



**VENTURA**  
AQUATIC CENTER

**August 20, 2016-January 1, 2017**

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:**

2 & Under	FREE
Ages 3-61	\$5
Ages 62+	\$3

## FAMILY SPLASH PASS

**For Open Swim-Family of 4**

10 entries	\$125
25 entries	\$300

Family members must be present at time of entry

## SPLASH PASSES

**For Open Swim, Lap Swim & Water Polo Scrimmage:**

**10 entries:**

Ages 3-61 - \$40	Ages 62+ - \$25
------------------	-----------------

**25 entries:**

Ages 3-61 - \$80	Ages 62+ - \$50
------------------	-----------------

## LAP SWIM

*(Not valid for Recreational Swim hours)*

**16 years+**

\$40/one month, \$105/three months  
\$375/one year (no extensions for closures)  
*(Not valid for Open Swim hours)*

## WATER EXERCISE

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

**A 10% non-resident fee applies to all splash passes & classes.**

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

## RECREATION AREA

25 meter pool, activity pool & waterslides

Programs	Days	Times	Dates
Lap Swim	M-F	1:30-3:30 pm	8/22-12/18
Open Swim	Sa/Su	12-3:30 pm	9/10-10/23
Fall Break Swim	M-F	12-3 pm	10/24-10/28
Water Exercise	M/W/F	9-10 am	8/22-12/16
	Tu/Th	6:30-7:30 pm	8/23-12/15
	Sa	8:30-9:30 am	9/10-12/11

## COMPETITION POOL

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

Programs	Days	Times	Dates
Lap Swim	M-F	7:15 am-1:30 pm	8/22-12/16
	M-F	5-8:30 pm	8/22-12/16
	Sa	12-3:30 pm	9/3-12/10
	Su	9 am-3:30 pm	9/4-10/23
	Su	9 am-2:30 pm	10/30-12/11
Deep Water Exercise	Su	9-10 am	8/21-12/11
	Tu/Th	9-10 am & 12-1 pm	8/23-12/8
Water Polo	Sa	12-2 pm	8/27-12/10
	Su	9-11:30 am	8/28-12/11

## POOL CLOSURES & HOLIDAY HOURS

September 5  
Lap Swim.....9 am-4 pm  
Open Swim ..... 11 am-4 pm

September 24..... Competition Pool closed

October 7 & 8 ..... Competition Pool closed

October 29..... Competition Pool closed

November 5, 6 & 24..... Facility closed

December 17-January 8..... Competition Pool closed

December 19-January 1..... Facility closed



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



# GROUP SWIM LESSON SCHEDULES

**REFUND POLICY:** There is a \$10 service fee for all requested refunds. Refunds will be given to cancellations received 5 days prior to the first class. Failure to attend a program or "no shows" will not be granted a refund. No refunds or make-ups are provided due to illness or vacations.

**Non-Resident Fee:** A 10% surcharge will be applied to each registered activity to customers who live outside Ventura city limits.

## TO REGISTER

- 1) Determine child's level (P&C, Pre, 1, 2, 3, 4) from class descriptions
- 2) Select session dates and time from chart
- 3) Find 4-digit activity code
- 4) Register at [www.cityofventura.net/aquatics](http://www.cityofventura.net/aquatics), mail the registration page or call 805.658.4726 M-F 8 am-5 pm

## 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 805.654.7511 for help selecting what level is right for your child.

### Parent & Child (P&C) \*6 months-4 years

Parents receive guided instruction to help their child become comfortable in the water through song and play introducing them to bubble-blowing, arm and leg action and holds for front and back float along with safety information. This is not a learn-to-swim class; rather, it is intended to get children acclimated to the water. \*We recommend 1-4 years.

### Preschool (Pre) 3-4.5 years

We recommend at least one session of P&C. Class introduces children to the water without parent. Blowing bubbles, breath-holding, kicking, floating, arm strokes assisted and possibly going under water. Class emphasizes water adjustment, safety and fun.

### Level 1 3.5-5 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.

### Level 2 4-6 years

For children with no fear of the water who 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 5-8 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.

### Private Swim Lessons

See following page for private swim lesson schedule.

### Adaptive Swim Lessons 4-12 years

See following page adaptive swim lesson schedule.

