



## January - June 19, 2012

901 S. Kimball Rd. 805.654.7511

[www.cityofventura.net/aquatics](http://www.cityofventura.net/aquatics)

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

### SINGLE ENTRY FEES

**For Open Swim, Lap Swim & Water Polo Scrimmage:**  
 Under 2            FREE  
 Ages 2-5 & 62+    \$3  
 Ages 6-61         \$5

### SPLASH PASSES

**For Open Swim, Lap Swim & Water Polo Scrimmage:**  
**10 entries:**  
 Ages 2-5 & 62+ - \$20    Ages 6-61 - \$40  
**25 entries:**  
 Ages 2-5 & 62+ - \$40    Ages 6-61 - \$80

### LAP SWIM

(Not valid for Recreational Swim hours)  
**16 years+**  
 \$40/one month, \$145/four months  
 \$375/one year (no extensions for closures)

### 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.**

### RECREATION POOL

25 meter pool, activity pool & waterslides

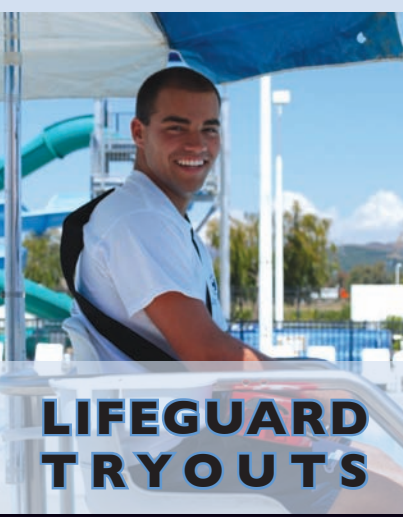
Programs	Days	Times	Dates
<b>Open Swim</b>	Sa/Su	12-3:30 pm	3/31-6/17
	Fri	1-4 pm	5/4-6/15
<b>Spring Break</b>	M-F	1-4 pm	4/2-4/6
<b>Water Exercise</b>	M/W/F	9-10 am	1/2-6/15
	Tu/Th	6:30-7:30 pm	1/3-6/15
	Sa	9-10 am	1/7-6/16
	Su	9-10 am	4/1-6/17
<b>Lap Swim</b>	T/Th	6:15-7:15 am	5/1-6/15

### COMPETITION POOL

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

Programs	Days	Times	Dates
<b>Lap Swim</b>	M-F	7:15 am-1:30 pm	1/2-6/15
	M/W/F	3:30-7:30 pm	1/2-6/15
	T/Th	4:30-7:30 pm	1/3-6/14
	Sa	12-3:30 pm	1/7-4/28
	Sa	9 am-3:30 pm	5/5-6/16
	Su	9 am-1 pm	1/8-6/17
	<b>Water Polo</b>	Sa	12-2 pm
	Sa	9:30-11:30 am	5/5-6/16
	Su	9:30-11:30 am	1/8-6/17

## SUMMER 2012



# LIFEGUARD TRYOUTS

### TRYOUTS:

Join our team of dedicated water safety professionals.  
 Swim Assessments will be held on:  
**SATURDAYS • 10 am-12 pm**  
**March 17**  
**March 24**  
**March 31**  
 Visit [www.cityofventura.net/aquatics](http://www.cityofventura.net/aquatics)  
 or call 805.654.7511  
**No other tryout dates will be held.**

### POOL CLOSURES

February 18,19,20..... Competition Pool closed (BSC meet)  
 March 3 & 4 ..... Competition Pool closed (BSC meet)  
 March 27-29... Competition Pool closed 1:30-5:30 pm (HS meet)  
 April 9?..... Competition Pool opens at 1:30 pm (VC meet)  
 April 8 .....Facility closed (Easter)  
 April 28 & 29 ..... Competition Pool closed (BSC meet)  
 May 28 Holiday Hours (Memorial Day):  
 ..... Lap Swim 9 am-3 pm  
 ..... Open Swim 11am-4 pm  
 June 3 & 10..... Facility closed (Staff Training)

# SWIM LESSON SCHEDULE

## NEW REGISTRATION FORMAT!

Simply select the dates and time that you wish to take swim lessons. Instructors will all assess students' swimming ability on the first day of lessons and will group participants according to age and swimming ability level.

