



Aquatics

# Aquatics

## Sunnyvale Splash

Welcome to Sunnyvale Splash, the City of Sunnyvale's Aquatics Program. Activities are offered for the whole family: youth and adult swim lessons and recreational swim at three pool locations (listed below). For a map of Sunnyvale Splash pools, see page 74.

Columbia Middle School Pool  
730 Morse Ave.  
408-735-0852

Sunnyvale Middle School Pool  
1080 Mango Ave.  
408-738-0770

Washington Pool  
255 S. Pastoria Ave.  
408-736-0474

Additionally, the California Sports Center offers a wide range of aquatics programs to suit the needs of swimmers of all ages and abilities. For more information about California Sports Center aquatic program, see page 70.

## Pool Frequently Asked Questions

### Q: What is the pool temperature?

All facilities in Sunnyvale are outdoor pools. They are heated to approximately 80 to 82 degrees Fahrenheit. Although the outside air temperature may make it seem cooler, the pool temperature is consistently maintained, regardless of the weather.

### Q: Are lockers and showers available?

Yes, locker room facilities with showers are available at each pool for your use. Patrons must supply their own locks and towels.

### Q: Are there any health restrictions?

Persons suffering from infections or contagious disease and illnesses are not permitted in the pool or locker room facilities.

### Q: What can I do to make swimming a safer experience for my child?

All parents/guardians and caregivers are recommended to receive certification in Community First Aid and CPR. Offered by the American Red Cross, this course teaches you what to do in an emergency.



Washington Pool

Photo by Tegan McClane

## Sunnyvale Splash Pool Rules

Pool rules apply for all aquatic activities held at any City of Sunnyvale operated pool.

## Recreation Swim

Public recreation swim allows swimmers of all ages the opportunity for casual swimming and water play. Lifeguards are on duty during recreation swim hours.

Participants must adhere to all pool rules. Participants must pass our lifeguard issued swim test in order to swim in the deep end of the pool.

## Swim Test

Swim test consists of the following three skills:

- Jump into water above head and recover
- Swim 25 yards
- Tread water for one minute

## Pool Rules

Children ages 6 and younger must be directly supervised by a parent/guardian while in the pool. The parent/guardian must accompany the child in the water and remain within arm's length of the child.

- We strongly advise that all parents closely monitor their child's activities in the pool, regardless of age. This is especially true for beginner swimmers.
- Children who are not toilet trained or are under the age of three must wear approved swim diapers and plastic swim covers beneath their swimsuits.
- Please do not enter the pool if you have an infectious disease, bandage, open blisters or sores.
- Flotation devices including water wings, padded swimsuits and inner-tubes are not permitted with the exception of U.S. Coast guard-approved lifejackets.
- With the exception of service dogs, animals are not allowed in the facility.
- Food, drinks, glass, sharp objects or tobacco products are not permitted in the pool area.

## Diving Board Rules

- Diving is only allowed in the deep end of the pool.
- One person is allowed on the diving board at a time.
- One bounce on the board is permitted.
- Jump or dive straight off and swim to the nearest side.

## For Your Safety

- Please walk at all times on the pool deck.
- Fighting, roughhousing, chicken fighting, screaming, profanity and pretending to drown are not permitted in the facility.
- Appropriate swim attire is required in the pool.
- T-shirts worn over swimsuits and other street clothes are not allowed.

## Lifeguard on Duty

The lifeguard on duty is in full charge. Failure to comply with the lifeguard's requests may result in being asked to leave the pool area without a refund. Lifeguards on deck are there to watch the pool. Please direct any questions to the pool manager, who works in the pool office.

