



## Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087  
(408) 732-2257 [www.calsportscenter.com](http://www.calsportscenter.com)

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



### Swim Lessons

Students can sign up for lessons at the Sunnyvale Swim Complex throughout the year. CSC offers semi-private (3:1 student to instructor ratio) and group (6:1 ratio) lessons. Our lesson progression allows swimmers to learn skills at a fun and comfortable pace. Each lesson is 30 minutes in length.

**Spring sessions start February, 27 2012. Swimmers have the option to choose 1-6 days per week for lessons.**

**Swim Lessons** are available daily from 3:00-7:00pm. Morning lessons are also available on Mon/Wed/Fri. Swim lessons are available for all ages and abilities, with multiple progressive levels, including pre-school lessons. Adult classes are available mornings & afternoons.

**Pre-Competitive Group** **Mon/Wed/Sat**  
This class is for swimmers looking to develop their competitive swim skills and physical fitness. Classes are offered in the afternoons. Students should be able to swim 50 yards of each of the four competitive strokes.

### Adult Lap Swim

Adults and FUHSD high school students with ID are welcome to participate. This is the City of Sunnyvale's designated lap swim center. Lap swim times are available throughout the year.

Monday-Friday\*: 6:00-8:00am/11:30am-1:30pm/6:00- 8:00pm  
Sat and Sun: 8:00-11:00am

\*Senior rates available for the 11:30am - 1:30pm lap swim

Pricing options include daily drop-in rates, 12 swim punch cards, and monthly passes. We offer Sunnyvale resident rates and non-resident rates.

### Adult Fitness Programs

**CSC Masters – Sunnyvale** **Mon-Fri**  
Our Masters program is for swimmers 18 and older who are looking for a coached/structured workout. Workouts are available for a variety of levels and abilities.

**M/W/F 8:00-9:00 am M-F 12:00-1:00 pm**

**Intro to Masters** **Wed/Fri mornings**  
Intro to Masters is a class for swimmers and multi-sport athletes looking to improve their skills. Four week sessions are available in February-May.

**Water Fitness** **M/W/F 10:15-11:15am**  
This class is an in-depth water aerobics class focusing on cardio fitness, flexibility, endurance, abdominal strengthening and overall total body fitness.

### Springboard Diving

CSC offers recreational springboard dive classes as well as a competitive diving team. Rec classes are available on Saturdays. For more info, contact the pool.

### Water Polo

**Youth Group Water Polo** **Mon/Thu/Sat**  
This is a developmental program that works on individual and team skills. This program is for swimmers who are 9 to 14 years of age. Participants must be able to swim 200 yards.

**Adult Water Polo** **M/Thu 8:00 – 9:30 pm**  
Session based water polo is designed for players with high school or college level experience, but everyone is welcome! Participants must be 18 years of age or older.

### Red Cross Classes

Lifeguard training and CPR classes are available at the Sunnyvale Swim Complex. For a complete listing of classes, contact the pool office or visit our website.

For Pricing and Registration Information Call (408) 732-2257, e-mail [swiminfo@calsportscenter.com](mailto:swiminfo@calsportscenter.com) • [www.calsportscenter.com](http://www.calsportscenter.com)