

SINGLE ENTRY FEES

For Open Swim, Lap Swim & Water Polo Scrimmage:

2 & under	FREE
Ages 3-9 & 62+	\$3
Ages 10-61	\$5

SPLASH PASSES

For Open Swim, Lap Swim & Water Polo Scrimmage:

10 entries:

Ages 3-9 & 62+ - \$20 Ages 10-61 - \$40

25 entries:

Ages 3-9 & 62+ - \$40 Ages 10-61 - \$80

FAMILY SPLASH PASSES

For Open Swim - Family of 4:

10 entries: \$145

25 entries: \$325

Family members must be present at time of entry

MONTHLY LAP SWIM

(Not valid for Recreational Swim hours)

16 years+

\$40/one month, \$145/four months

WATER EXERCISE

5 visits - \$30	10 visits - \$50
20 visits - \$90	drop-in - \$7

***A \$5 non-resident fee applies to all splash passes.**

A \$5 fee will be charged to replace lost cards.



VENTURA
AQUATIC CENTER

June 20-August 21, 2011

901 S. Kimball Rd. 805.654.7511

www.cityofventura.net/aquatics

Schedule subject to change without notice. For classes please see program schedule.

RECREATION POOL

25 meter pool, activity pool & waterslides

Programs	Days	Times	Dates
Lap Swim	T/Th	6:30-8:30 am	6/21-8/18
Open Swim	T-Th	1-4 pm	6/21-8/18
	M & F	12-4 pm	6/20-8/19
	F	7-9 pm	7/1-8/19
	Sa/Su	12-4:30 pm	7/2-8/21
Water Exercise	M/W/F	8:30-9:30 am	6/20-8/19
	Tu/Th	6:45-7:45 pm	6/21-8/18
	Sa/Su	9-10 am	7/2-8/21

COMPETITION POOL

50 meter pool with two 1-meter and two 3-meter diving boards

Programs	Days	Times	Dates
Lap Swim	M-F	9:30 am-1:30 pm & 4-8:30 pm	6/20-8/19
	Sa/Su	9 am-4 pm	7/2-8/21
Open Dive	Sa/Su	12-4 pm	7/2-8/21
Water Exercise	Tu/Th	12-1 pm	6/21-8/25
Water Polo	Sa/Su	9:30-11:30 am	7/2-8/21

POOL CLOSURES & HOLIDAY HOURS

May 30	Holiday Hours 9 am-4 pm (Memorial Day)
June 5 & 12	Facility closed (Staff Training)
June 23, 24, 25 & 26	Pool closed for swim meet
July 4.....	Holiday Hours 9 am-4 pm (Independence Day)
September 6.....	Holiday Hours 9 am-4 pm (Labor Day)

POOL PARTIES!

Host your next special event at the Ventura Aquatic Center!

- Birthdays
- Sport Teams
- Reunions
- End of School Year Parties
- Field Trips

Call 654-7511
for more informaton.
www.cityofventura.net/aquatics



SPLASH EVENTS!

Advance tickets available at
Aquatic Center

For more information call 654-7511 or
go to www.cityofventura.net/aquatics

FAMILY FLOAT NIGHT 7/8 & 7/22
\$3/all ages Free for ages 2 & under 6:45-8:45 pm

DIVE-IN MOVIE 8/5 & 8/19
\$3/all ages Free for ages 2 & under 7:30-9:30 pm
Movie starts at 8 pm



SWIM LESSON SCHEDULE

Learning to swim is a lifesaving skill!

TO CHOOSE YOUR SESSION

- 1) Select Level number from descriptions.
- 2) Select Session Dates and Time from charts and find 5-digit Class code.
- 3) Register online at www.cityofventura.net/aquatics or call 658-4726 M-F between 8 am and 5 pm.

Refund Policy: a \$10 service charge applies for class cancellations made prior to the class start date. No refunds will be issued thereafter.

