



Loma Verde Summer & Fall Swim Lessons

1420 Loma Lane, 91910 • (619) 409-1987 • <http://www.chulavistaca.gov/goto/swim>



Register at the pool weekdays 11am-1pm, 3-7pm,
during scheduled programs, online, or at any Chula Vista Recreation Center.

Summer 4	August 19-29	Monday—Thursday	2 weeks	Fall Break 1	Sept 23-26 AM only	Mon—Thurs	1 week
Summer 5	September 3-12	Mon-Thurs. <i>No class Sept 2. Make-up Sept 6</i>	2 weeks	Fall Break 2	Sept 30-Oct 3 AM only	Mon—Thurs	1 week
Summer 6	September 16-26	Monday—Thursday	2 weeks	Summer B	August 10-September 7 <i>No class August 31</i>	Saturdays	4 weeks
Summer 7	Sept 30-Oct 10	Monday—Thursday	2 weeks	Summer C	September 14-October 5	Saturdays	4 weeks
Fall 1	October 14-24	Monday—Thursday	2 weeks	Fall A	October 12-November 2	Saturdays	4 weeks
Fall 2	Oct 28-Nov 7	Monday—Thursday	2 weeks				
Fall 3	November 12-21	Mon-Thurs. <i>No class Nov 11. Make-up Nov 15</i>	2 weeks				

Class Title/Age	Season & #	Time 30 mins/day	Days	Total Classes	Cost
Parent and Tot Swim Lessons Ages: 6mo - 3yrs* *Swim diaper is required	Summer 4,5,6,7 Fall 1,2,3	5:10pm-5:40pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Fall Break 1,2	10:50am-11:20am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Summer B, C Fall A	11:15am-11:45am	Saturdays	4	\$18 resident / \$27 non-res
Toddler Swim Lessons Ages: 2-3 yrs* *Swim diaper is required	Summer 4,5,6,7 Fall 1,2,3	3:25pm-3:55pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Summer 4,5,6,7 Fall 1,2,3	4:00pm-4:30pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Summer 4,5,6,7 Fall 1,2,3	5:10pm-5:45pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Fall Break 1,2	9:40am-10:10am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Fall Break 1,2	10:50am-11:20am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Summer B, C Fall A	10:05am-10:35am	Saturdays	4	\$18 resident / \$27 non-res
	Summer B, C Fall A	10:40am-11:10am	Saturdays	4	\$18 resident / \$27 non-res
Preschool Swim Lessons Ages: 4-5yrs* *Swim diaper is required for children who are not potty trained	Summer 4,5,6,7 Fall 1,2,3	3:25-3:55pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Summer 4,5,6,7 Fall 1,2,3	4:00pm-4:30pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Summer 4,5,6,7 Fall 1,2,3	5:10-5:40pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Fall Break 1,2	9:40-10:10am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Fall Break 1,2	10:50am-11:20am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Summer B, C Fall A	10:05-10:35am	Saturdays	4	\$18 resident / \$27 non-res
	Summer B, C Fall A	10:40-11:10am	Saturdays	4	\$18 resident / \$27 non-res
Youth Swim Lessons Ages: 6-14 yrs Beginning through advanced levels. Students are tested and separated the first day of class.	Summer 4	3:25-3:55pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Summer 4,5,6,7 Fall 1,2,3	4:35-5:05pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Summer 4,5,6,7 Fall 1,2,3	5:45-6:15pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Summer 4,5,6,7 Fall 1,2,3	6:20-6:50pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Fall Break 1,2	9:05-9:35am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Fall Break 1,2	10:15-11:45am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Fall Break 1,2	11:25-11:55am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Summer B, C Fall A	9:30am-10:00am	Saturdays	4	\$18 resident / \$27 non-res
Advanced Youth Swim Lessons Ages: 6-15 yrs Must be able to swim 25 yds. crawl & backstroke	Summer 4,5,6,7 Fall 1,2,3	4:35pm-5:05pm	Monday -Thursday	8	\$40 resident / \$60 non-res
	Fall 1, 2, 3	4:35pm-5:05pm	Monday -Thursday	8	\$40 resident / \$60 non-res
	Fall Break 1,2	9:05am-9:35am	Monday -Thursday	8	\$40 resident / \$60 non-res
Adult Swim Lessons Ages: 15+ yrs	Summer 4,5,6,7 Fall 1,2,3	6:20-6:50pm	Monday -Thursday	8	\$40 resident / \$60 non-res
Private Swim Lessons Ages: *2yrs -Adult *Swim diaper is required for all children under the age of 4 regardless of potty training	Summer 4,5	3:25, 4:00, 4:35, 5:10, 5:45, or 6:20pm	Tuesday & Thursdays OR Monday & Wednesdays	4	\$80 resident / \$120 non-res
	Summer 6, 7 Fall 1, 2, 3	3:25, 4:00, 4:35, 5:10, 5:45, or 6:20pm	Monday & Wednesdays	4	\$80 resident / \$120 non-res
	Fall Break 1,2	9:05, 9:40, 10:15, 10:50, or 11:25am	Monday & Wednesdays	4	\$80 resident / \$120 non-res



Loma Verde Aquatic Center

1420 Loma Lane, Chula Vista, CA 91911 • (619) 409-1987
<http://www.chulavistaca.gov/goto/swim>



August, September, October & November 2019

Office open weekdays 11am—1pm, 3-7pm, & during scheduled programs.
You may also register online or at any Chula Vista Recreation Center.

Pool Closures

September 2 - Labor Day
November 11 - Veteran's Day
November 27 - 29 - Thanksgiving

Adult Lap Swim (18+)*



Year round:
Monday—Friday
11:00am—1:00pm
4:00pm - 7:00pm**

****Only Middle Section Available**

Fees:

Adult (18+): \$4/visit or \$24/10 visits
Senior (55+): \$3/visit or \$18/10 visits

Open Recreation Swim (All ages)

April 12– September 20:
Fridays 4:00-7:00pm



Sept 21-October 4 (Fall Break):
Monday, Wednesday & Friday
12:30 - 3:00pm

Fees:

Adult (18-54): \$4/swim or \$24/10 swims
Senior (55+): \$3/swim or \$18/10 swims
*Child (4-17yrs): \$2/swim or \$12/10 swims

*Children 3 and under are FREE with a paid adult and must wear a swim diaper

*Children 5 and under must have an adult in the water within arm's reach at all times.

Water Fitness Class (18+)

Monday, Wednesday, & Fridays

11:00 am—12:00 pm

Class provides cardio, strength training, ab workout, and stretching all to upbeat music. Water takes weight off joints to allow for pain-free movement. Class is conducted in shallow water.

No pre-registration necessary.

Fees:

\$4/class or \$35/10 classes



Lifeguard Training (15+ years)



September 23rd - October 4th
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 23 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 12 ft. water depth. (1 minute, 40 seconds)

***Must pass in order to continue with the course.**

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

Fall Break: Sept 24-October 4

Mondays and Wednesdays
12:30-1:15pm, 1:20-2:05pm, or 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.

Must be able to swim 15 yards

***Lap Swim and Rec Swim availability subject to change according to programming**