



VENTURA
AQUATIC CENTER



901 S. Kimball Rd. • 805.654.7511
www.cityofventura.net/aquatics

SINGLE ENTRY FEES

For Open Swim, Lap Swim & Water Polo Scrimmage:

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

SPLASH PASSES

For Open Swim, Lap Swim & Water Polo Scrimmage:

10 entries:

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

Ages 3-61 - \$80	Ages 62+ - \$50
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LAP SWIM PASS

(Not valid for Open Swim hours)

16 years+

\$40/one month, \$105/three months
\$375/one year *(no extensions for closures)*

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.

January-June 2017

Schedule subject to change without notice. See next pages for class descriptions.

RECREATION AREA

25 meter pool, activity pool & waterslides

Programs	Days	Times	Dates
Lap Swim	M-F	1:30-3:30 pm	1/2-6/16
Open Swim	Sa/Su	12-3:30 pm	4/1-6/10
Spring Break	M-F	12-3 pm	4/3-4/7
Shallow Water Exercise	M-F	9-10 am	1/2-6/16
	Tu/Th	6:30-7:30 pm	1/3-6/15
	Sa	8:30-9:30 am	1/7-6/10

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	1/2-6/16
	M-F	5-8:30 pm	1/2-6/16
	Sa	11:30 am-3:30 pm	1/7-4/15
	Sa	9 am-3:30 pm	4/22-6/10
	Su	9 am-1 pm	1/8-4/23
	Su	9 am-3:30 pm	4/23-5/28
	Open Dive	Sa	12-3:30 pm
Deep Water Exercise	Su	9-10 am	1/8-5/28
	Tu/Th	12-1 pm	4/3-6/14
Water Polo	Sa	11:30 am-2 pm	1/7-4/15
	Sa	9:30-11:30 am	4/22-6/10
	Su	9:30-11:30 am	1/8-5/28

POOL CLOSURES & HOLIDAY HOURS

February 10	Competition Pool closed
March 3	Competition Pool opens at 5 pm
March 21, 22 & 23	Competition Pool closed 1-6 pm
April 16	Facility closed for Easter holiday
April 29 & 30	Facility closed for swim meet
June 4 & 11	Facility closed for staff training
May 29 Holiday Hours (Memorial Day)	Lap Swim 9 am-3 pm
.....	Open Swim 11 am-3 pm



LIFEGUARD TRYOUTS

Fridays March 17 & 24, 6-7 pm
Saturdays March 18 & 25, 10-11:30 am
Sundays March 19 & 26, 9-10 am

No other tryout dates will be held.

www.cityofventura.net/aquatics

GROUP SWIM LESSON SCHEDULES

REFUND POLICY: A \$10 service fee applies for all requested refunds. Cancellations received 5 days prior to the first class qualify for refunds; but failure to attend a program or "no shows" for any reason including vacations or illness will not be granted a refund or makeup.

NON-RESIDENT FEE: A 10% surcharge is applied to each registered activity for 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/register, mail form at back or call 658-4726 M-F 8 am-5 pm

SWIM LESSON-LEVEL DESCRIPTIONS

Determining the correct level for your child prior to registering is crucial as it is not always possible to transfer incorrectly placed children from one level to another once the class begins. Read these 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 floats 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 first. Class introduces children to the water without a parent to blow bubbles, hold breath, kick, float, perform arm strokes and possibly go under water, assisted by instructor. 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.

Adaptive Swim Lessons 4-12 years

We support inclusion: participants are welcome to sign up for any lessons offered. Adaptive lessons adjust student/teacher ratio to work with participants with special needs 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 805.654.7512.

For more advanced swimmers, see Competitive Stroke Instruction, Swim Team Prep and Youth Swim Conditioning classes.