### TO REGISTER:

- 1) Select Lesson Dates and Time from chart
- 2) Find 5-digit Class code
- 3) Register at [www.cityofventura.net/eRecreation](http://www.cityofventura.net/eRecreation), by registration page or call 658-4726 M-F 8 am-5 pm.

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

### M/W/F LESSONS \$35/\*\$29 6/\*5 lessons

DATE	3/19-3/30	4/9-4/20	4/23-5/4	5/7-5/18	5/21-6/1 (no class 5/28)	6/4-6/15
TIME: 4:30-5 pm						
Group	30761	30762	30763	30764	30765	30772
TIME: 5:05-5:35 pm						
P&C	30848	30860	30849	30850	30858	30851
Group	30773	30774	30775	30776	30777	30778
TIME: 5:40-6:10 pm						
Group	30779	30780	30781	30782	30783	30784
Stroke	30814	30815	30816	30817	30818	30819

### TU/TH LESSONS \$25 Group or \$100 Private 4 lessons

DATE	3/20-3/29	4/10-4/19	4/24-5/3	5/8-5/17	5/22-5/31	6/5-6/14
TIME: 4:30-5 pm						
Private	30841	30840	30842	30843	30844	30839
TIME: 5:05-5:35 pm						
P&C	30859	30852	30853	30854	30855	30856
Group	30785	30786	30787	30788	30789	30799
TIME: 5:40-6:10 pm						
Group	30800	30801	30802	30803	30804	30805
Stroke	30820	30821	30822	30823	30824	30825

### SATURDAY GROUP LESSONS \$30 3 lessons

DATE	3/17-3/31	4/14-4/28	5/5-5/19	6/2-6/16
TIME: 10-10:40 am				
Group	30806	30807	30808	30809
TIME: 10:45-11:25 am				
P&C	30861	30857	30846	30847
Group	30810	30811	30812	30813

*Learning to swim is a lifesaving skill!*



### Group Swim Lessons (Group)

**3-12 years**

Instructors will assess all swimmers on the first class day and will group participants based on age and swimming ability. Groups will range from beginners to intermediate swimmers. For full descriptions on levels swimmers will be grouped into visit [www.cityofventura.net/aquatics](http://www.cityofventura.net/aquatics).

### Parent & Child (P&C)

**6 months-3 years**

Class focuses on water adjustment. Parents will receive instruction on ways to help their child become comfortable in the water through song and play and will learn how to introduce swimming skills to their child.

### Youth Stroke Refinement (Stroke)

**8-15 years**

Learn stroke technique in freestyle, breaststroke, backstroke and butterfly along with competitive starts, turns and finishes. Participants should be comfortable in deep water and able to swim 50 yards comfortably.

### Private Swim Lessons (Private)

**3 years-Adult**

Instructors work one-on-one with you or your child towards specific swimming goals.

### We support inclusion!

Participants are encouraged to sign-up for all programs. Please advise us of special needs two weeks prior to the start of class so we can best accommodate your needs. Please call 654-7512.

## Introductory Clinics for Aquatic Sports

8-15 years \$10

Clinics designed to introduce youth to various aquatic sports in a safe, fun, non-competitive environment.

### Springboard Diving

30701 Sa 9:30-11:30 am 5/12  
30704 Sa 9:30-11:30 am 6/9

### Synchronized Swimming

30702 Sa 9:30-11:30 am 5/12  
30705 Sa 9:30-11:30 am 6/9

### Water Polo

30703 Sa 9:30-11:30 am 5/12  
30706 Sa 9:30-11:30 am 6/9

## Competitive Stroke Instruction

8-15 years \$30/Su

Learn the four competitive strokes, starts, turns & finishes while developing endurance and speed. Must be able to swim 50 yards comfortably. See Youth Stroke Refinement for M-F classes.

