



Specialty Classes

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 \$108 for 12 workouts.

Instructor: Staff
Location: Washington Pool

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
640460.BA	16+	4/27 – 5/22	MWF	5:30 p.m. – 6:30 p.m.	\$120/\$150
640470.AA	16+	5/2 – 5/23	Sa	8:00 a.m. – 9:00 a.m.	\$40/\$50
140460.BA	16+	6/15 – 7/10	MWF*	5:15 p.m. – 6:15 p.m.	\$110/\$138
140460.CA	16+	7/13 – /8/7	MWF	5:15 p.m. – 6:15 p.m.	\$120/\$150
140460.DA	16+	8/10 – 9/4	MWF	5:30 p.m. – 6:30 p.m.	\$120/\$150
140470.AA	16+	6/20 – 7/11	Sa*	8:30 a.m. – 9:30 a.m.	\$30/\$38
140470.BA	16+	7/18 – 8/8	Sa	8:30 a.m. – 9:30 a.m.	\$40/\$50
140470.CA	16+	8/15 – 9/5	Sa	8:30 a.m. – 9:30 a.m.	\$40/\$50

*No class 7/3, 7/4, 9/7



Lifeguard Training

Lifeguard Review (15+)

This class is designed to recertify participants who are currently certified in American Red Cross (ARC) Lifeguard Training and First Aid and are approaching the expiration date for their certification. This 16-hour course will require participants to pass a physical skills examination in lifeguarding rescue skills and first aid, as well as pass the written lifeguarding and first aid portions of the ARC Lifeguard Training exam with an 80 percent or higher. Participants must arrive at the pool with a swim suit and towel and be prepared to complete all skills as a review will not be provided with this course.

Instructor: Staff
Location: Washington Pool

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
640441.AA	15+	5/16 – 5/17	SaSu	8:00 a.m. – 5:00 p.m.	\$191/\$239

Location: Sunnyvale Middle School Pool

140441.AA	15+	6/6 – 6/7	SaSu	8:00 a.m. – 5:00 p.m.	\$191/\$239
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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 #	Ages	Dates	Day	Time	Fee (Res/NR)
640440.AA	15+	5/2 – 5/10	SaSu	8:00 a.m. – 5:00 p.m.	\$270/\$320

For CPR/AED for Health Care Provider class see page 46.

Recreation Swim

Recreation Swim

Have a splashing good time during recreation swim at your neighborhood pools. Swim pass available at select locations.

Columbia Middle School Pool

June 15 – August 9
 Monday – Friday, 2 – 3:30 p.m.*
 Saturday – Sunday, 1:30 – 4 p.m.
 Open July 4**, 1:30 – 4 p.m.

*Extended hours (1:30 – 4 p.m.) on 6/26, 7/10, 7/24, 8/7
 **Free Fourth-of-July gift to first 100 people at the pool.

Youth Fee (under 18): \$1 Resident, \$4 Non-resident
Adult Fee: \$3 Resident, \$5 Non-resident

Reduced fee available for residents of the Columbia Neighborhood Center Service Area.



Sunnyvale Middle School Pool

June 18 – August 7

Thursday and Friday only, 12:45 – 2:45 p.m.*
 Closed July 3 – 4.

*Extended hours (1:30 – 4 p.m.) on 6/26, 7/10, 7/24, 8/7

Youth Fee (under 18): \$3 Resident, \$4 Non-Resident
Adult Fee: \$4 Resident, \$5 Non-Resident
Youth Pass, 10 admissions: \$28 Resident, \$35 Non-Resident
Adult Pass, 15 admissions: \$57 Resident, \$71 Non-Resident

Washington Pool

Weekends, May 30 – August 30. Weekdays, June 15 – August 14.

Monday – Friday, 2:30 – 5 p.m.,*
 Saturday – Sunday, 1:30 – 4 p.m.
 Open July 4** and Labor Day Weekend, Sept. 5, 6 and 7, 1:30 – 4 p.m.

*Extended hours (1:30 – 5 p.m.) on 6/26, 7/10, 7/24 & 8/7
 **Free Fourth-of-July gift to first 100 people at the pool.

Youth Fee (under 18): \$3 Resident, \$4 Non-Resident
Adult Fee: \$4 Resident, \$5 Non-Resident
Youth Pass, 10 admissions: \$28 Resident, \$35 Non-Resident
Adult Pass, 15 admissions: \$57 Resident, \$71 Non-Resident

Swim Lessons

No class registrations, transfers or refunds will be processed at the Community Center or online after June 10. Beginning June 15, all registrations will be handled at the individual pool sites during swim lesson times. For registration times, please contact your preferred pool at the phone number below:

- Columbia Middle School Pool**..... (408) 735-0852
- Washington Pool**.....(408) 736-0474
- Sunnyvale Middle School Pool**(408) 738-0770

Adult (16+)

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

Instructor: Staff

Washington Pool

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
640420.AA	16+	4/28 – 5/21	TuTh	6:00 p.m. – 6:30 p.m.	\$120/\$150
640450.AA	16+	5/2 – 5/23	Sa	9:15 a.m. – 9:45 a.m.	\$60/\$75
140450.AA	16+	6/20 – 7/11	Sa*	9:30 a.m. – 10:00 a.m.	\$45/\$56
140450.BA	16+	7/18 – 8/8	Sa	9:30 a.m. – 10:00 a.m.	\$60/\$75
140450.SA	16+	8/15 – 9/5	Sa	9:30 a.m. – 10:00 a.m.	\$60/\$75