*Learning to swim
is a lifesaving skill!*

M/W/F \$48-6 lessons/*\$40-5 lessons

DATE	4/17-4/28	5/1-5/12	5/15-5/26	*5/31-6/9
LEVEL				*no class 5/29
TIME: 4:30-5:05 pm				
Pre	7573	7574	7575	7576
1	7606	7607	7608	7609
2	7803	7804	7805	7806
3	7918	7919	7920	7921
TIME: 5:10-5:45 pm				
P&C	7595	7596	7597	7598
Pre	7577	7578	7579	7580
1	7610	7611	7612	7613
2	7807	7808	7809	7810
3	7922	7923	7924	7925
TIME: 5:50-6:25 pm				
1	7614	7615	7616	7617
2	7811	7812	7813	7814
3	7926	7927	7928	7929
4	7948	7949	7950	7951

Tu/Th \$32-4 lessons

DATE	4/18-4/27	5/2-5/11	5/16-5/25	5/30-6/8
LEVEL				
TIME: 4:30-5:05 pm				
Pre	7581	7582	7583	7584
1	7618	7619	7620	7621
2	7815	7816	7817	7818
3	7930	7931	7932	7933
TIME: 5:10-5:45 pm				
P&C	7599	7600	7601	7602
Pre	7585	7586	7587	7588
1	7622	7623	7624	7625
2	7819	7820	7821	7822
3	7934	7935	7936	7937
TIME: 5:50-6:25 pm				
1	7626	7627	7628	7629
2	7823	7824	7825	7826
3	7938	7939	7940	7941
4	7952	7953	7954	7955

SATURDAY \$32-4 lessons

DATE	3/18-4/8	*4/15-5/13	5/20-6/10
LEVEL		*no class 4/29	
TIME: 9:50-10:25 am			
Pre	7589	7590	7591
1	7630	7631	7632
2	7827	7828	7829
3	7942	7943	7944
TIME: 10:30-11:05 am			
P&C	7603	7604	7605
1	7633	7634	7635
2	7830	7831	7832
4	7956	7957	7958
TIME: 11:10-11:45 am			
Pre	7592	7593	7594
1	7636	7637	7638
2	7833	7834	7835
3	7945	7946	7947



Diving 101

6-11 years \$30

The joy of diving often comes after hours of frustration and trial and error for kids. This class breaks down the steps of learning how to perform a shallow entry dive from the pool deck. This is not a springboard diving class. Learn how to properly dive off a dive block depending on skill level. Participants should be comfortable in deep water and able to swim 15 yards safely; completion of level 2 skills or higher. *No class 4/29.

7772 Sa 11:50 am-12:20 pm 3/18-4/8

7774 Sa 11:50 am-12:20 pm *4/15-5/13

7775 Sa 11:50 am-12:20 pm 5/20-6/10

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 ocean currents, cold water and wind. Must be able to swim 10 yards comfortably in deep water. *No class 4/29.

7777 Sa 12:30-1:30 pm 3/18-4/8

7779 Sa 12:30-1:30 pm *4/15-5/13

7780 Sa 12:30-1:30 pm 5/20-6/10

Toddler Time Class

6 months-5 years with adult \$32

Get your little one adjusted to the water in this safe, fun environment: a 30-minute Parent & Child swim lesson in the Recreation Pool is 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 4/30.

7758 Su 10-11 am 3/19-4/9

7759 Su 10-11 am *4/23-5/21

Private Swim Lessons

3 years-adult \$100

Certified instructors work one-on-one with you or your child towards specific swimming goals geared towards individual ability level and age. *No class 4/30.

7761 Su 9:15-9:45 am 3/19-4/9

7762 Su 9:50-10:20 am 3/19-4/9

7763 Su 10:25-10:55 am 3/19-4/9

7765 Su 9:15-9:45 am *4/23-5/21

7766 Su 9:50-10:20 am *4/23-5/21

7767 Su 10:25-10:55 am *4/23-5/21

Adaptive Swim Lessons

4-12 years \$40

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 805.654.7514. *No class 4/30.