American Red Cross Swim Lesson-Level Descriptions

Determining the correct level for your child prior to registering is crucial. It's not always possible to transfer incorrectly placed children from one level to another once the class begins. Read the following descriptions carefully or call 654.7511 for assistance to help select what level is right for your child.

Parent & Child (6 months-3 years)

Parents will receive guided instruction on ways to help their child become comfortable in the water through song and play. Parents learn how to work with their child and how to introduce bubble-blowing, assist with arm and leg motion and holds for front and back float along with safety information. See Toddler Time for additional classes for this age group.

Preschool (Pre) (3-4 years)

Recommend: at least one session of P&C. Introduction to water without parent. Blowing bubbles, breath-holding, kicking, floating, arm strokes and possibly going under water. Emphasizes water adjustment, safety and fun. See Toddler Time for additional classes for this age group.

Level 1 (3½-5 years +)

For children with little or no experience with swim lessons, this class focuses on water adjustment, blowing bubbles, submersion, assisted floating, gliding and arm/leg action. See Toddler Time for additional classes for this age group.

Level 2 (4 years +)

For children with no fear of the water, and can swim a short distance independently (under water or doggy paddle). Class focuses on floating and gliding on back/front unassisted, breathing, freestyle, backstroke and elementary backstroke.

Level 3 (6 years +)

Child must be able to swim freestyle at least 10 yards unassisted and be comfortable in deep water to enroll. Class focuses on coordinating freestyle and elementary backstroke, proper breathing, swimming distances of up to 15 yards, and beginning diving skills.

Level 4 (7 years +)

Child must be able to swim freestyle 20 yards without stopping and be comfortable in deep water to enroll. Class introduces breaststroke, backstroke and butterfly, refines freestyle and elementary backstroke technique, works on diving skills and increases swimming endurance.

Level 5 (7 years +)

Child must be able to swim freestyle breathing to the side at least 50 yards without stopping. Class refines five stroke techniques, introduces sidestroke and works on surface dives.

Level 6 (8 years +)

Child must be able to swim 100 yards comfortably to enroll. Level 6 focuses on stroke techniques while increasing efficiency, power and endurance and introduces competitive turns and race starts.

Private Swim Lessons (3 years-Adult)

Certified instructors work one-on-one with you or your child towards specific swimming goals geared towards individual ability level and age. See class schedule on page 18.

Adaptive Swim Lessons (5-14 years)

We support inclusion: participants are welcome to sign-up for any lessons offered. Adaptive lessons adjust student/teacher ratio to work with participants at their specific ability level and age on personal goals. Please advise us of special needs two weeks prior to the start of class at 654-7512.

WEEKDAY GROUP LESSONS M-F \$55 9 lessons*

LEVEL	*6/27-7/8 M-F	7/11-7/22 M-F	7/25-8/5 M-F	8/8-8/19 M-F
TIME: 9:30-10 am				
Pre	29078	29079	29080	29081
1	29130	29131	29132	29133
2	29176	29177	29178	29179
3	29260	29261	29262	29276
4	29304	29305	29306	29312
TIME: 10:05-10:35 am				
1	29134	29135	29136	29137
2	29180	29181	29213	29182
3	29263	29264	29265	29266
6	29333	29334	29335	29336
TIME: 10:40-11:10 am				
Pre	29086	29085	29084	29087
1	29138	29139	29140	29141
2	29183	29184	29205	29185
3	29270	29297	29290	29291
4	29319	29320	29331	29321
TIME: 4:25-4:55 pm				
1	29159	29171	29144	29165
2	29194	29219	29207	29208
3	29296	29280	29271	29272
4	29322	29323	29324	29325
TIME: 5-5:30 pm				
Pre	29090	29088	29114	29089
1	29142	29161	29169	29143
2	29186	29187	29188	29215
3	29267	29268	29288	29269
4	29326	29327	29328	29329
TIME: 5:35-6:05 pm				
Pre	29093	29094	29095	29096
1	29145	29160	29146	29147
2	29190	29191	29192	29193
3	29277	29278	29279	29300
5	29342	29343	29344	29345
TIME: 6:10-6:40 pm				
1	29164	29166	29167	29168
2	29209	29212	29210	29216
3	29292	29293	29294	29295
4	29313	29314	29315	29316
6	29337	29338	29339	29340

