



## Sunnyvale Swim Complex

### Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road  
408-732-2257 • [calsportscenter.com](http://calsportscenter.com)



### Fall 2016

The California Sports Center (CSC) is proud to run aquatics programs for swimmers of all ages and abilities. The Sunnyvale Swim Complex at Fremont High School is an outdoor, newly replastered Olympic size, 50 meter by 25 yard, pool. Amenities include a remodeled pool house with locker rooms separate from the high school and a training room for community classes. Pool temperature is maintained between 78 and 82 degrees.

### Swim Lessons

Designed for children and adults of all ages and abilities, the program allows 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) formats.

#### Register online today!

- Fall registration begins on Monday, Aug. 1, 2016
- Fall lessons begin on Monday, Aug. 29, 2016
- Winter registration begins on Monday, Oct. 24, 2016
- Winter lessons begin on Monday, Nov. 21, 2016

Fall lessons are taught in four-week sessions. Weekday classes are available from 3 to 7 p.m., with Saturday and Sunday lessons offered in the morning. Visit our website for more information. Spaces fill quickly, so register early!

### Pre-Competitive Swim Training (16 and under)

Develop your competitive swimming skills and increase physical fitness for club or school teams. Pre-requisites: Swim 200 yards of freestyle, backstroke and breaststroke and 50 yards of butterfly.

### Adult Swim Lessons (16 +)

Whether you are new to swimming or need assistance, develop your skills at a fun and comfortable place.

### Youth Water Polo (9+)

Wish you had another reason to be in the pool? Learn the fundamentals and rules of water polo and play fun, social games in our coed recreational classes, all while making new friends. Get introduced to and develop team concepts and skills from our dedicated staff. Must be able to swim 200 yards and be comfortable in deep water.

### Recreational Diving (6 – 16 years)

Learn the fundamentals of diving, approaches and entries in our springboard diving classes on Saturday and Sunday afternoons. **Pre-requisites:** Swim 25 yards and tread water for one minute in deep water.

### Adult Lap Swim (16+)

CSC is the City's designated lap swim center. Adults and Fremont Union High School District students, ages 16 and older with a valid student ID or Sunnyvale residency, are welcome to participate. Drop-in, punch pass are monthly rates are available.

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

Saturday/Sunday ..... 8 a.m. – 11 a.m.

*Senior rates are available for all sessions except weekday evenings. Extended hours may be available. For a current schedule, visit [calsportscenter.com](http://calsportscenter.com).*

### Other Adult Classes

### Water Fitness (18+)

This is an in-depth deep water aerobics class focusing on cardio, flexibility, endurance strengthening and achieving - and then maintaining – overall total body fitness. Instructors are certified by the United States Water Fitness Association.

### Podium Program (Tri-athlete Swim Training) (18+)

Maximize your swimming potential with our certified coaches.

### Water Safety Classes (15+)

American Red Cross Lifeguarding certification, Water Safety Instructor training and Safety Training for Swim Coaches and American Heart Association CPR/AED for Health Care Providers are taught at the swim center.

### Open Swim and Birthday Classes

From August 13 to September 25, Open Swim is held on Saturdays and Sundays from 1:30 to 3:30 p.m., when you can also host a birthday party in a reserved area!

### CSC Master's – Sunnyvale (18+)

CSC's USA Masters certified coaches tailor workouts to meet the needs of each swimmer. Whether swimmers are looking to improve technique or fitness level, training for competition or just swimming with a dedicated/social group of swimmers, CSC Master's Sunnyvale is the place to be! Offered Monday through Saturday. USA Masters registration is required.

For pricing and registration information, call 408-732-2257 or email [swiminfo@calsportscenter.com](mailto:swiminfo@calsportscenter.com)

[calsportscenter.com/locations/sunnyvale-swim](http://calsportscenter.com/locations/sunnyvale-swim)