7770 Su 11-11:45 am 3/19-4/9

7771 Su 11-11:45 am *4/23-5/21



SPRING BREAK CAMPS

Jr. Water Polo Skills

6-11 years \$40

This camp introduces 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. Participants must have basic swimming abilities. Class is taught in shallow water.

7784 M-Th 10-11:30 am 4/3-4/6



Spring Break-Pirates & Mermaids

8-14 years \$70

Ahoy, mateys & mermaids! Splish splash galore, come explore the bottom blue at Ventura Aquatic Center for an adventurous week of crafts, games, swim skill development, recreational swimming and more! Participants must be able to swim 50 yards (2 lengths) comfortably. Bring a sack lunch, water and sunscreen.

7787 M-Th 10 am-1:30 pm 4/3-4/6

Competitive Stroke Instruction

8-15 years \$48/*\$40

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 (2 lengths) comfortably. *No class 5/29.

7790 M/W/F 5:50-6:25 pm 4/17-4/28

7791 M/W/F 5:50-6:25 pm 5/1-5/12

7792 M/W/F 5:50-6:25 pm 5/15-5/26

7793 M/W/F 5:50-6:25 pm *5/31-6/9



Junior Water Polo

6-11 years \$32

Designed to introduce the sport of water polo to kids in a fun, non-competitive environment, this class provides 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. Class is taught in shallow water. *No class 4/30.

7781 Su 11 am-12 pm 3/19-4/9

7783 Su 11 am-12 pm *4/23-5/21



**Trio Sampler:
Diving, Synchro & Water Polo**

8-15 years \$25

These clinics will introduce your child to springboard diving, water polo and synchronized swimming in a safe, fun, non-competitive environment. Kids will learn the basics of each sport while having the opportunity to see which sport they like best. We will be offering a summer novice team program so if your child chooses to participate this summer, they will come to the first day of practice with confidence and security knowing what they will be doing. Participants should be comfortable in deep water and able to swim 50 yards (2 lengths) comfortably.

7795 Sa 11:30 am-2 pm 5/20
7796 Sa 11:30 am-2 pm 6/3

Swim Team Prep--Minnows

6.5-10 years \$32/*\$28

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 5/29.

7802 M/W 4-4:30 pm 1/9-2/1
7836 M/W 4-4:30 pm 2/6-3/1
7838 M/W 4-4:30 pm 3/6-3/29
7839 M/W 4-4:30 pm 4/10-5/3
7841 M/W 4-4:30 pm *5/8-5/31

Swim Team Prep--Sharks

8-17 years \$40/*\$35

Learn the four competitive strokes, starts, turns and finishes while developing endurance and speed. Must be able to swim 50 yards comfortably.*No class 5/29.

7844 M/W 4:30-5:30 pm 1/9-2/1
7846 M/W 4:30-5:30 pm 2/6-3/1
7848 M/W 4:30-5:30 pm 3/6-3/29
7854 M/W 4:30-5:30 pm 4/10-5/3
7855 M/W 4:30-5:30 pm *5/8-5/31

Youth Swim Conditioning

8-17 years \$40

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: 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 signup.

7856 Tu/Th 4:30-5:30 pm 1/10-2/2
7857 Tu/Th 4:30-5:30 pm 2/7-3/2
7858 Tu/Th 4:30-5:30 pm 3/7-3/30
7859 Tu/Th 4:30-5:30 pm 4/11-5/4
7860 Tu/Th 4:30-5:30 pm 5/9-6/1

Diving

8 years-adult \$35

Learn fundamentals of springboard diving off our 1-meter and 3-meter 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 4/30.

7861 Su 12:15-1:15 pm 3/19-4/9
7862 Su 12:15-1:15 pm *4/23-5/21

Synchronized Swimming

8 years-adult \$32

This creative sport uses sculling, breast-stroke, front and back crawl, elementary backstroke and sidestroke to perform synchronized choreography to music. Must be able to swim 25 yards, float on back and tread water for 3 minutes. *No class 4/30.