For more advanced swimmers, see *Competitive Stroke Instruction, Swim Team Prep and Youth Swim Conditioning classes for additional class offerings.*

*Learning to swim  
is a lifesaving skill!*

### M/W/F LESSONS \$45-6 lessons/\*\$37-5 lessons

DATE	*8/29-9/9	9/12-9/23	9/26-10/7	10/10-10/21
LEVEL	*no class 9/5			
TIME:	4:30-5:05 pm			
Pre	6863	6864	6865	6866
1	6899	6900	6901	6902
2	6938	6939	6940	6941
3	6983	6984	6985	6986
TIME:	5:10-5:45 pm			
P&C	6885	6886	6887	6888
Pre	6867	6868	6869	6870
1	6903	6904	6905	6906
2	6942	6943	6944	6945
3	6987	6988	6989	6990
TIME:	5:50-6:25 pm			
1	6907	6908	6909	6910
2	6946	6947	6948	6949
3	6991	6992	6993	6994
4	7025	7026	7027	7028

### Tu/Th LESSONS \$30-4 lessons

DATE	8/30-9/8	9/13-9/22	9/27-10/6	10/11-10/20
LEVEL				
TIME:	4:30-5:05 pm			
Pre	6871	6872	6873	6874
1	6911	6912	6913	6914
2	6950	6951	6952	6953
3	6995	6996	6997	6998
TIME:	5:10-5:45 pm			
P&C	6889	6890	6891	6892
Pre	6875	6876	6877	6878
1	6915	6916	6917	6918
2	6954	6955	6956	6957
3	6999	7000	7001	7002
TIME:	5:50-6:25 pm			
1	6919	6920	6921	6922
2	6958	6959	6960	6961
3	7003	7004	7005	7006
4	7029	7030	7031	7032

### SATURDAY LESSONS \$23-3 lessons

DATE	9/17-10/1	10/8-10/22	*10/29-11/19
LEVEL	*no class 11/5		
TIME:	9:50-10:25 am		
Pre	6879	6880	6881
1	6923	6924	6925
2	6962	6963	6964
3	7007	7008	7009
TIME:	10:30-11:05 am		
P&C	6893	6894	6895
1	6926	6927	6928
2	6965	6966	6967
4	7033	7034	7035
TIME:	11:10-11:45 am		
Pre	6882	6883	6884
1	6929	6930	6931
2	6968	6969	6970
3	7010	7011	7012

# PUMPKIN PLUNGE!

Ventura Aquatic Center

Saturday, October 22, 12-3:30 pm

Fee: \$3-5

- Costume Contest
- Face Painting
- Pumpkin Decorating
- Floating Pumpkin Patch-\$1/pumpkin
- Water Games & Activities
- Last Weekend of Open Swim for Fall!

More info at: [cityofventura.net/aquatics](http://cityofventura.net/aquatics) or 805/654-7511



## Private Swim Lessons

3 years-adult \$75

Certified Water Safety Swim Instructors work one-on-one with you or your child towards specific swimming goals geared towards individual ability level and age.

\*No class 11/6.

7043	Su	9:15-9:45 am	9/18-10/2
7044	Su	9:50-10:20 am	9/18-10/2
7045	Su	10:25-10:55 am	9/18-10/2
7046	Su	9:15-9:45 am	10/9-10/23
7047	Su	9:50-10:20 am	10/9-10/23
7048	Su	10:25-10:55 am	10/9-10/23
7049	Su	9:15-9:45 am	*10/30-11/20
7050	Su	9:50-10:20 am	*10/30-11/20
7051	Su	10:25-10:55 am	*10/30-11/20

## Adaptive Swim Lessons

4-12 years \$30

We support inclusion: participants are welcome to sign up for any lessons offered. Adaptive lessons adjust student/teacher ratio to work with special needs. Please advise us of special needs two weeks prior to the start of class at 805.654.7512. \*No class 11/6.

7052	Su	11-11:45 am	9/18-10/2
7053	Su	11-11:45 am	10/9-10/23
7054	Su	11-11:45 am	*10/30-11/20

## Open Swim

All Ages

Enjoy your day splashing around! The Ventura Aquatic Center has two waterslides, activity and recreational pools, diving boards and picnic areas. Spend the day with family and friends outdoors at this beautiful facility. All swimmers must wear proper bathing suit attire; "street clothing" is not allowed in pools. See pool schedule and splash pass for days/times/fees.

## Toddler Time

6 months-5 years with adult \$30

Get your little one adjusted to the water in this safe, fun environment. The first 30 minutes will be a 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 11/6.

7040	Su	10-11 am	9/18-10/2
7041	Su	10-11 am	10/9-10/23
7042	Su	10-11 am	*10/30-11/20

## Competitive Stroke Instruction

8-15 years \*\$37/\$45

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 9/5.