**NEW**  
New Program Offering

**TRY IT!**  
Try It Free on the First Day of Class

**FREE**  
No Fees

**\$\$**  
Supply Fee Due on First Day

**♻️**  
Extended Care Available

**👕**  
Free T-Shirt per Summer

**🏊**  
Recreational Swim

**🚗**  
Travels Offsite

**📅**  
Performance on Final Day

**👤**  
Parent/Guardian Participation Required



Sunnyvale Middle School Pool Recreation Swim

Photo by Alfred Leung

## Recreation Swim

Have a splashing good time during recreation swim at your neighborhood pools. Swim passes available at select locations.

### Columbia Middle School Pool

**June 13 – August 7**

Monday – Friday, 2 – 3:30 p.m.\*

Saturday – Sunday, 1:30 – 4 p.m.

Open July 4\*\*, 1:30 – 4 p.m.

\*Extended hours (1:30 – 4 p.m.) on 6/24, 7/8, 7/22, 8/5

\*\*Free Fourth-of-July gift to first 100 people at the pool.

Youth Fee (under 18): \$1 Resident, \$4 Non-resident

Adult Fee: \$3 resident, \$5 non-resident

Reduced fee available for Columbia Neighborhood Center service area residents.

### Sunnyvale Middle School Pool

**June 16 – August 5**

Thursday and Friday only, 12:45 – 2:45 p.m.\*

Closed July 3 – 4.

\*Extended hours (1:30 – 4 p.m.) on 6/24, 7/8, 7/22, 8/5

Youth Fee (under 18): \$3 Resident, \$4 Non-Resident

Adult Fee: \$4 Resident, \$5 Non-Resident

Youth Pass, 10 admissions: \$28 Resident, \$35 Non-Resident

Adult Pass, 15 admissions: \$57 Resident, \$71 Non-Resident

### Washington Pool

**June 4 – September 4**, weekends

**June 13 – August 12**, weekdays

Monday – Friday, 2:30 – 5 p.m.,\* Saturday – Sunday, 1:30 – 4 p.m.

Open July 4\*\* and Labor Day Weekend, Sept. 3, 4 and 5, 1:30 – 4 p.m.

\*Extended hours (1:30 – 5 p.m.) on 6/24, 7/8, 7/22 & 8/5

\*\*Free Fourth-of-July gift to first 100 people at the pool.

Youth Fee (under 18): \$3 Resident, \$4 Non-Resident

Adult Fee: \$4 Resident, \$5 Non-Resident

Youth Pass, 10 admissions: \$28 Resident, \$35 Non-Resident

Adult Pass, 15 admissions: \$57 Resident, \$71 Non-Resident

## Specialty Classes

### Lifeguard Review

(15+)

Do you currently hold certifications in American Red Cross (ARC) Lifeguard Training and First Aid and are approaching the expiration date of your certification? Recertify your lifeguarding skills in this 16-hour course. To successfully receive recertification, pass a physical skills examination in lifeguarding rescue skills and first aid and the written lifeguarding and first aid portions of the ARC Lifeguard Training exam with a score of 80 percent or higher. Bring a swimsuit and towel and be prepared to complete all skills as a review.

**Instructor:** Sunnyvale Staff

**Location:** Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640441.AA	15+	5/14 – 5/15	SaSu	8 a.m. – 5 p.m.	\$191/\$239

**Location:** Sunnyvale Middle School Pool

140441.AB	15+	6/4 – 6/5	SaSu	8 a.m. – 5 p.m.	\$191/\$239
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Lifeguard Training

### Lifeguard Training

(14+)

Become a certified lifeguard with this American Red Cross course that includes training and certification in First Aid and CPR for the Professional Rescuer. Participants must pass a skills test on the first day that includes a 300-yard swim and a timed event with a 10 lb. brick. Fee includes all books, certificate and pocket mask. Attendance and participation at all class meetings is required. Participants must bring their pocket mask and book (provided at first class meeting), as well as a swimsuit and towel to each class day. Participants who do not meet the minimum requirements and pass the skills test on the first day receive a full-refund.

