to swim 15 yards

#7516: Lifeguard Training (15+ yrs)

September 18* - 29th

Monday—Friday: 9am-3pm

Attendance at all class dates and times is mandatory

Fees: \$200 Non-refundable Registration Fee includes certification, pocket mask, hip pack

Books: Downloadable at www.redcross.org/participantmaterials

This class will teach potential lifeguards the skills and knowledge to prevent and respond to aquatic emergencies, providing the certifications necessary for employment with the City of Chula Vista as a Lifeguard I (starting pay is \$13.82 per hour). Students that pass this class will receive the following American Red Cross certifications: Lifeguarding, CPR for the Professional Rescuer, AED Essentials, and Title 22: First Aid for Public Safety Personnel.

Must be 15 years of age by September 29 to register.

***Pre-test on first day:**

- 300 yard continuous swim, crawl or breaststroke
- Tread water for 2 minutes using legs only.
- Timed 10 pound brick retrieval from 10 ft. water depth. (1 minute, 40 seconds)

Registration for February & March begins **November 13th!**