7100	M/W/F	5:50-6:25 pm	*8/29-9/9
7101	M/W/F	5:50-6:25 pm	9/12-9/23
7102	M/W/F	5:50-6:25 pm	9/26-10/17
7103	M/W/F	5:50-6:25 pm	10/10-10/21

## Swim Team Prep-Minnows

6.5-10 years \$25

Learn and refine the four competitive strokes and be introduced to competitive swim workouts and turns while developing endurance and fitness. Child must be able to swim 25 yards of freestyle comfortably without stopping. \*No class 9/5.

7348	M/W	4-4:30 pm	*9/7-9/28
7349	M/W	4-4:30 pm	10/3-10/26
7350	M/W	4-4:30 pm	11/2-11/30



## Swim Team Prep-Sharks

8-17 years \$40/\*\*\$20

Learn the four competitive strokes, starts, turns and finishes while developing endurance and speed. Must be able to swim 50 yards comfortably. \*No class 9/5.

7055	M/W	4:30-5:30 pm	*9/7-9/28
7056	M/W	4:30-5:30 pm	10/3-10/26
7057	M/W	4:30-5:30 pm	11/2-11/30
7313	M/W	4:30-5:30 pm	**12/5-12/14

## Youth Swim Conditioning

8-17 years \$40/\*\*\$20

This advanced swim workout focuses on swim sets, interval training along with stroke refinement. Must be able to swim 200 yards comfortably and know the 4 competitive strokes. Recommended to take Swim Team Prep prior. If you want a 4 day workout, sign up for Swim Team Prep in conjunction and receive 50% off same session sign-up.\*No class 11/24.

7058 T/Th 4:30-5:30 pm 9/6-9/29  
7059 T/Th 4:30-5:30 pm 10/4-10/27  
7060 T/Th 4:30-5:30 pm \*11/1-11/29  
7312 T/Th 4:30-5:30 pm\*\*12/6-12/15



## Diving 101

6-11 years \$23

Experiencing the joy of diving often comes after hours of frustration and trial and error for kids. This class focusses on breaking down the steps of learning how to perform a shallow entry dive from the pool deck. This is not a springboard diving class, however, kids will get to jump off the 1-meter board and learn how to properly dive off a dive block depending on skill level. Participants should be comfortable in deep water and able to swim 10 yards safely; completion of level 2 skills or higher.\*No class 11/5.

7119 Sa 11:50 am-12:20 pm 9/17-10/1  
7120 Sa 11:50 am-12:20 pm 10/8-10/22  
7121 Sa 11:50 am-12:20 pm\*10/29-11/19

## Diving

7 years-adult \$35

Learn fundamentals of springboard diving off our 1-meter and 3-meter diving boards. Beginners learn basic springboard diving techniques while intermediate divers refine their skills. Must be able to swim 25 yards comfortably and tread water for 3 minutes.\*No class 11/6.

7131 Su 12:15-1:15 pm 9/18-10/2  
7132 Su 12:15-1:15 pm 10/9-10/23  
7133 Su 12:15-1:15 pm \*10/30-11/20

## Intro to Kayaking & Stand Up Paddle Boards (SUPs)



7-11 years \$35

Kids will explore these two ocean sports at the Ventura Aquatic Center in a safe non-intimidating environment with gear just their size. We use Youth Kayaks and 8' SUPs for students to experience and get comfortable with the equipment before venturing out on open water where learning these sports can be more challenging due to the ocean's currents, cold water and wind. Must be able to swim 10 yards comfortably in deep water.\*No class 11/5.

7136 Sa 12:30-1:30 pm 9/17-10/1  
7137 Sa 12:30-1:30 pm 10/8-10/22  
7138 Sa 12:30-1:30 pm \*10/29-11/19

## Splash Ball: Jr. Water Polo

6-11 years \$25

This class is designed to introduce the sport of water polo to kids in a fun non-competitive environment, providing basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, this class will focus on all the fun and dynamic aspects of the game in a safe easy to learn aquatic experience that will motivate kids to swim and stay fit. Participants must have basic swimming abilities equivalent to Level 2/3. Class is taught in shallow water.\*No class 11/6.

7061 Su 11 am-12 pm 9/18-10/2  
7062 Su 11 am-12 pm 10/9-10/23  
7064 Su 11 am-12 pm\*10/30-11/20

## VUSD FALL BREAK



## Splash Ball Skills Camp

6-11 years \$40

This camp is designed to introduce the sport of water polo to kids in a fun non-competitive environment providing basic skills and understanding of the sport in a recreational format. This skill camp will focus on all the fun and dynamic aspects of the game in a safe easy to learn aquatic experience that will motivate kids to swim and stay fit. Participants must have basic swimming abilities. Class is taught in shallow water.