**Instructor:** Sunnyvale Staff

**Location:** Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640440.LA	14+	4/30 – 5/8	SaSu	8 a.m. – 5 p.m.	\$279/\$329



### Water Exercise

(16+\*\*)

Splash into an exciting workout and enjoy the benefits of water exercise. This class is a great way to increase cardiovascular fitness, muscle strength, endurance and flexibility. Open to all fitness levels. No swimming skills are necessary. Water walkers or joggers are welcome. You also have the option of purchasing a drop-in punch card on-site during any class date and time. Punch cards are \$132 Res/\$165 NR for 12 workouts and do not expire.

**Instructor:** Sunnyvale Staff

**Location:** Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640460.BA	16+**	5/2 – 5/27	MWF	5:30 p.m. – 6:30 p.m.	\$122/\$153
640470.AA	16+**	5/7 – 5/28	Sa	8 a.m. – 9 a.m.	\$41/\$51
140460.BA	16+**	6/13 – 7/8	MWF*	5:15 p.m. – 6:15 p.m.	\$112/\$140
140470.AA	16+**	6/18 – 7/9	Sa	8:30 a.m. – 9:30 a.m.	\$41/\$51
140460.CA	16+**	7/11 – 8/5	MWF	5:15 p.m. – 6:15 p.m.	\$122/\$153
140470.BA	16+**	7/16 – 8/6	Sa	8:30 a.m. – 9:30 a.m.	\$41/\$51
140460.DA	16+**	8/8 – 9/2	MWF	5:30 p.m. – 6:30 p.m.	\$122/\$153
140470.CA	16+**	8/13 – 9/3	Sa	8:30 a.m. – 9:30 a.m.	\$41/\$51

\*No class 7/4 \*\*Ages 13 – 15 may register with a parent or guardian.



Water Exercise

### Swim Lessons

#### Swim Lessons Frequently Asked Questions

**Q: Where do I register for swim lessons?**

Registration, refunds and transfers are processed at the Sunnyvale Community Center through June 8. Beginning June 13, all registration is handled at each individual pool site during swim lesson times. Call pool to find out registration times at each of the facilities (see page 4 for contact information). No class registrations, transfers or refunds are processed at the Community Center after June 8.

**Q: What level do I register my child for?**

Read the skill level descriptions provided under each section, and register your child for the class that sounds most like his or her level. If your child is an Otter, Seal or Dolphin, register for the Beginner class. On the first day of the class, staff test each child and split them up according to their current level (Otters, Seals and Dolphins). More advanced swimmers are not tested. If you feel that your child is in the wrong class, let the pool manager know, so he or she can test for your child's proper level.



### Swim Assessment Day **FREE**

Aquatics staff will evaluate your child's swim abilities and recommend the appropriate class level. Please bring a swimsuit and towel and prepare your child to enter the water. Register on-site for spring and summer swim classes. For more information, visit [Swim.inSunnyvale.com](http://Swim.inSunnyvale.com).

Location	Date	Time
Washington Pool	Saturday, April 9	12:30 – 1:30 p.m.

**Q: Can my child be assessed by your staff before I register?**

If you are uncertain of what level your child should be in, come to the Swim Assessment Day at Washington Pool. Information is listed above.

**Q: Why does the second week of each swim lesson session end on a Thursday?**

Every other Friday is an extended Recreation Swim day. On June 24, July 8, 22, and August 5, Extended Recreation Swim is offered at Columbia Middle School Pool and Sunnyvale Middle School Pool from 1:30 to 4 p.m. and at Washington Pool from 1:30 to 5 p.m. Swim participants receive a voucher to allow them to enter recreation swim on the above dates for free.

**Q: Does the pool close if it starts raining?**

Generally, no. Swim lessons are held when raining, but the facility closes for lightning.

**Q: My child missed a swim lesson because he or she was sick or out of town. Are make-up classes offered?**

Unfortunately, make-up lessons are not offered when individuals customers miss a class for any reason.