7863 Su 12:15-1:15 pm 3/19-4/9
7864 Su 12:15-1:15 pm *4/23-5/21



Tri-It! Swim, Bike, Run

9 years-adult \$40

A basic introduction to the triathlon and no experience needed! Must bring bike, helmet, running shoes, swim gear to every class and must be able to swim 4 laps comfortably. Great class for parents and kids to do together! A mock mini triathlon will be held on the final class session. *No class 4/29.

7865 Sa 9-10:30 am *4/15-5/13
7866 Sa 9-10:30 am 5/20-6/10

Shallow Water Exercise

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

Fun and effective workout for all age groups in chest-deep water targets every muscle in the body while raising your heart rate to decrease body fat. Move against the water's natural resistance to tone and build muscle, improve balance and posture, increase flexibility and strengthen the core. No swimming skills required. All fitness and ability levels welcome. Pool temperature is 82-84 degrees. See pool schedule for days, times, and fees. Purchase Water Exercise Splash Pass on site; not available online.

Deep Water Exercise

13 years-adult \$7/visit or

Water Exercise Splash Pass

Take the impact out of fitness in a workout that targets every muscle in the body. While wearing a flotation belt (available to use on site) in 7 foot-deep water, you move against the water's natural resistance to build muscle, improve balance, increase flexibility and strengthen the core, all while raising your heart rate and reducing body fat. This effective form of cross training helps to prevent and deal with injuries. You should be comfortable in deep water. Pool temperature is 78-79 degrees. See pool schedule for days, times, and fees. Purchase Water Exercise Splash Pass on site; not available online.





Adult Swim

13 years-adult \$32

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 3/27 or 5/1.

7867 Su 9-9:45 am *3/19-4/9
7868 Su 9-9:45 am *4/23-5/21

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. One-Day Adult Stroke Clinics 16 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.

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.

7869 Su 10-11 am 4/9
7870 Su 10-11 am 5/21

Water Polo Scrimmage

15 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.

AMERICAN RED CROSS SAFETY COURSES

Lifeguard Training

15 years-adult \$325

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 yard swim with 10-lb brick retrieval from bottom of pool. Certification is valid for 2 years and is included upon successful completion. Must attend all class dates.

8170 F 4-8:30 pm 5/26
Sa/Su/M 9 am-4:30 pm 5/27, 28 & 29
8171 W/F 4-8:30 pm 5/31, 6/2, 7 & 9
Sa 9 am-4 pm 6/3 & 6/10

Water Safety Instructor

16 years-adult \$325

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.

8172 Tu/Th 4-8 pm 5/2-5/11
Sa/Su 9 am-1 pm 5/6, 7, 13 & 14
8173 Tu/Th 4-8 pm 5/23-6/1
Sa/Su 9 am-1 pm 5/20, 21, 27 & 28

Standard First Aid

13 years-adult \$65

Class gives you the information and the skills you need to help adults and children during many emergency situations. Certification is valid for 2-years and is included upon successful completion.

8174 Sa 9-12 pm 3/11
8175 Sa 9-12 pm 4/1
8176 Sa 9-12 pm 5/6

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.

8178 Sa 12:30-4 pm 3/11
8177 W 9:30 am-1 pm 3/15
8180 Sa 12:30-4 pm 4/1
8179 W 9:30 am-1 pm 4/5
8182 Sa 12:30-4 pm 5/6
8181 W 9:30 am-1 pm 5/10



Hands-Only CPR

8 years-adult \$10

The course teaches untrained bystanders how to perform hands-only CPR. No prerequisites to participate.

8183 F 3:30-4 pm 3/10
8184 F 3:30-4 pm 3/31
8185 F 3:30-4 pm 5/5

CPR/AED for 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 an 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.

8186 F 4-9 pm 3/10
8187 F 4-9 pm 3/31
8188 F 4-9 pm 5/5