Parkway Aquatic Center

385 Park Way, 91910 • (619) 409-1985

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

CHULA VISTA October & November 2017

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

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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 |

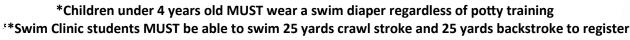
Saturday Sessions 5 weeks, on Saturdays 30 minutes per day

\$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 |







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



Pool Closures

November 2—4 Labor Day Weekend **November 10th** Veterans Day **November 23—26th** Thanksgiving

Open Swim (All Ages)

Fall Break — September 16 - 28

<u>Tuesday & Thursday</u>: 12:30 - 3pm <u>Saturday</u>: 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

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

<u>Books</u>: 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)