**Q: Can I request a specific instructor for my child's lesson?**

Sunnyvale Splash cannot accommodate requests for specific instructors. The instructors rotate between levels and times. The pool manager does not know who will be teaching the class until the first day of the class.

**Q: What if I am not happy with the program?**

Let the pool manager know right away with your concerns. The manager will try to resolve the problem. The City of Sunnyvale has a refund policy, see page 76.

**Q: Does the class use the diving board?**

For the pools with diving boards, the last day of each session is Diving Board Day. Each class has the opportunity to jump off the board on that day; however, children who are not comfortable with this skill are not required to jump from the board.

Note: Columbia Middle School Pool does not have a diving board.

### Q: What if I registered my child and they passed the swim level and is now in the wrong level?

Sunnyvale Splash will work with you to find the best solution for you and your child. Transfers are not automatic. Please speak with the pool manager to help you move your child to the next level. Aquatics staff will try to find an open class in the right level for your child; however, this may require switching times or pools. In the event that a suitable class for your child is unavailable, he or she can repeat the class or you may request a refund.

### Q: Why does my child have to listen to safety skills each session?

Instruction in water safety for each level of class is required in Sunnyvale Splash's Learn-to-Swim program, adhering to swim lesson objectives outlined by the American Red Cross. Although some students hear the same information each time they take the same level class, we strongly believe that having too much safety information is not possible.

## Swim Lessons – Adult

### Adult Swim Lessons

(16+)

This class is open to all participants from first time swimmers to more advanced swimmers desiring skill and technique coaching.

**Instructor:** Sunnyvale Staff

**Location:** Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
640420.AA	16+	5/3 – 5/26	TuTh	6:05 p.m. – 6:35 p.m.	\$122/\$153
640450.AA	16+	5/7 – 5/28	Sa	9:15 a.m. – 9:45 a.m.	\$62/\$78
140420.AA	16+	6/14 – 7/7	TuTh	5:45 p.m. – 6:15 p.m.	\$122/\$153
140420.AB	16+	7/12 – 8/4	TuTh	5:45 p.m. – 6:15 p.m.	\$122/\$153
140420.FA	16+	8/16 – 9/8	TuTh	6:05 p.m. – 6:35 p.m.	\$122/\$153
140450.AA	16+	6/18 – 7/9	Sa	9:30 a.m. – 10 a.m.	\$62/\$78
140450.BA	16+	7/16 – 8/6	Sa	9:30 a.m. – 10 a.m.	\$62/\$78
140450.SA	16+	8/13 – 9/3	Sa	9:30 a.m. – 10 a.m.	\$62/\$78

**For First Aid and CPR classes, see page 56.**



Adult Swim Lessons

## Swim Lessons – Preschool

### Parent/Tot – 7:1 Ratio

(6 months – 3 years)

Parent/Tot is the first level in our Learn-to-Swim program. These classes give parents and children an opportunity to explore and become comfortable in the pool. The instructor presents the skills and techniques for parents to use with their children. Participants are also given an opportunity to work on beginning skills in preparation for a Tiny Tots or Beginner level swim class. Parent/guardian must stay in the water with their children, at a ratio of one parent/guardian per child.

**Instructor:** Sunnyvale Staff

**Location:** Columbia Middle School Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
110000.AB	6 mo. – 3	6/13 – 6/23	M – F	4:55 p.m. – 5:25 p.m.	\$92/\$115
110000.BB	6 mo. – 3	6/27 – 7/7	M – F*	4:55 p.m. – 5:25 p.m.	\$82/\$103
110000.CB	6 mo. – 3	7/11 – 7/21	M – F	4:55 p.m. – 5:25 p.m.	\$92/\$115
110000.DB	6 mo. – 3	7/25 – 8/4	M – F	4:55 p.m. – 5:25 p.m.	\$92/\$115