Evening Classes

140420.AA	16+	6/16 – 7/9	TuTh	5:45 p.m. – 6:15 p.m.	\$120/\$150
140420.AB	16+	7/14 – 8/6	TuTh	5:45 p.m. – 6:15 p.m.	\$120/\$150
140420.FA	16+	8/18 – 9/10	Tu/Th	6:05 p.m. – 6:35 p.m.	\$120/\$150

*No class 7/4



Parent/Tot Class at Washington Pool

Parent/Tot (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 a pool. The instructor presents skills and techniques for parents to use with their children. Participants are also given an opportunity to work on beginning swimming 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: Columbia Middle School Pool

Class #	Ages	Dates	Day	Time	Fee (Res/NR)
110000.AA	6 mo. – 3	6/15 – 6/25	M – F	3:45 p.m. – 4:15 p.m.	\$90/\$113
110000.AB	6 mo. – 3	6/15 – 6/25	M – F	4:55 p.m. – 5:25 p.m.	\$90/\$113
110000.BA	6 mo. – 3	6/29 – 7/9	M – F*	3:45 p.m. – 4:15 p.m.	\$80/\$100
110000.BB	6 mo. – 3	6/29 – 7/9	M – F*	4:55 p.m. – 5:25 p.m.	\$80/\$100
110000.CA	6 mo. – 3	7/13 – 7/23	M – F	3:45 p.m. – 4:15 p.m.	\$90/\$113
110000.CB	6 mo. – 3	7/13 – 7/23	M – F	4:55 p.m. – 5:25 p.m.	\$90/\$113
110000.DA	6 mo. – 3	7/27 – 8/6	M – F	3:45 p.m. – 4:15 p.m.	\$90/\$113
110000.DB	6 mo. – 3	7/27 – 8/6	M – F	4:55 p.m. – 5:25 p.m.	\$90/\$113

Location: Washington Pool

610400.AA	6 mo. – 3	4/28 – 5/21	TuTh	3:45 p.m. – 4:15 p.m.	\$88/\$110
610411.AA	6 mo. – 3	5/2 – 5/23	Sa	10:00 a.m. – 10:30 a.m.	\$44/\$55
610411.AB	6 mo. – 3	5/2 – 5/23	Sa	11:10 a.m. – 11:40 a.m.	\$44/\$55
110401.AA	6 mo. – 3	6/15 – 6/25	M – F	10:45 a.m. – 11:15 a.m.	\$98/\$123
110401.AB	6 mo. – 3	6/15 – 6/25	M – F	11:20 a.m. – 11:50 a.m.	\$98/\$123
110411.AA	6 mo. – 3	6/20 – 7/11	Sa*	10:05 a.m. – 10:35 a.m.	\$33/\$41
110411.AB	6 mo. – 3	6/20 – 7/11	Sa*	11:25 a.m. – 11:55 a.m.	\$33/\$41
110411.AC	6 mo. – 3	6/20 – 7/11	Sa*	12:00 p.m. – 12:30 p.m.	\$33/\$41
110401.BA	6 mo. – 3	6/29 – 7/9	M – F*	10:45 a.m. – 11:15 a.m.	\$86/\$108
110401.BB	6 mo. – 3	6/29 – 7/9	M – F*	11:20 a.m. – 11:50 a.m.	\$86/\$108
110401.CA	6 mo. – 3	7/13 – 7/23	M – F	10:45 a.m. – 11:15 a.m.	\$98/\$123
110401.CB	6 mo. – 3	7/13 – 7/23	M – F	11:20 a.m. – 11:50 a.m.	\$98/\$123
110411.BA	6 mo. – 3	7/18 – 8/8	Sa	10:05 a.m. – 10:35 a.m.	\$44/\$55
110411.BB	6 mo. – 3	7/18 – 8/8	Sa	11:25 a.m. – 11:55 a.m.	\$44/\$55
110411.BC	6 mo. – 3	7/18 – 8/8	Sa	12:00 p.m. – 12:30 p.m.	\$44/\$55
110401.DA	6 mo. – 3	7/27 – 8/6	M – F	10:45 a.m. – 11:15 a.m.	\$98/\$123
110401.DB	6 mo. – 3	7/27 – 8/6	M – F	11:20 a.m. – 11:50 a.m.	\$98/\$123
110401.EA	6 mo. – 3	8/10 – 8/14	M – F	10:45 a.m. – 11:15 a.m.	\$54/\$68
110401.EB	6 mo. – 3	8/10 – 8/14	M – F	11:20 a.m. – 11:50 a.m.	\$54/\$68
110401.FA	6 mo. – 3	8/17 – 8/27	M – Th	3:45 p.m. – 4:15 p.m.	\$76/\$95
110411.SA	6 mo. – 3	8/15 – 9/5	Sa	10:05 a.m. – 10:35 a.m.	\$44/\$55
110411.SB	6 mo. – 3	8/15 – 9/5	Sa	11:15 a.m. – 11:45 a.m.	\$44/\$55
110401.GA	6 mo. – 3	8/31 – 9/10	M – Th*	3:45 p.m. – 4:15 p.m.	\$67/\$84

