



Sunnyvale Swim Complex



Sunnyvale Swim Complex at Fremont High School
1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087
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Fall 2015

The California Sports Center is proud to run aquatics programs for swimmers of all ages and abilities. The Sunnyvale Swim Complex at Fremont High is an outdoor Olympic size 50 meter by 25 yard pool, equipped with a pool house with locker rooms separate from the high school, a training room for community classes and other amenities. The pool temperature is maintained between 78-82 degrees.

Swim Lessons Daily

Designed for children and adults of all ages and abilities, our swim level progressions allow swimmers to develop skills at a fun and comfortable pace. Classes are 30 minutes in length, and taught in semi-private (3:1 student to instructor ratio) or group (6:1 ratio) format.

Register online today!

- Fall registration begins August 3, 2015
- Fall lessons will begin on Monday, August 31, 2015

Fall lessons are taught in four-week sessions. Weekday classes are available 3 – 7 p.m. Morning lessons are available on Saturdays and Sundays. For more information, visit our website. Spaces fill quickly, register early.

Pre-Competitive Training (16 and Under)

Pre-comp is for youth looking to develop their competitive swimming skills and increase physical fitness for club or school teams. Pre-requisites: swim 200-yards of freestyle, backstroke, and breaststroke; 50-yards of butterfly.

Recreational Diving (6 – 16 years)

Springboard diving classes are taught on Saturday and Sunday afternoons. Classes focus on the fundamentals of diving, approaches and entries. **Pre-requisites:** swim 25-yards, tread water for one minute and be comfortable in 13' deep water.

Water Polo – Youth (10+)

Youth Water Polo is a co-ed program for youth looking for beginner, intermediate, or advanced training. Pre-requisites: swim 200-yards, tread water for one minute and be comfortable in deep water.

Birthday Parties

Make your party a splash. Host a birthday party in a reserved area during Open Swim. For more information and availability, contact the pool directly.

Open Recreational Swim (All ages)

CSC offers open recreational swim to the public through early fall. Open Saturday-Sunday, August 15 - September 27, 1:30 – 3:30 p.m.

Adult Programs

Adult Lap Swim Daily (16+)

We are the City of Sunnyvale's designated lap swim center. Adults and FUHS high school students with valid student ID are welcome to participate. Lap swim is available throughout the year.

Monday-Friday.....6 – 8 a.m. / 11:30 a.m. – 1:30 p.m. / 6 – 8 p.m.
Saturday/Sunday 8 – 11 a.m.

- Drop-in, punch pass, or monthly rates available.
- Senior rates available for morning, noon and weekend lap swim.
- Extended hours may be available, please visit our website for a current schedule.

Adult Swim Lessons (12+)

Whether you are new to swimming or need assistance improving technique, we will help you reach your goals!

CSC Masters' – Sunnyvale (18+)

Our Masters program is for swimmers 18 years and older who desire a structured workout. Our staff tailors the swims for a full range of levels and abilities. USA Masters registration is required to participate.

Tri-Athlete Podium Program Swim Training (18+)

Our Podium Program is a great way to maximize your swimming potential. Our certified coaches will help you become the best you can be.

Water Fitness (18+)

Our water aerobics class focuses on cardio fitness, flexibility, endurance, core strengthening, and overall total body fitness. We love our fitness participants and we hang out socially too!

Water Polo – Club (18+)

A club team is underway. Join us based on skill set and player experience. For more information, contact the pool directly.

Lifeguarding and Water Safety Classes (15+)

Certified instructors teach American Red Cross lifeguard training, WSI, Water Safety for Swim Coaches and American Heart Association CPR/AED for Health Care Providers. For class schedule, call the pool or visit our website.

Programs are subject to change. For pricing and registration information, call (408) 732-2257, or email swiminfo@calsportscenter.com.

www.calsportscenter.com