



Parkway Summer & Fall Swim Lessons

385 Park Way, 91910 • (619) 409-1985 • <http://www.chulavista.gov/goto/swim>

Office open weekdays 9-11am, 3-7pm, & during scheduled programs.

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



Summer 4	August 19-29	Monday—Thursday	2 weeks
Summer 5	September 3-12	Mon-Thurs. <i>No class Sept 2. Make-up Sept 6</i>	2 weeks
Summer 6	September 16-26	Monday—Thursday	2 weeks
Summer 7	Sept. 30-Oct 10	Monday—Thursday	2 weeks
Fall 1	October 14-24	Monday—Thursday	2 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

Fall Break 1	Sept 23-26	<i>AM only</i>	Mon—Thurs	1 week
Fall Break 2	Sept 30-Oct 3	<i>AM only</i>	Mon—Thurs	1 week

Saturdays

Summer B	August 10-September 7 <i>No class August 31</i>	Saturdays	5 weeks
Summer C	September 14-October 5	Saturdays	4 weeks
Fall A	October 12-November 2	Saturdays	4 weeks

Class Name	Season & #	Time 30 mins/day	Days	Total Classes	Fee
Parent and Tot Swim Lessons Ages: 6mo - 3yrs* *Swim diaper is required	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	5:45-6:15pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Fall 1, 2, 3	5:10-5:40pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Fall Break 1, 2	10:15-10:45am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Summer B, C & Fall A	10:40-11:10am	Saturdays	4	\$18 resident / \$27 non-res
	Summer B, C & Fall A	11:50am-12:20pm	Saturdays	4	\$18 resident / \$27 non-res
Toddler Swim Lessons Ages: 2-3 yrs* *Swim diaper is required	Summer 5, 6, 7 & Fall 1, 2, 3	3:25-3:55pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Summer 5, 6, 7 & Fall 1, 2, 3	4:35-5:05pm	Monday -Thursday	8	\$35 resident / \$53 non-res
	Fall Break 1, 2	9:40-10:10am	Monday -Thursday	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	4:35-5:05pm	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
	Fall Break 1, 2	9:40-10:10am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Fall Break 1, 2	10:15-10:45am	Monday -Thursday	4	\$18 resident / \$27 non-res
	Summer B, C & Fall A	10:40-11:10am	Saturdays	4	\$18 resident / \$27 non-res
	Summer B, C & Fall A	11:15-11:45am	Saturdays	4	\$18 resident / \$27 non-res
	Summer B, C & Fall A	11:50am-12:20pm	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, 5, 6, 7 & Fall 1, 2, 3	4:00-4:30pm	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
	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	10:50-11:20am	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	10:05-10:35am	Saturdays	4	\$18 resident / \$27 non-res
	Summer B, C & Fall A	11:15-11:45am	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	6:20-6:50pm	Monday -Thursday	8	\$40 resident / \$60 non-res
Adult Swim Lessons Ages: 15+ yrs	Summer 4, 5, 6, 7	5:10-5:40pm	Monday -Thursday	8	\$40 resident / \$60 non-res
	Fall 1, 2, 3	5:45-6:15pm	Monday -Thursday	8	\$40 resident / \$60 non-res
	Summer B, C & Fall A	10:05-10:35am	Saturdays	4	\$20 resident / \$30 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, 6, 7 Fall 1, 2, 3	3:25, 4:00, 4:35, 5:10, 5:45, or 6:20pm	Tuesday & Thursdays OR Monday & Wednesdays	4	\$80 resident / \$120 non-res
	Fall Break 1, 2	9:05, 9:40, 10:15, 10:50, or 11:25am	Monday—Thursday	4	\$80 resident / \$120 non-res

Registration for February & March begins **November 12th!**



Parkway Aquatic Center

385 Park Way, 91910 • (619) 409-1985 • <http://www.chulavistaca.gov/goto/swim>



August, September, October, & November 2019

Office open weekdays 9-11am, 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 28-29—Thanksgiving

*Adult Lap Swim (18+)

Monday, Wednesday, & Fridays: 9-11am

Tuesday & Thursdays: 9am—1pm

Fees:

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

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



*Open Recreation Swim (All ages)

August 6 – September 20:

Tuesday & Thursday 7-9pm

Friday 4-7pm

Sept 21 - October 3 (Fall Break):

Tuesday, Thursday, & Saturday

12:30 - 3pm

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



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

Fall Break: Sept 24-October 3

Tuesday & Thursdays

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



NEW! Deep Water Aerobics (18+)

Monday & Friday 10:15-11am

Provides cardio, strength training, ab workout, & stretching all to upbeat music. Aqua jogger belts provided. Must be comfortable in deep water.

Fees:

Adult (18-54): \$4/class or \$24/10 classes

Senior (55+): \$3/class or \$18/10 classes



NEW! Water Fitness (18+)

Tuesday & Thursday 11am-12pm

Provides cardio, strength training, ab workout, & stretching all to upbeat music. Class is in shallow water.

Fees: \$4/class or \$35/10 classes*

*10 class pass also good for Loma Verde Water Fitness

Silver Splash Water Exercise (18+)

Monday, Wednesday, & Friday

9:30- 10:15am

Gentle, effective exercises for toning, strengthening, stretching, and posture improving. A great choice for persons over 50 or with joint pain, recovering from injury, or pregnant. Class is in shallow water.

Fees:

Adult (18-54): \$4/class or \$24/10 classes

Senior (55+): \$3/class or \$18/10 classes



FREE! Save a Life Summer (All ages)

Saturday, August 24th 1:00-4:00pm

FREE Water Safety Event!

- FREE Swimming Lessons
 - FREE Open Swim
 - FREE CPR Demonstrations
 - FREE BBQ from CV Fire Department
- Pre-Register online starting August 5th!



*Open Swim, Lap Swim, & Water Exercise classes availability subject to change according to programming