*No class 7/3, 7/4, 9/7

Evening Classes

110402.AA	6 mo. - 3	6/15 - 6/25	M - Th	6:30 p.m. - 6:55 p.m.	\$76/\$95
110402.BA	6 mo. - 3	6/29 - 7/9	M - Th	6:30 p.m. - 6:55 p.m.	\$68/\$85
110402.CA	6 mo. - 3	7/13 - 7/23	M - Th	6:30 p.m. - 6:55 p.m.	\$76/\$95
110402.DA	6 mo. - 3	7/27 - 8/6	M - Th	6:30 p.m. - 6:55 p.m.	\$76/\$95

*No class 7/3, 7/4, 9/7

Tiny Tots

(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 an 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: Columbia Middle School Pool

Class #	Age	Dates	Day	Time	Fee (Res/NR)
110001.AA	3	6/15 - 6/25	M - F	4:20 p.m. - 4:50 p.m.	\$90/\$113
110001.AB	3	6/15 - 6/25	M - F	5:30 p.m. - 6:00 p.m.	\$90/\$113
110001.BA	3	6/29 - 7/9	M - F*	4:20 p.m. - 4:50 p.m.	\$80/\$100
110001.BB	3	6/29 - 7/9	M - F*	5:30 p.m. - 6:00 p.m.	\$80/\$100
110001.CA	3	7/13 - 7/23	M - F	4:20 p.m. - 4:50 p.m.	\$90/\$113
110001.CB	3	7/13 - 7/23	M - F	5:30 p.m. - 6:00 p.m.	\$90/\$113
110001.DA	3	7/27 - 8/6	M - F	4:20 p.m. - 4:50 p.m.	\$90/\$113
110001.DB	3	7/27 - 8/6	M - F	5:30 p.m. - 6:00 p.m.	\$90/\$113

Location: Washington Pool

610401.AA	3	4/28 - 5/21	TuTh	4:55 p.m. - 5:25 p.m.	\$88/\$110
610413.AA	3	5/2 - 5/23	Sa	10:35 a.m. - 11:05 a.m.	\$44/\$55
610413.AB	3	5/2 - 5/23	Sa	11:10 a.m. - 11:40 a.m.	\$44/\$55
110403.AA	3	6/15 - 6/25	M - F	9:00 a.m. - 9:30 a.m.	\$98/\$123
110403.AB	3	6/15 - 6/25	M - F	1:30 p.m. - 2:00 p.m.	\$98/\$123
110413.AA	3	6/20 - 7/11	Sa*	10:05 a.m. - 10:35 a.m.	\$33/\$41
110413.AB	3	6/20 - 7/11	Sa*	10:40 a.m. - 11:10 a.m.	\$33/\$41
110413.AC	3	6/20 - 7/11	Sa*	12:00 p.m. - 12:30 p.m.	\$33/\$41
110403.BA	3	6/29 - 7/9	M - F*	9:00 a.m. - 9:30 a.m.	\$86/\$108
110403.BB	3	6/29 - 7/9	M - F*	1:30 p.m. - 2:00 p.m.	\$86/\$108
110403.CA	3	7/13 - 7/23	M - F	9:00 a.m. - 9:30 a.m.	\$98/\$123
110403.CB	3	7/13 - 7/23	M - F	1:30 p.m. - 2:00 p.m.	\$98/\$123
110413.BA	3	7/18 - 8/8	Sa	10:05 a.m. - 10:35 a.m.	\$44/\$55
110413.BB	3	7/18 - 8/8	Sa	10:40 a.m. - 11:10 a.m.	\$44/\$55
110413.BC	3	7/18 - 8/8	Sa	12:00 p.m. - 12:30 p.m.	\$44/\$55
110403.DA	3	7/27 - 8/6	M - F	9:00 a.m. - 9:30 a.m.	\$98/\$123
110403.DB	3	7/27 - 8/6	M - F	1:30 p.m. - 2:00 p.m.	\$98/\$123
110403.EA	3	8/10 - 8/14	M - F	9:00 a.m. - 9:30 a.m.	\$54/\$68
110413.AA	3	8/15 - 9/5	Sa	10:40 a.m. - 11:10 a.m.	\$44/\$55
110413.SB	3	8/15 - 9/5	Sa	11:15 a.m. - 11:45 a.m.	\$44/\$55
110403.EB	3	8/10 - 8/14	M - F	1:30 p.m. - 2:00 p.m.	\$54/\$68
110403.FA	3	8/17 - 8/27	M - F	4:55 p.m. - 5:25 p.m.	\$76/\$95
110403.GA	3	8/31 - 9/10	M - Th*	4:55 p.m. - 5:25 p.m.	\$67/\$84

*No class 7/3, 7/4, 9/7

Evening Classes

110404.AA	3	6/15 - 6/25	M - Th	7:00 p.m. - 7:25 p.m.	\$76/\$95
110404.AB	3	6/15 - 6/25	M - Th	7:30 p.m. - 7:50 p.m.	\$76/\$95
110404.BA	3	6/29 - 7/9	M - Th	7:00 p.m. - 7:25 p.m.	\$68/\$85
110404.BB	3	6/29 - 7/9	M - Th	7:30 p.m. - 7:50 p.m.	\$68/\$85
110404.CA	3	7/13 - 7/23	M - Th	7:00 p.m. - 7:25 p.m.	\$76/\$95
110404.CB	3	7/13 - 7/23	M - Th	7:30 p.m. - 7:50 p.m.	\$76/\$95
110404.DA	3	7/27 - 8/6	M - Th	7:00 p.m. - 7:25 p.m.	\$76/\$95
110404.DB	3	7/27 - 8/6	M - Th	7:30 p.m. - 7:50 p.m.	\$76/\$95

*No class 7/3, 7/4, 9/7

Swim Assessment Day

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 onsite for spring and summer swim classes. For more information, visit Swim.inSunnyvale.com.

