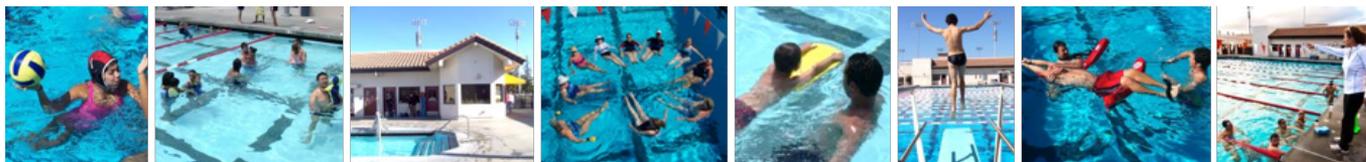




Sunnyvale Swim Complex



Sunnyvale Swim Complex at Fremont High School
1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087
(408) 732-2257 • www.calsportscenter.com



Spring 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-which includes 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.

Spring lessons are taught in four-week sessions. Weekday classes are available 3 – 7 p.m.. Weekday and weekend morning lessons are also available, please visit our website for detailed information. Spaces fill quickly, so register early!

Register online starting on the specified date below:

- Spring registration begins February 2, 2015
- Spring lessons will begin on Monday, March 2, 2015
- Summer registration begins April 2015

Pre -Competitive Training

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

Youth Water Polo

Youth Water Polo is a co-ed program for youth ages 10-15, focusing on individual and team skills. Pre-requisites: swim 200 yards and tread water.

Recreational Diving

Diving classes for ages 6 – 16 are available on Saturday and Sunday afternoons. Classes focus on the basic fundamentals of diving, approaches and entries. Pre-requisites: swim 25 yards and be comfortable in 13 ft. of water.

American Red Cross Classes

Prepare for that perfect summer job! Swim Instructor, CPR and Lifeguarding Training classes available now!

Adult Lap Swim

Daily

We are the City of Sunnyvale’s designated lap swim center. Adults and FUHSD high school students with 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.

- Senior rates available for morning, noon and weekend lap swim.
- Extended hours may be available. Please visit our website for a current schedule.

Adult Programs

CSC Masters – Sunnyvale

Monday – Saturday

Our Masters program is for swimmers 18 years and older who desire a structured workout. Workouts are tailored for a full range of levels and abilities. USA Masters registration is required. Please visit our website for detailed information and current schedule.

Adult Swim Lessons

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

Water Fitness

30

Our water aerobics class focuses on cardio fitness, flexibility, endurance, core strengthening and overall total body fitness.

Tri-athlete Swim Training

Our programs are a great way to maximize your swimming potential! Our coaches are certified and will help you become the best you can be.

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

www.calsportscenter.com