SATURDAY GROUP LESSONS

\$30 3 lessons

LEVEL	6/4-6/18	7/2-7/16	7/23-8/6	8/13-8/27	9/10-9/24
TIME: 10-10:40 am					
PRE	27983	29100	29101	29102	29103
1	27994	29148	29149	29170	29150
2	28078	29195	29196	29197	29198
3	28126	29273	29298	29299	29275
4	29307	29308	29309	29310	29311
TIME: 10:45-11:25 am					
P&C	28044	29234	29238	29235	29236
1	28013	29154	29156	29157	29155
2	28074	29201	29202	29203	29204
4	28169	29317	29330	29318	29332
5	29358	29359	29360	29361	29357

PARENT & CHILD LESSONS

M/W/F \$33 6 lessons, *\$27 5 lessons-No Class 7/4, T/TH \$22 4 lessons

	*6/27-7/8 M/W/F	7/11-7/22 M/W/F	7/25-8/5 M/W/F	8/8-8/19 M/W/F
TIME: 10:05-10:35 am				
	29223	29224	29225	29239
TIME: 4:25-4:55 pm				
	29227	29228	29230	29229

	6/28-7/7 T/Th	7/12-7/21 T/Th	7/26-8/4 T/Th	8/9-8/18 T/Th
TIME: 10:05-10:35 am				
	29231	29232	29233	29237
TIME: 4:25-4:55 pm				
	29226	29256	29257	29258

* Lessons run for 30 minutes M-F: 9 days are lessons, the final Friday, day 10, is reserved for a make-up lesson in case the City has an unforeseeable cancellation. If no make-up class is required this day will be used to cover water safety topics as well as "Friday Fun Day" activities. *No class 7/4 M-F session is \$49.



Open Swim

All Ages

Enjoy your summer splashing around! The Ventura Aquatic Center has two water-slides, an activity and recreational pool, diving boards and picnic areas. Spend the days with family and friends outdoors at this beautiful facility. See pool schedule and splash pass for days/times/fees.

Toddler Time Class

6 months-5 years with Adult \$30/*\$22

Get your little one adjusted to the water in this safe, fun environment. The first 30 minutes will be Parent & Child swim lesson in the Recreation Pool followed by 30 minutes of free play in the activity pool. One adult per child is required. Children not potty-trained must wear swim diapers. *No class 7/4.

28982	M	11:15 am-12 pm	*6/27-7/18
28983	M	11:15 am-12 pm	7/25-8/15
28984	F	11:15 am-12 pm	7/1-7/22
28985	F	11:15 am-12 pm	7/29-8/19
28986	Su	11 am-12 pm	7/3-7/17
28987	Su	11 am-12 pm	7/24-8/7
28988	Su	11 am-12 pm	8/14-8/28

Summer Swim Lesson Refresher



3-11 years \$15

Learning to swim is a lifesaving skill! Get your child geared up for the summer season of swimming and water activities with our 3-day swim lesson refresher course. Participants will be grouped based on age and ability level.

28989	M/Tu/W	4:30-5 pm	6/13-6/15
28990	M/Tu/W	5:05-5:35 pm	6/13-6/15
28991	M/Tu/W	5:40-6:10 pm	6/13-6/15
28992	M/Tu/W	9:30-10 am	6/20-6/22
28993	M/Tu/W	10:05-10:35 am	6/20-6/22
28994	M/Tu/W	10:40-11:10 am	6/20-6/22
28995	M/Tu/W	4:25-4:55 pm	6/20-6/22
28996	M/Tu/W	5-5:30 pm	6/20-6/22
28997	M/Tu/W	5:35-6:05 pm	6/20-6/22
28998	M/Tu/W	6:10-6:40 pm	6/20-6/22

Aquatic Summer Camps!



