



Aquatics

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Adult

Water Exercise (16+)

Splash into an exciting workout, and enjoy the benefits of water exercise. This class is a great way to increase cardiovascular fitness, muscle strength, endurance and flexibility. Relieve stress and have fun while making new friends. Open to all fitness levels. No swimming skills are necessary. Water walkers/joggers welcome. Ages 13 – 15 may register with a parent or guardian. You also have the option of purchasing a drop-in punch card on-site during any class date and time. Punch cards are \$132 Res/\$165 NR for 12 workouts.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540430.WA	16+	4/4 – 4/29	MWF	5:30 p.m. – 6:30 p.m.	\$122/\$153
540430.WB	16+	4/9 – 4/30	Sa	8:00 a.m. – 9:00 a.m.	\$41/\$51



Lifeguard Training

Lifeguard Training (15+)

This class is the American Red Cross (ARC) course to become a certified lifeguard and includes training and certification in First Aid and CPR for the Professional Rescuer. Participants must be at least 15 years old and pass a skills test on the first day that includes a 300-yard swim, as well as a timed event with a 10 lb. brick. Fee includes all books, certification and pocket mask. Attendance and participation at all class meetings is required. Participants must bring their pocket mask and book (provided at the first class meeting), swimsuit and towel to each class meeting. Anyone who does not meet the minimum requirements on the first day will receive a full-refund.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540440.LA	15+	3/26 – 4/3	SaSu	8 a.m. – 5 p.m.	\$270/\$320
540440.LB	15+	4/14 – 4/17	Th – Su	8 a.m. – 5 p.m.	\$270/\$320



Swim Assessment Day **FREE**

Aquatics staff will evaluate your child's swim abilities and recommend the appropriate class level. Please bring a swimsuit and towel and prepare your child to enter the water. Register on-site for spring and summer swim classes. For more information, visit Swim.inSunnyvale.com.

Location	Date	Time
Washington Pool	Saturday, April 9	12:30 – 1:30 p.m.



Water Safety Instruction

Water Safety Instruction (16+)

Course designed to train Water Safety Instructor (WSI) candidates to teach the American Red Cross learn to swim programs, and community water safety outreach programs. WSI candidates must be 16 years of age, and able to proficiently swim 25-yards of five: front crawl, back crawl, elementary backstroke, sidestroke, breaststroke as well as swim 10-yards of butterfly. Upon successful completion of the WSI course, candidates will receive an American Red Cross Water Safety Instructor certificate valid for two years. Anyone who does not meet the minimum requirements on the first day will be issued a refund.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540450.AA	16+	4/9 – 4/12	SaSuMTu	8 a.m. – 5 p.m.	\$265/\$315



Swim Lessons

Adult — 6:1 Ratio

(16+)

This class is open to all participants from first time swimmers to more advanced swimmers desiring skill and technique coaching.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
540420.TA	16+	4/5 – 4/28	TuTh	6:05 p.m. – 6:35 p.m.	\$124/\$153
540420.SA	16+	4/9 – 4/30	Sa	9:15 a.m. – 9:45 a.m.	\$62/\$78

For First Aid and CPR classes, see page 38.

Parent/Tot — 7:1 Ratio



(6 months – 3 years)

Parent and Tot is the first level in our Learn-to-Swim program. These classes give parents and children an opportunity to explore and become comfortable in the pool. The instructor presents skills and techniques for parents to use with their children. Participants are also given an opportunity to work on beginning skills in preparation for a Tiny Tots or Beginner level swim class. Parents must stay in the water with their children, at a ratio of one parent per child.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
510400.TA	6 mo. – 3	4/5 – 4/28	TuTh	3:45 p.m. – 4:15 p.m.	\$90/\$113
510400.SA	6 mo. – 3	4/9 – 4/30	Sa	10 a.m. – 10:30 a.m.	\$45/\$56
510400.SB	6 mo. – 3	4/9 – 4/30	Sa	11:10 a.m. – 11:40 a.m.	\$45/\$56



Parent/Tot Swim Lessons

Photo by Alfred Leung

Tiny Tots — 4:1 Ratio

(3 years)

This class is designed for 3-year-olds who are ready to transition from Parent/Tot swim classes. Skills covered include assisted front and back floats, submerging to retrieve objects and introduction to arm and leg actions for front and back crawl. Participants must be comfortable being in the water without a parent.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
510401.TA	3	4/5 – 4/28	TuTh	4:55 p.m. – 5:25 p.m.	\$90/\$113
510401.SA	3	4/9 – 4/30	Sa	10:35 a.m. – 11:05 a.m.	\$45/\$56
510401.SB	3	4/9 – 4/30	Sa	11:10 a.m. – 11:40 a.m.	\$45/\$56



Youth Swim Lessons

Photo by Alfred Leung

Youth Beginner — 5:1 Ratio

(4 – 15 years)

Beginning level classes range in skills from no experience to coordination of the front crawl. Water safety and pool rules are discussed. Swimmers are grouped by similar ability. Bring swimsuit, towel and sunblock.

- **Otters:** No swim experience necessary. Practice assisted front floats, back floats and underwater exploration. Front crawl arm and leg actions are introduced.
- **Seals:** Swimmers work on unassisted front and back floats. Explorations of deep water, gliding, flutter kicking and rhythmic breathing are also covered.
- **Dolphins:** Swimmers combine rhythmic breathing, arm motion and kicking. Treading water, survival floats and independent entry to the water are practiced.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
520411.TA	4 – 15	4/5 – 4/28	TuTh	3:45 p.m. – 4:15 p.m.	\$90/\$113
520411.TB	4 – 15	4/5 – 4/28	TuTh	4:20 p.m. – 4:50 p.m.	\$90/\$113
520411.TC	4 – 15	4/5 – 4/28	TuTh	4:55 p.m. – 5:25 p.m.	\$90/\$113
520411.TD	4 – 15	4/5 – 4/28	TuTh	5:30 p.m. – 6:00 p.m.	\$90/\$113
520411.SA	4 – 15	4/9 – 4/30	Sa	10:00 a.m. – 10:30 a.m.	\$45/\$56
520411.SB	4 – 15	4/9 – 4/30	Sa	10:35 a.m. – 11:05 a.m.	\$45/\$56
520411.SC	4 – 15	4/9 – 4/30	Sa	11:45 a.m. – 12:15 p.m.	\$45/\$56

Youth Level 3 — 6:1 Ratio

(4 – 15 years)

This intermediate level course is designed to develop and improve coordination and stamina in the front crawl and back crawl. The body motion and kick for the butterfly stroke are introduced. Students should have passed beginning levels to enroll. Bring swimsuit, towel and sunblock.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
520413.TA	4 – 15	4/5 – 4/28	TuTh	4:20 p.m. – 4:50 p.m.	\$90/\$113
520413.TB	4 – 15	4/5 – 4/28	TuTh	5:30 p.m. – 6:00 p.m.	\$90/\$113
520413.SA	4 – 15	4/9 – 4/30	Sa	11:45 a.m. – 12:15 p.m.	\$45/\$56

Youth Level 4/5 — 6:1 Ratio

(4 – 15 years)

Two levels are combined in this advanced course designed to improve front crawl, back crawl and butterfly. Elementary backstroke, breaststroke and open turns will be introduced and practiced for level 4 students. For level 5 students, endurance and stroke refinement, as well as an introduction to flip turns, sidestroke and shallow diving, is the emphasis. Students should have passed at least Level 3 to enroll.

Instructor: Staff

Location: Washington Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
520414.SA	4 – 15	4/9 – 4/30	Sa	11:10 a.m. – 11:40 a.m.	\$45/\$56