30713 Su 9:15-10 am 3/18-4/1  
30712 Su 9:15-10 am 4/15-4/29  
30707 Su 9:15-10 am 5/6-5/20

## Swim Team Prep

8-17 years \$35

Receive stroke refinement, learn how to swim sets and read a pace clock while receiving a coached workout. Must be able to swim 50 yards comfortably.

30716 Tu/Th 3:30-4:30 pm 1/10-2/2  
30717 Tu/Th 3:30-4:30 pm 2/7-3/1  
30718 Tu/Th 3:30-4:30 pm 3/6-3/29  
30719 Tu/Th 3:30-4:30 pm 4/10-5/3  
30720 Tu/Th 3:30-4:30 pm 5/8-5/31

## Youth Swim Conditioning

8-17 years \$35

An advanced swim workout focusing on swim sets, interval training and stroke refinement. Must be able to swim 100 yards comfortably and demonstrate the 4 competitive strokes. Recommended to take swim team prep prior. Sign up for Swim Team Prep in conjunction and receive 50% off same session sign-up. No class 5/28

30721 M/W 3:30-4:30 pm 1/9-2/1  
30722 M/W 3:30-4:30 pm 2/6-2/29  
30723 M/W 3:30-4:30 pm 3/5-3/28  
30724 M/W 3:30-4:30 pm 4/9-5/2  
30725 M/W 3:30-4:30 pm 5/7-6/4



## Water Polo

8-17 years \$20

Learn fundamentals of water polo: passing, catching, shooting and goal keeping, while working on conditioning and refining game skills. Must be able to swim 25 yards comfortably and tread water for 3 minutes.

30727 Su 11:30 am-12:30 pm 3/18-4/1  
30728 Su 11:30 am-12:30 pm 4/15-4/29  
30729 Su 11:30 am-12:30 pm 5/6-5/20

## Synchronized Swimming

8 years-Adult \$20

This creative sport uses sculling, breast-stroke, front and back crawl, elementary backstroke and sidestroke to perform synchronized choreography to music. Must be able swim 25 yards, float on back and tread water for 3 minutes.

30730 Su 11:30 am-12:30 pm 3/18-4/1  
30731 Su 11:30 am-12:30 pm 4/15-4/29  
30732 Su 11:30 am-12:30 pm 5/6-5/20





Photo: Jose Vertin

## SPRING BREAK AQUATIC CAMPS!

### Guppie Camp

8-11 years \$65

Splish splash, come explore the bottom blue at Ventura Aquatic Center for an adventurous week of crafts, games, swim lessons, recreational swimming and more! Must be able to swim 25 yards comfortably.

30734 M-F 9 am-12 pm 4/2-4/6

### Aquatic Sports Camp

8-14 years \$65

Experience aquatic sports activities from water polo, diving, competitive swimming, synchronized swim, water games, recreational swimming and more! Must be able to swim 25 yards comfortably.

30735 M-F 12:30-3:30 pm 4/2-4/6

### Triathlon Introduction

12 years-Adult \$40

A basic introduction to the sport of triathlons. No experience needed! Must bring bike, helmet, running shoes, swim gear to every class and must be able to swim 4 laps comfortably. A moc mini triathlon will be held on the final class session.

30944 Sa 9-10:30 am 3/17-4/7

30945 Sa 9-10:30 am 5/5-5/26

### Lap Swim

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

Add variety to your workouts and swim your way to a healthier lifestyle! 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. No swimming skills required. Pool temperature 82-84 degrees. See pool schedule for days, times and fees.



### Adult Learn to Swim

13 years-Adult \$20

Conquer your fear or improve your swimming ability! Work on personal goals at your own rate and ability level.

30739 Su 10-11 am 3/18-4/1

30740 Su 10-11 am 4/15-4/29

30741 Su 10-11 am 5/6-5/20

### Adult Stroke Refinement

13 years-Adult \$20

Know how to swim but want to refine your stroke technique? Get pointers on competitive starts, turns and finishes while receiving individualized instruction on your specific area of interest.

30743 Su 10-11 am 3/18-4/1

30744 Su 10-11 am 4/15-4/29

30745 Su 10-11 am 5/6-5/20

### One-Day Adult Stroke Clinics

16 years-Adult \$15

A Swim Instructor will evaluate your current strokes and provide instruction on how to improve your technique through drills, demonstrations and practice. Class will be tailored to individual needs.