Aquatic Sports Camp

10-14 years \$50

Experience activities of aquatic sports from water polo, diving, competitive swimming, synchronized swim, water games, recreational swimming and more! Participants must be able to swim 50 yards comfortably.

28802	M-W	9 am-12:30 pm	6/20-6/22
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Junior Lifeguard Academy

10-14 years \$170 for two weeks/*\$153

Learn water safety, CPR and basic first aid skills as well as a lifeguard's roles and responsibilities. Course follows American Red Cross Guard Start Program. Course also works on stroke technique, swimming endurance along with water games and recreational swimming. Must be able to swim 100 yards comfortably and tread water for 1 minute. *No class 7/4

28804	M-F	9 am-12:30 pm	*6/27-7/8
28805	M-F	9 am-12:30 pm	7/25-8/5

Swim Aide Training

10-14 years \$85 for two weeks/*\$75

Become an American Red Cross Water Safety Instructor's Aide with this course covering swim skill progressions, stroke refinement and how to assist in swim lessons. Course also includes Water Safety Instructor Aid certification course. Participants must be able to swim 50 yards comfortably. *No class 7/4

28808	M-F	4:15 pm- 6:45 pm	*6/27-7/8
28809	M-F	4:15 pm- 6:45 pm	7/25-8/5

Private Swim Lessons

3 years-Adult \$100/*75

Certified instructors work one-on-one with you or your child towards specific swimming goals geared to the individual's ability level and age. *No class 7/4.

29006	M/F	11:15 am-11:45 am	6/27-7/8*
29007	M/F	11:15 am-11:45 am	7/11-7/22
29008	M/F	11:15 am-11:45 am	7/25-8/5
29009	M/F	11:15 am-11:45 am	8/8-8/19
29010	M/W	6:45-7:15 pm	6/27-7/6*
29013	M/W	6:45-7:15 pm	7/11-7/20
29014	M/W	6:45-7:15 pm	7/25-8/3
29016	M/W	6:45-7:15 pm	8/8-8/17
29002	Tu/Th	9-9:30 am	6/28-7/7
29003	Tu/Th	9-9:30 am	7/12-7/21
29004	Tu/Th	9-9:30 am	7/26-8/4
29005	Tu/Th	9-9:30 am	8/9-8/18

Adaptive Swim Lessons

7-14 years \$30

We support inclusion: participants are welcome to sign-up for any lessons offered. Adaptive lessons adjust student/teacher ratio to work with participants at their specific ability level and age on personal goals. Please advise us of special needs two weeks prior to the start of class at 654-7512.

28816	Su	11-11:45 am	7/3-7/17
28817	Su	11-11:45 am	7/24-8/7
28818	Su	11-11:45 am	8/14-8/28



Youth Water Exercise

8-13 years \$25

Exercise disguised as fun! Get fit and have fun while building strength, endurance and confidence working out in waist-to-chest-deep water on the major components of fitness: aerobic training, muscular strength, endurance and flexibility. Various health topics and strategies will be discussed at each class. No swimming skills required. All fitness and ability levels welcome.

28824 Su 10-11 am 7/3-7/17
28825 Su 10-11 am 7/24-8/7
28826 Su 10-11 am 8/14-8/28

Competitive Stroke Instruction

8-15 years \$30/Sa \$60 or \$54*/M-F

Learn stroke technique in freestyle, breaststroke, backstroke and butterfly as well as competitive starts, turns and finishes. Participants should be comfortable in deep water and able to swim 50 yards comfortably. * No class 7/4.

29018 M-F 5:35-6:05 pm *6/27-7/8
29019 Sa 9-9:45 am 7/2-7/16
29026 M-F 5:35-6:05 pm 7/11-7/22
29020 Sa 9-9:45 am 7/23-8/6
29023 M-F 5:35-6:05 pm 7/25-8/5
29022 M-F 5:35-6:05 pm 8/8-8/19
29021 Sa 9-9:45 am 8/13-8/27

Lap Swim

16 years-Adult \$5/visit or Splash Pass

Add variety to your workouts and swim your way to a healthier lifestyle! Kick boards and pull buoys available. Lap swimmers are encouraged to split lanes and circle swim during busy times. See pool schedule for days, times and fees.