Location	Date	Time	Fee
Washington Pool	April 4	12:30 - 1:30 p.m.	Free



Youth Beginner Swim Lessons

Youth Beginner

(4 - 15 years)

Beginning level classes (otters, seals, dolphins levels) range in skills from little or no experience to coordination of the front crawl. Water safety and pool rules will be discussed. Children will be grouped with those of similar ability. Bring swimsuit, towel and sunblock.

- **Otters:** No swimming experience is necessary. Otters work on assisted front floats, back floats and underwater exploration. Arm and leg actions for front crawl will be introduced, and water safety and pool rules will be discussed.
- **Seals:** These swimmers will work on unassisted front and back floats. Explorations of deep water, gliding, flutter kicking and rhythmic breathing will also be covered.
- **Dolphins:** These swimmers will begin to combine rhythmic breathing, arm motion and kicking. Treading water, survival floating and independent entry to the water will also be practiced.

Instructor: Staff

Location: Columbia Middle School Pool

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
120011.AA	Beg	4 - 15	6/15 - 6/25	M - F	3:45 p.m. - 4:15 p.m.	\$90/\$113
120011.AB	Beg	4 - 15	6/15 - 6/25	M - F	4:20 p.m. - 4:50 p.m.	\$90/\$113
120011.AC	Beg	4 - 15	6/15 - 6/25	M - F	4:55 p.m. - 5:25 p.m.	\$90/\$113
120011.AD	Beg	4 - 15	6/15 - 6/25	M - F	5:30 p.m. - 6:00 p.m.	\$90/\$113
120011.BA	Beg	4 - 15	6/29 - 7/9	M - F*	3:45 p.m. - 4:15 p.m.	\$80/\$100
120011.BB	Beg	4 - 15	6/29 - 7/9	M - F*	4:20 p.m. - 4:50 p.m.	\$80/\$100
120011.BC	Beg	4 - 15	6/29 - 7/9	M - F*	4:55 p.m. - 5:25 p.m.	\$80/\$100
120011.BD	Beg	4 - 15	6/29 - 7/9	M - F*	5:30 p.m. - 6:00 p.m.	\$80/\$100
120011.CA	Beg	4 - 15	7/13 - 7/23	M - F	3:45 p.m. - 4:15 p.m.	\$90/\$113
120011.CB	Beg	4 - 15	7/13 - 7/23	M - F	4:20 p.m. - 4:50 p.m.	\$90/\$113
120011.CC	Beg	4 - 15	7/13 - 7/23	M - F	4:55 p.m. - 5:25 p.m.	\$90/\$113
120011.CD	Beg	4 - 15	7/13 - 7/23	M - F	5:30 p.m. - 6:00 p.m.	\$90/\$113
120011.DA	Beg	4 - 15	7/27 - 8/6	M - F	3:45 p.m. - 4:15 p.m.	\$90/\$113
120011.DB	Beg	4 - 15	7/27 - 8/6	M - F	4:20 p.m. - 4:50 p.m.	\$90/\$113
120011.DC	Beg	4 - 15	7/27 - 8/6	M - F	4:55 p.m. - 5:25 p.m.	\$90/\$113
120011.DD	Beg	4 - 15	7/27 - 8/6	M - F	5:30 p.m. - 6:00 p.m.	\$90/\$113



Location: Sunnyvale Middle School Pool

120311.AD	Beg	4-15	6/15-6/25	M-F	3:00 p.m. - 3:30 p.m.	\$98/\$123
120311.AE	Beg	4-15	6/15-6/25	M-F	3:35 p.m. - 4:05 p.m.	\$98/\$123
120311.AF	Beg	4-15	6/15-6/25	M-F	4:10 p.m. - 4:40 p.m.	\$98/\$123
120311.AG	Beg	4-15	6/15-6/25	M-F	4:45 p.m. - 5:15 p.m.	\$98/\$123
120311.AH	Beg	4-15	6/15-6/25	M-F	5:20 p.m. - 5:50 p.m.	\$98/\$123
120311.AI	Beg	4-15	6/15-6/25	M-F	5:55 p.m. - 6:25 p.m.	\$98/\$123
120311.BD	Beg	4-15	6/29-7/9	M-F*	3:00 p.m. - 3:30 p.m.	\$86/\$108
120311.BE	Beg	4-15	6/29-7/9	M-F*	3:35 p.m. - 4:05 p.m.	\$86/\$108
120311.BF	Beg	4-15	6/29-7/9	M-F*	4:10 p.m. - 4:40 p.m.	\$86/\$108
120311.BG	Beg	4-15	6/29-7/9	M-F*	4:45 p.m. - 5:15 p.m.	\$86/\$108
120311.BH	Beg	4-15	6/29-7/9	M-F*	5:20 p.m. - 5:50 p.m.	\$86/\$108
120311.BI	Beg	4-15	6/29-7/9	M-F*	5:55 p.m. - 6:25 p.m.	\$86/\$108
120311.CD	Beg	4-15	7/13-7/23	M-F	3:00 p.m. - 3:30 p.m.	\$98/\$123
120311.CE	Beg	4-15	7/13-7/23	M-F	3:35 p.m. - 4:05 p.m.	\$98/\$123
120311.CF	Beg	4-15	7/13-7/23	M-F	4:10 p.m. - 4:40 p.m.	\$98/\$123
120311.CG	Beg	4-15	7/13-7/23	M-F	4:45 p.m. - 5:15 p.m.	\$98/\$123
120311.CH	Beg	4-15	7/13-7/23	M-F	5:20 p.m. - 5:50 p.m.	\$98/\$123
120311.CI	Beg	4-15	7/13-7/23	M-F	5:55 p.m. - 6:25 p.m.	\$98/\$123
120311.DD	Beg	4-15	7/27-8/6	M-F	3:00 p.m. - 3:30 p.m.	\$98/\$123
120311.DE	Beg	4-15	7/27-8/6	M-F	3:35 p.m. - 4:05 p.m.	\$98/\$123
120311.DF	Beg	4-15	7/27-8/6	M-F	4:10 p.m. - 4:40 p.m.	\$98/\$123
120311.DG	Beg	4-15	7/27-8/6	M-F	4:45 p.m. - 5:15 p.m.	\$98/\$123
120311.DH	Beg	4-15	7/27-8/6	M-F	5:20 p.m. - 5:50 p.m.	\$98/\$123
120311.DI	Beg	4-15	7/27-8/6	M-F	5:55 p.m. - 6:25 p.m.	\$98/\$123