30747 Su 11 am-12 pm 4/1

30748 Su 11 am-12 pm 4/29

30749 Su 11 am-12 pm 5/20

### Water Polo Scrimmage

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

This is not a refereed game or a class. Participants should know the rules and how to play. Game ball and caps provided. See schedule for dates, times and fees.



### Lifeguard Training

15 years-Adult \$220

Certifications include: First Aid, CPR for the Professional Rescuer and Lifeguard Training. 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 \$35 card fee payable to American Red Cross is due upon completion. Must attend all class dates.

30934	F	4-8:30 pm	5/25
	& Sa/Su/M	9 am-5:30 pm	5/26,27,28
30935	M/W/F	4:30-8 pm	6/4,6,8,11,13,15
	& Sa	9 am-2 pm	6/9,16

### Lifeguard Training Recertification

16 years-Adult \$50

Participant must show proof of current certification. A \$35 card fee payable to American Red Cross is due upon completion.

30938	Sa	9 am-4 pm	6/16
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### Water Safety Instructor

16 years-Adult \$220

Completion of this course will certify you to teach American Red Cross Learn-to-swim Lessons. Prerequisite: 16 years of age by first class day, 200-yard continuous swim and demonstration of 4 competitive strokes, sidestroke and elementary backstroke. Must attend all class dates.

30939	Sa	9 am-2 pm	5/5,12,19
	& T/Th	4:30-8 pm	5/8,10,15,17
30941	Sa	9 am-2 pm	6/2,9,16
	& T/Th	4:30-8 pm	6/5,7,12,14

## AMERICAN RED CROSS SAFETY COURSES

### CPR-Adult & Pediatrics &/or First Aid

13 years-Adult \$35

A \$27 card fee payable to American Red Cross is due upon completion.

30924	CPR	Sa	9 am-12 pm	5/19
30925	First Aid	Sa	12-5 pm	5/19
30926	CPR	Sa	9 am-12 pm	6/23
30927	First Aid	Sa	12-5 pm	6/23

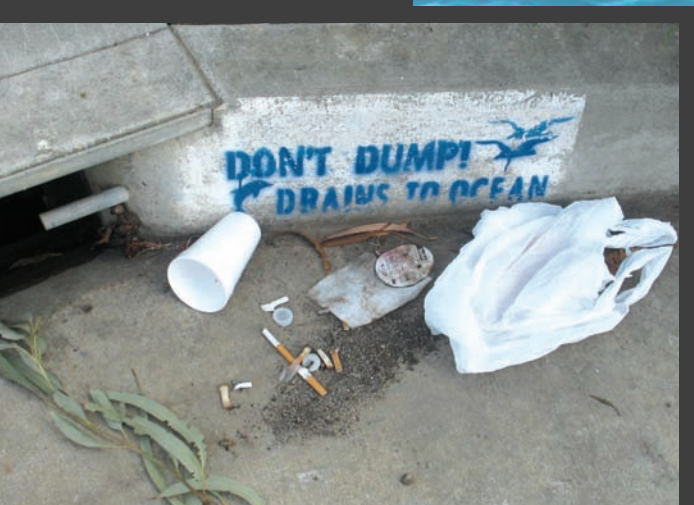
### CPR & First Aid Recertification

13 years-Adult \$25

Must show proof of current certification. A \$19 card fee payable to American Red Cross is due upon completion.

30928	CPR	Su	9-11:30 am	5/20
30929	CPR	Th	9-11:30 am	6/14
30932	CPR/Pro	Su	11:30 am-2 pm	5/20
30933	CPR/Pro	Th	11:30 am-2 pm	6/14
30930	First Aid	Su	2-4:30 pm	5/20
30931	First Aid	Th	2-4:30 pm	6/14

# TRASH IN HERE



# COMES OUT HERE

Please, only rain down the stormdrain

CITY OF VENTURA  
ENVIRONMENTAL SUSTAINABILITY  
[www.cityofventura.net/stormwater](http://www.cityofventura.net/stormwater)