Water Exercise

13 years-Adult \$7/visit or Splash Pass

Work out in waist-to-chest-deep water on the major components of fitness: aerobic training, muscular strength, endurance and flexibility. No swimming skills required. All fitness and ability levels welcome. Pool temperature 82-84 degrees. See pool schedule for days, times, and fees. Purchase Water Exercise Splash Pass on site; not available online.



Deep Water Workout

13 years-Adult \$7/visit or Splash Pass

Strengthen and tone your muscles with this zero impact workout. Class is taught in deep water using floatation belts. Participants should be comfortable in deep water and able to swim. No class 6/24. Purchase Water Exercise Splash Pass on site; not available online.

Tu/Th 12-1 pm 6/7-8/25

Adult Learn to Swim

13 years-Adult \$30

Conquer your fear or improve your swimming ability under the guidance of a qualified instructor. Work on personal goals at your own rate and ability level.

29055 Su 10-11 am 7/3-7/17
29056 Su 10-11 am 7/24-8/7
29057 Su 10-11 am 8/14-8/28

Novice Aquatic Teams

7-17 years • \$150 for entire summer!

Join our summer novice teams, funded in part by a grant from the LA84 Foundation! Training occurs weekdays with some Saturday meets. Parents are required to attend a team meeting on the first practice day. No practice on 6/23 & 6/24. Practices may continue for individuals or teams that qualify for additional competitions past the end dates listed below. Scholarships are available through funding from the LA84 Foundation. \$25 discount for multiple team sign-up.



Swim Team

Participants learn the four competitive strokes, starts, turns & finishes while developing endurance and speed. Must be able to swim 50 yards comfortably.

28832 M-F 2:45-4 pm 6/20-8/19

Dive Team

Beginners learn basics while intermediates refine their skills. Must be able to swim 25 yards comfortably and dive from pool deck. Participants may not currently hold a US Dive membership card.

29362 M-F 2:45-4 pm 6/20-8/19

Water Polo Team

Participants, grouped by age and ability polo, will learn fundamentals of water polo-passing, catching, shooting and goal keeping. Must be able to tread water for 3 minutes and swim 50 yards comfortably. Participants may not currently hold a US Water Polo membership card.

29365 M-F 3:45-5 pm 6/20-8/19

Synchronized Swim Team

This creative sport uses rhythmical activities of sculling, breaststroke, front and back crawl, elementary backstroke and sidestroke to perform synchronized choreography to music. Must be able to float on back and tread water for 3 minute and swim 50 yards comfortably.

29366 M-F 2:45-4 pm 6/20-8/19

Introductory Clinics for Aquatic Teams

7-17 years \$5

These clinics are designed to introduce young athletes to the various aquatic sports and refine their skills in a safe, fun and noncompetitive environment. Clinics are open to all youth regardless if they are signed-up for a summer novice team or not. Participants must be able to swim 50-yards or 2 laps comfortably.

Water Polo Team

29048 Sa 11:30 am-1:30 pm 6/18

Swim Team

29049 Sa 1:30-3:30 pm 6/18

Dive Team

29050 Su 11:30 am-1:30 pm 6/19

Synchronized Swim Team

29051 Su 1:30-3:30 pm 6/19

Adult Stroke Refinement

16 years-Adult \$30

Know how to swim but want to refine your stroke technique for freestyle, butterfly, backstroke and breaststroke? Get pointers on competitive starts, turns and finishes while receiving a coached workout. Held in the Competition pool; participants should be comfortable in deep water and able to swim 100 yards continuously.