Location: Washington Pool

620411.AA	Beg	4-15	4/28-5/21	TuTh	3:45 p.m. - 4:15 p.m.	\$88/\$110
620411.AB	Beg	4-15	4/28-5/21	TuTh	4:20 p.m. - 4:50 p.m.	\$88/\$110
620411.AC	Beg	4-15	4/28-5/21	TuTh	4:55 p.m. - 5:20 p.m.	\$88/\$110
620441.AA	Beg	4-15	5/2-5/23	Sa	10:00 a.m. - 10:30 a.m.	\$44/\$55
620441.AB	Beg	4-15	5/2-5/23	Sa	10:35 a.m. - 11:05 a.m.	\$44/\$55
620441.AC	Beg	4-15	5/2-5/23	Sa	11:45 a.m. - 12:15 p.m.	\$44/\$55
120421.AA	Beg	4-15	6/15-6/25	M-F	9:00 a.m. - 9:30 a.m.	\$98/\$123
120421.AB	Beg	4-15	6/15-6/25	M-F	9:35 a.m. - 10:05 a.m.	\$98/\$123
120421.AC	Beg	4-15	6/15-6/25	M-F	10:10 a.m. - 10:40 a.m.	\$98/\$123
120421.AD	Beg	4-15	6/15-6/25	M-F	10:45 a.m. - 11:15 a.m.	\$98/\$123
120421.AE	Beg	4-15	6/15-6/25	M-F	11:20 a.m. - 11:50 a.m.	\$98/\$123
120421.AF	Beg	4-15	6/15-6/25	M-F	12:55 p.m. - 1:20 p.m.	\$98/\$123
120421.AG	Beg	4-15	6/15-6/25	M-F	1:30 p.m. - 2:00 p.m.	\$98/\$123
120441.AA	Beg	4-15	6/20-7/11	Sa*	10:05 a.m. - 10:35 a.m.	\$33/\$41
120441.AB	Beg	4-15	6/20-7/11	Sa*	10:40 a.m. - 11:10 a.m.	\$33/\$41
120441.AC	Beg	4-15	6/20-7/11	Sa*	11:25 a.m. - 11:55 a.m.	\$33/\$41
120441.AD	Beg	4-15	6/20-7/11	Sa*	12:00 p.m. - 12:30 p.m.	\$33/\$41
120421.BA	Beg	4-15	6/29-7/9	M-F*	9:00 a.m. - 9:30 a.m.	\$86/\$108
120421.BB	Beg	4-15	6/29-7/9	M-F*	9:35 a.m. - 10:05 a.m.	\$86/\$108
120421.BC	Beg	4-15	6/29-7/9	M-F*	10:10 a.m. - 10:40 a.m.	\$86/\$108
120421.BD	Beg	4-15	6/29-7/9	M-F*	10:45 a.m. - 11:15 a.m.	\$86/\$108
120421.BE	Beg	4-15	6/29-7/9	M-F*	11:20 a.m. - 11:50 a.m.	\$86/\$108
120421.BF	Beg	4-15	6/29-7/9	M-F*	12:55 p.m. - 1:25 p.m.	\$86/\$108
120421.BG	Beg	4-15	6/29-7/9	M-F*	1:30 p.m. - 2:00 p.m.	\$86/\$108
120421.CA	Beg	4-15	7/13-7/23	M-F	9:00 a.m. - 9:30 a.m.	\$98/\$108
120421.CB	Beg	4-15	7/13-7/23	M-F	9:35 a.m. - 10:05 a.m.	\$98/\$123
120421.CC	Beg	4-15	7/13-7/23	M-F	10:10 a.m. - 10:40 a.m.	\$98/\$123
120421.CD	Beg	4-15	7/13-7/23	M-F	10:45 a.m. - 11:15 a.m.	\$98/\$123
120421.CE	Beg	4-15	7/13-7/23	M-F	11:20 a.m. - 11:50 a.m.	\$98/\$123
120421.CF	Beg	4-15	7/13-7/23	M-F	12:55 p.m. - 1:25 p.m.	\$98/\$123
120421.CG	Beg	4-15	7/13-7/23	M-F	1:30 p.m. - 2:00 p.m.	\$98/\$123
120441.BA	Beg	4-15	7/18-8/8	Sa	10:05 a.m. - 10:35 a.m.	\$44/\$55
120441.BB	Beg	4-15	7/18-8/8	Sa	10:40 a.m. - 11:10 a.m.	\$44/\$55
120441.BC	Beg	4-15	7/18-8/8	Sa	11:25 a.m. - 11:55 a.m.	\$44/\$55
120441.BD	Beg	4-15	7/18-8/8	Sa	12:00 p.m. - 12:30 p.m.	\$44/\$55
120421.DA	Beg	4-15	7/27-8/6	M-F	9:00 a.m. - 9:30 a.m.	\$98/\$123