7063 M-Th 10-11:30 am 10/24-10/27

## 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. Pool is set-up 25-yards. Lap swimmers must split lanes and circle swim during busy times; all lanes are shared use. 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.

M-F 9-10 am  
Tu/Th 6:30-7:30 pm  
Sa 8:30-9:30 am



## 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. See pool schedule for days, times, and fees. Purchase Water Exercise Splash Pass on site.

Tu/Th 12-1 pm  
Su 9-10 am

## Adult Swim

13 years-adult \$30

Beginner to advanced swimmers will work on personal goals and get pointers on all aspects of stroke technique. Receive individualized instruction on your specific area of interest while working at your own rate and ability level. \*No class 11/6.

7065 Su 9-9:45 am 9/18-10/2  
7066 Su 9-9:45 am 10/9-10/23  
7067 Su 9-9:45 am \*10/30-11/20



Photo: Jose Vertin

## One-Day Adult Stroke Clinics

15 years-adult \$10

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.

7068 Su 10-11 am 9/18  
7069 Su 10-11 am 10/9  
7070 Su 10-11 am 10/30

## Water Polo Scrimmage

15 years-adult \$5/visit or Splash Pass

This is a "drop-in" pick-up game; this is not a refereed game or a class. Participants should know the rules and how to play water polo. Game ball and caps provided. See schedule for dates, times, fees & closures.

## AMERICAN RED CROSS SAFETY COURSES

American Red Cross first aid training classes give you the information and the skills you need to help adults and children during many emergency situations. The first aid training and certification process takes just a few hours to complete, but can help you deliver the care that someone needs while waiting for medical professionals to arrive.

### Standard First Aid

13 years-adult \$45

American Red Cross first aid training classes give you the information and the skills you need to help adults and children during many emergency situations. This class teaches you how to help unconscious persons, recognizing sudden illnesses, caring for diabetic, heat and cold emergencies, how to control bleeding and care for injuries to muscles, bones and joints as well as burns and head, neck and back injuries. Certification is valid for 2-years and is included upon successful completion.

7306 Sa 9 am-12 pm 10/22  
7307 Sa 9 am-12 pm 11/19  
7308 Sa 9 am-12 pm 12/10

### CPR-Adult & Pediatrics with AED

13 years-adult \$95

Learn how to provide immediate care in cardiac, breathing and first aid emergencies until advanced medical personnel arrive. This course teaches CPR for adults, children and infants along with Automated External Defibrillation. Certification is valid for 2-years and is included upon successful completion.

7309 Sa 12:30-4 pm 10/22  
7310 Sa 12:30-4 pm 11/19  
7311 Sa 12:30-4 pm 12/10

### Hands-Only CPR

10 years-adult \$10

The purpose of the course is to teach untrained bystanders how to perform hands-only CPR. There are no prerequisites to participate in the course.

7341 F 3:30-4 pm 9/23  
7342 F 3:30-4 pm 10/21  
7343 F 3:30-4 pm 11/18  
7344 F 3:30-4 pm 12/9

## CPR/AED for the Professional Rescuer & Health Care Provider

13 years-adult \$95

For the professional rescuer and Health Care Providers this course is designed for the rescuer who has a duty to respond or anyone with the desire for advanced CPR knowledge. Content includes: recognizing and caring for breathing and cardiac emergencies in a Adult, Child and Infant, Two-Rescuer CPR, Airway Obstruction, use of an AED and Resuscitation Mask and Bag Mask. Certification is valid for 2-years and is included upon successful completion.

7345 F 4-9 pm 10/21  
7346 F 4-9 pm 11/18  
7347 F 4-9 pm 12/9

## Lifeguard Training

15 years-adult \$295

Certifications include: First Aid, CPR for the Professional Rescuer and Lifeguard Training. Prerequisites: 15 years of age by first class day; 300-yard continuous swim; 2-minute treading water; 20 yd swim with 10-lb brick retrieval from bottom of pool with a 20 yard return swim & exit from pool within 1:40. Certification is valid for 2-years and is included upon successful completion. Must attend all class dates.

7319 F 4-8:30 pm 9/2  
& Sa/Su/M 9 am-5:30 pm 9/3, 9/4 & 9/5

## Water Safety Instructor

16 years-adult \$295

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 complete pre-course work, attend all class dates and instruct 4 additional teach back hours.

7323 Sa/Su 9 am-1 pm 8/27, 8/28, 9/10  
& 9/11  
& Tu/Th 4-8 pm 8/30, 9/1, 9/6 & 9/8