\*No class 7/4

**Location:** Washington Pool

610400.AA	6 mo. – 3	5/3 – 5/26	TuTh	3:45 p.m. – 4:15 p.m.	\$90/\$113
110401.AA	6 mo. – 3	6/13 – 6/23	M – F	10:45 a.m. – 11:15 a.m.	\$100/\$125
110401.AB	6 mo. – 3	6/13 – 6/23	M – F	11:20 a.m. – 11:50 a.m.	\$100/\$125
110401.BA	6 mo. – 3	6/27 – 7/7	M – F*	10:45 a.m. – 11:15 a.m.	\$88/\$110
110401.BB	6 mo. – 3	6/27 – 7/7	M – F*	11:20 a.m. – 11:50 a.m.	\$88/\$110
110401.CA	6 mo. – 3	7/11 – 7/21	M – F	10:45 a.m. – 11:15 a.m.	\$100/\$125
110401.CB	6 mo. – 3	7/11 – 7/21	M – F	11:20 a.m. – 11:50 a.m.	\$100/\$125
110401.DA	6 mo. – 3	7/25 – 8/4	M – F	10:45 a.m. – 11:15 a.m.	\$100/\$125
110401.DB	6 mo. – 3	7/25 – 8/4	M – F	11:20 a.m. – 11:50 a.m.	\$100/\$125
110401.EA	6 mo. – 3	8/8 – 8/12	M – F	10:45 a.m. – 11:15 a.m.	\$55/\$69
110401.EB	6 mo. – 3	8/8 – 8/12	M – F	11:20 a.m. – 11:50 a.m.	\$55/\$69
110401.FA	6 mo. – 3	8/15 – 8/25	M – Th	3:45 p.m. – 4:15 p.m.	\$78/\$98
110401.GA	6 mo. – 3	8/29 – 9/8	M – Th*	3:45 p.m. – 4:15 p.m.	\$68/\$85

\*No class 7/4, 9/5

### Evening Classes

110402.AA	6 mo. – 3	6/13 – 6/23	M – Th	6:30 p.m. – 6:55 p.m.	\$78/\$98
110402.BA	6 mo. – 3	6/27 – 7/7	M – Th*	6:30 p.m. – 6:55 p.m.	\$69/\$86
110402.CA	6 mo. – 3	7/11 – 7/21	M – Th	6:30 p.m. – 6:55 p.m.	\$78/\$98
110402.DA	6 mo. – 3	7/25 – 8/4	M – Th	6:30 p.m. – 6:55 p.m.	\$78/\$98

\*No class 7/4

### Saturday Classes

610411.AA	6 mo. – 3	5/7 – 5/28	Sa	10 a.m. – 10:30 a.m.	\$45/\$56
610411.AB	6 mo. – 3	5/7 – 5/28	Sa	11:10 a.m. – 11:40 a.m.	\$45/\$56
110411.AA	6 mo. – 3	6/18 – 7/9	Sa	10:05 a.m. – 10:35 a.m.	\$45/\$56
110411.AB	6 mo. – 3	6/18 – 7/9	Sa	11:25 a.m. – 11:55 a.m.	\$45/\$56
110411.AC	6 mo. – 3	6/18 – 7/9	Sa	12 p.m. – 12:30 p.m.	\$45/\$56
110411.BA	6 mo. – 3	7/16 – 8/6	Sa	10:05 a.m. – 10:35 a.m.	\$45/\$56
110411.BB	6 mo. – 3	7/16 – 8/6	Sa	11:25 a.m. – 11:55 a.m.	\$45/\$56
110411.BC	6 mo. – 3	7/16 – 8/6	Sa	12 p.m. – 12:30 p.m.	\$45/\$56
110411.SA	6 mo. – 3	8/13 – 9/3	Sa	10:05 a.m. – 10:35 a.m.	\$45/\$56
110411.SB	6 mo. – 3	8/13 – 9/3	Sa	11:15 a.m. – 11:45 a.m.	\$45/\$56

**For Parent/Child participation camps, see page X.**

**For Parent/Child Participation classes, see pages 36-41.**