120421.DB	Beg	4-15	7/27-8/6	M-F	9:35 a.m. - 10:05 a.m.	\$98/\$123
120421.DC	Beg	4-15	7/27-8/6	M-F	10:10 a.m. - 10:40 a.m.	\$98/\$123
120421.DD	Beg	4-15	7/27-8/6	M-F	10:45 a.m. - 11:15 a.m.	\$98/\$123
120421.DE	Beg	4-15	7/27-8/6	M-F	11:20 a.m. - 11:50 a.m.	\$98/\$123
120421.DF	Beg	4-15	7/27-8/6	M-F	12:55 p.m. - 1:25 p.m.	\$98/\$123
120421.DG	Beg	4-15	7/27-8/6	M-F	1:30 p.m. - 2:00 p.m.	\$98/\$123
120421.EA	Beg	4-15	8/10-8/14	M-F	9:00 a.m. - 9:30 a.m.	\$54/\$68
120421.EB	Beg	4-15	8/10-8/14	M-F	9:35 a.m. - 10:05 a.m.	\$54/\$68
120421.EC	Beg	4-15	8/10-8/14	M-F	10:10 a.m. - 10:40 a.m.	\$54/\$68
120421.ED	Beg	4-15	8/10-8/14	M-F	10:45 a.m. - 11:15 a.m.	\$54/\$68
120421.EE	Beg	4-15	8/10-8/14	M-F	11:20 a.m. - 11:50 a.m.	\$54/\$68
120421.EF	Beg	4-15	8/10-8/14	M-F	12:55 p.m. - 1:25 p.m.	\$54/\$68
120421.EG	Beg	4-15	8/10-8/14	M-F	1:30 p.m. - 2:00 p.m.	\$54/\$68
120441.SA	Beg	4-15	8/15-9/5	Sa	10:05 a.m. - 10:35 a.m.	\$44/\$55
120441.SB	Beg	4-15	8/15-9/5	Sa	10:40 a.m. - 11:10 a.m.	\$44/\$55
120441.SC	Beg	4-15	8/15-9/5	Sa	11:50 a.m. - 12:20 p.m.	\$44/\$55
120421.FA	Beg	4-15	8/17-8/27	M-Th	3:45 p.m. - 4:15 p.m.	\$76/\$95
120421.FB	Beg	4-15	8/17-8/27	M-Th	4:20 p.m. - 4:50 p.m.	\$76/\$95
120421.FC	Beg	4-15	8/17-8/27	M-Th	4:55 p.m. - 5:25 p.m.	\$76/\$95
120421.FD	Beg	4-15	8/17-8/27	M-Th	5:30 p.m. - 6:00 p.m.	\$76/\$95
120421.GA	Beg	4-15	8/31-9/10	M-Th*	3:45 p.m. - 4:15 p.m.	\$67/\$84
120421.GB	Beg	4-15	8/31-9/10	M-Th*	4:20 p.m. - 4:50 p.m.	\$67/\$84
120421.GC	Beg	4-15	8/31-9/10	M-Th*	4:55 p.m. - 5:25 p.m.	\$67/\$84
120421.GD	Beg	4-15	8/31-9/10	M-Th*	5:30 p.m. - 6:00 p.m.	\$67/\$84

Evening Classes

620411.AD	Beg	4-15	4/28-5/21	TuTh	5:30 p.m. - 6:00 p.m.	\$88/\$110
120410.AA	Beg	4-15	6/9-6/12	Tu-F**	5:15 p.m. - 5:40 p.m.	\$26/\$33
120410.AB	Beg	4-15	6/9-6/12	Tu-F**	5:45 p.m. - 6:10 p.m.	\$26/\$33
120410.AC	Beg	4-15	6/9-6/12	Tu-F**	6:15 p.m. - 6:40 p.m.	\$26/\$33
120431.AA	Beg	4-15	6/15-6/25	M-Th	6:30 p.m. - 6:50 p.m.	\$76/\$95
120431.AB	Beg	4-15	6/15-6/25	M-Th	7:00 p.m. - 7:25 p.m.	\$76/\$95
120431.AC	Beg	4-15	6/15-6/25	M-Th	7:30 p.m. - 7:50 p.m.	\$76/\$95
120431.BA	Beg	4-15	6/29-7/9	M-Th	6:30 p.m. - 6:50 p.m.	\$68/\$85
120431.BB	Beg	4-15	6/29-7/9	M-Th	7:00 p.m. - 7:25 p.m.	\$68/\$85
120431.BC	Beg	4-15	6/29-7/9	M-Th	7:30 p.m. - 7:50 p.m.	\$68/\$85
120431.CA	Beg	4-15	7/13-7/23	M-Th	6:30 p.m. - 6:50 p.m.	\$76/\$95
120431.CB	Beg	4-15	7/13-7/23	M-Th	7:00 p.m. - 7:20 p.m.	\$76/\$95
120431.CC	Beg	4-15	7/13-7/23	M-Th	7:30 p.m. - 7:50 p.m.	\$76/\$95
120431.DA	Beg	4-15	7/27-8/6	M-Th	6:30 p.m. - 6:55 p.m.	\$76/\$95
120431.DB	Beg	4-15	7/27-8/6	M-Th	7:00 p.m. - 7:25 p.m.	\$76/\$95
120431.DC	Beg	4-15	7/27-8/6	M-Th	7:30 p.m. - 7:55 p.m.	\$76/\$95

