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

Calate 30 minutes in length and taught in semi-private (3:1 student to instructor ratio) or group (6:1 ratio) format.

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!

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

www.calsportscenter.com