29058	Su	10-11 am	7/3-7/17
29059	Su	10-11 am	7/24-8/7
29060	Su	10-11 am	8/14-8/28

One-Day Adult Stroke Clinics

16 years-Adult \$15

A qualified Water Safety Instructor will evaluate your current stroke and guide improvements to technique through drills, demonstrations and practice. Instructor will tailor the class session to individual needs.

29061	Su	11-12 pm	7/3
29062	Su	11-12 pm	7/24
29063	Su	11-12 pm	8/14

Water Polo Scrimmage

16 years-Adult \$5/visit or Splash Pass

Get your friends together and drop in for an open-scrimmage game. This is not a refereed game or a class. Participants should know the rules and how to play. Game ball and caps provided. Competition Pool will be closed on 6/25 & 6/26.

Sa/Su 9:30-11:30 am

Community
Water Safety Day

Saturday, May 21
10-11:30 am

Free 15-minute swim lesson

Waterslides & Activity Pool Open

Summer program information

Water Safety demonstrations

Raffle prizes & more!

AMERICAN RED CROSS SAFETY COURSES

Water & Sun Safety

All ages \$20/group

This one-hour class will provide individuals with a awareness of the importance of water & sun safety training and will provide general information being safe in, on or around the water. Class will be designed based on group needs such as Boy or Girl Scout merit badges or MOMS groups looking for safety tips. Classes are available to groups by request only; call 654-7512.

CPR-Adult, Infant & Child &/or First Aid

15 years-Adult \$35

Learn to recognize and respond to shock, cardiac and breathing emergencies, heat and cold emergencies, sudden illnesses and poisonings along with first aid for everything from cuts and scrapes to muscle, bone and joint injuries for adults, children and infants. A \$16 material fee is due at first class. At Ventura Aquatic Center.

29066	CPR	M	4:30-8 pm	6/13
29067	First Aid	W	4:30-8 pm	6/15

CPR & First Aid Recertification

15 years-Adult \$25

Participant must show proof of current certification in CPR, CPR/AED for the Professional Rescuer and/or First Aid in order to recertify.

29068	F	5-7 pm	6/17
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Safety Training for Swim Coaches

15 years-Adult \$50

Course provides training in aquatic safety for competitive swim coaches, officials, aquatic & athletic trainers. Participants will learn guidelines for responsible coaching and professional conduct as it relates to swimmer safety, legal responsibilities, safety considerations in planning athlete trainings, emergency action plans, common swimming-related injuries, basic water assists and how to recognize and care for head, neck and back injuries.

28262	Su	9 am-4 pm	6/19
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Lifeguard Training

15 years-Adult \$160

This American Red Cross course teaches first aid, water rescue skills and CPR for the Professional Rescuer; meeting state-mandated guidelines for lifeguards. Successful participation in all class sessions is required. Prerequisites: 15 years of age by first class day; 500-yard continuous swim; 20 yd swim with 10-lb brick retrieval from bottom of pool. A \$60 material fee is due at first class. Must attend all class dates listed below.

28242	F	4-8:30 pm	5/27
	& Sa/Su/M	9 am-5:30 pm	
		5/28,29,30	
28241	M/W/F	4:30-8 pm	
		6/6,8,10,13,15,17	
	& Sa	9 am-2 pm	6/11,18

Lifeguard Training Recertification

16 years-Adult \$50

Participant must show proof of current certification in Lifeguard Training CPR for the Professional Rescuer and First Aid in order to recertify.

28243	Sa	9 am-2 pm	6/18
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Water Safety Instructor

16 years-Adult \$160

Successful completion of this course will certify you to teach all levels of American Red Cross progressive swimming lessons. Included in the course is Fundamentals of Instructor Training (FIT). You must attend all class sessions and successfully complete all assignments and tests to obtain certification. Prerequisite: 16 years of age by first class day, 200-yard continuous swim and demonstration of 4 competitive strokes, sidestroke and elementary backstroke. A \$60 material fee is due at first class. Must attend all class dates listed below.

28245	Sa	9 am-1 pm	5/7,14,21
	& M/W/F	4:30-7:30 pm	
		5/9,11,13,16,18,20	