*No class 7/3, 7/4, 9/7 **Special pricing for pre-summer session



Youth Swim Lessons

Youth Level 3 (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 will also be introduced. Students should have passed Beginning Levels to enroll. Bring swimsuit, towel and sunblock.

Instructor: Staff

Location: Columbia Middle School Pool

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
120013.AB	3	4 – 15	6/15 – 6/25	M – F	3:45 p.m. – 4:15 p.m.	\$90/\$113
120013.AA	3	4 – 15	6/15 – 6/25	M – F	5:30 p.m. – 6:00 p.m.	\$90/\$113
120013.BB	3	4 – 15	6/29 – 7/9	M – F*	3:45 p.m. – 4:15 p.m.	\$80/\$100
120013.BA	3	4 – 15	6/29 – 7/9	M – F*	5:30 p.m. – 6:00 p.m.	\$80/\$100
120013.DA	3	4 – 15	7/27 – 8/6	M – F	5:30 p.m. – 6:00 p.m.	\$90/\$113
120013.DB	3	4 – 15	7/27 – 8/6	M – F	3:45 p.m. – 4:15 p.m.	\$90/\$113
120013.CB	3	4 – 15	7/13 – 7/23	M – F	3:45 p.m. – 4:15 p.m.	\$90/\$113
120013.CA	3	4 – 15	7/13 – 7/23	M – F	5:30 p.m. – 6:00 p.m.	\$90/\$113

Location: Sunnyvale Middle School Pool

120313.AA	3	4 – 15	6/15 – 6/25	M – F	3:35 p.m. – 4:05 p.m.	\$98/\$123
120313.AB	3	4 – 15	6/15 – 6/25	M – F	5:20 p.m. – 5:50 p.m.	\$98/\$123
120313.BA	3	4 – 15	6/29 – 7/9	M – F*	3:35 p.m. – 4:05 p.m.	\$86/\$108
120313.BB	3	4 – 15	6/29 – 7/9	M – F*	5:20 p.m. – 5:50 p.m.	\$86/\$108
120313.CA	3	4 – 15	7/13 – 7/23	M – F	3:35 p.m. – 4:05 p.m.	\$98/\$123
120313.CB	3	4 – 15	7/13 – 7/23	M – F	5:20 p.m. – 5:50 p.m.	\$98/\$123
120313.DA	3	4 – 15	7/27 – 8/6	M – F	3:35 p.m. – 4:05 p.m.	\$98/\$123
120313.DB	3	4 – 15	7/27 – 8/6	M – F	5:20 p.m. – 5:50 p.m.	\$98/\$123

Location: Washington Pool

620413.AA	3	4 – 15	4/28 – 5/21	TuTh	4:20 p.m. – 4:50 p.m.	\$88/\$110
620413.AB	3	4 – 15	4/28 – 5/21	TuTh	5:30 p.m. – 6:00 p.m.	\$88/\$110
620443.AA	3	4 – 15	5/2 – 5/23	Sa	11:45 a.m. – 12:15 p.m.	\$44/\$55
120423.AA	3	4 – 15	6/15 – 6/25	M – F	9:35 a.m. – 10:05 a.m.	\$98/\$123
120423.AB	3	4 – 15	6/15 – 6/25	M – F	10:10 a.m. – 10:40 a.m.	\$98/\$123
120423.AC	3	4 – 15	6/15 – 6/25	M – F	11:20 a.m. – 11:50 a.m.	\$98/\$123
120423.AD	3	4 – 15	6/15 – 6/25	M – F	12:55 p.m. – 1:25 p.m.	\$98/\$123
120423.AE	3	4 – 15	6/15 – 6/25	M – F	1:30 p.m. – 2:00 p.m.	\$98/\$123
120443.AA	3	4 – 15	6/20 – 7/11	Sa*	10:40 a.m. – 11:10 a.m.	\$33/\$41
120423.BA	3	4 – 15	6/29 – 7/9	M – F*	9:35 a.m. – 10:05 a.m.	\$86/\$108
120423.BB	3	4 – 15	6/29 – 7/9	M – F*	10:10 a.m. – 10:40 a.m.	\$86/\$108
120423.BC	3	4 – 15	6/29 – 7/9	M – F*	11:20 a.m. – 11:50 a.m.	\$86/\$108
120423.BD	3	4 – 15	6/29 – 7/9	M – F*	12:55 p.m. – 1:25 p.m.	\$86/\$108
120423.BE	3	4 – 15	6/29 – 7/9	M – F*	1:30 p.m. – 2:00 p.m.	\$86/\$108
120423.CA	3	4 – 15	7/13 – 7/23	M – F	9:35 a.m. – 10:05 a.m.	\$98/\$123
120423.CB	3	4 – 15	7/13 – 7/23	M – F	10:10 a.m. – 10:40 a.m.	\$98/\$123
120423.CC	3	4 – 15	7/13 – 7/23	M – F	11:20 a.m. – 11:50 a.m.	\$98/\$123
120423.CD	3	4 – 15	7/13 – 7/23	M – F	12:55 p.m. – 1:25 p.m.	\$98/\$123
120423.CE	3	4 – 15	7/13 – 7/23	M – F	1:30 p.m. – 2:00 p.m.	\$98/\$123
120443.BA	3	4 – 15	7/18 – 8/8	Sa	10:40 a.m. – 11:10 a.m.	\$44/\$55
120423.DA	3	4 – 15	7/27 – 8/6	M – F	9:35 a.m. – 10:05 a.m.	\$98/\$123
120423.DB	3	4 – 15	7/27 – 8/6	M – F	10:10 a.m. – 10:40 a.m.	\$98/\$123
120423.DC	3	4 – 15	7/27 – 8/6	M – F	11:20 a.m. – 11:50 a.m.	\$98/\$123
120423.DD	3	4 – 15	7/27 – 8/6	M – F	12:55 p.m. – 1:25 p.m.	\$98/\$123
120423.DE	3	4 – 15	7/27 – 8/6	M – F	1:30 p.m. – 2:00 p.m.	\$98/\$123
120423.EA	3	4 – 15	8/10 – 8/14	M – F	9:35 a.m. – 10:05 a.m.	\$54/\$68
120423.EB	3	4 – 15	8/10 – 8/14	M – F	10:10 a.m. – 10:40 a.m.	\$54/\$68
120423.EC	3	4 – 15	8/10 – 8/14	M – F	11:20 a.m. – 11:50 a.m.	\$54/\$68
120423.ED	3	4 – 15	8/10 – 8/14	M – F	12:55 p.m. – 1:25 p.m.	\$54/\$68
120423.EE	3	4 – 15	8/10 – 8/14	M – F	1:30 p.m. – 2:00 p.m.	\$54/\$68
120443.SA	3	4 – 15	8/15 – 9/5	Sa	11:50 a.m. – 12:20 p.m.	\$44/\$55
120423.FA	3	4 – 15	8/17 – 8/27	M – Th	4:20 p.m. – 4:50 p.m.	\$76/\$95
120423.FB	3	4 – 15	8/17 – 8/27	M – Th	5:30 p.m. – 6:00 p.m.	\$76/\$95

120423.GA	3	4 – 15	8/31 – 9/10	M – Th*	4:20 p.m. – 4:50 p.m.	\$67/\$84
120423.GB	3	4 – 15	8/31 – 9/10	M – Th*	5:30 p.m. – 6:00 p.m.	\$67/\$84

Evening Classes

120433.AA	3	4 – 15	6/15 – 6/25	M – Th	6:30 p.m. – 6:55 p.m.	\$76/\$95
120433.BA	3	4 – 15	6/29 – 7/9	M – Th	6:30 p.m. – 6:55 p.m.	\$68/\$85
120433.CA	3	4 – 15	7/13 – 7/23	M – Th	6:30 p.m. – 6:55 p.m.	\$76/\$95
120433.DA	3	4 – 15	7/27 – 8/6	M – Th	6:30 p.m. – 6:55 p.m.	\$76/\$85

*No class 7/3, 9/7



Youth Swim Lessons

Youth Level 4 (4 – 15 years)

A more advanced course, Level 4 is designed to improve front crawl, back crawl and butterfly. Elementary backstroke, breaststroke and open turns will be introduced and practiced. Students should have passed Level 3 to enroll.

Instructor: Staff

Location: Sunnyvale Middle School Pool

Class #	Level	Ages	Dates	Day	Time	Fee (Res/NR)
120314.AA	4	4 – 15	6/15 – 6/25	M – F	3:00 p.m. – 3:30 p.m.	\$98/\$123
120314.AB	4	4 – 15	6/15 – 6/25	M – F	5:55 p.m. – 6:25 p.m.	\$98/\$123
120314.BA	4	4 – 15	6/29 – 7/9	M – F*	3:00 p.m. – 3:30 p.m.	\$86/\$108
120314.BB	4	4 – 15	6/29 – 7/9	M – F*	5:55 p.m. – 6:25 p.m.	\$86/\$108
120314.CA	4	4 – 15	7/13 – 7/23	M – F	3:00 p.m. – 3:30 p.m.	\$98/\$123
120314.CB	4	4 – 15	7/13 – 7/23	M – F	5:55 p.m. – 6:25 p.m.	\$98/\$123
120314.DA	4	4 – 15	7/27 – 8/6	M – F	3:00 p.m. – 3:30 p.m.	\$98/\$123
120314.DB	4	4 – 15	7/27 – 8/6	M – F	5:55 p.m. – 6:25 p.m.	\$98/\$123

Location: Washington Pool

120424.AA	4	4 – 15	6/15 – 6/25	M – F	10:45 a.m. – 11:15 a.m.	\$98/\$123
120424.AB	4	4 – 15	6/15 – 6/25	M – F	12:55 p.m. – 1:25 p.m.	\$98/\$123
120444.AA	4	4 – 15	6/20 – 7/11	Sa*	11:25 a.m. – 11:55 a.m.	\$33/\$41
120424.BA	4	4 – 15	6/29 – 7/9	M – F*	10:45 a.m. – 11:15 a.m.	\$86/\$108
120424.BB	4	4 – 15	6/29 – 7/9	M – F*	12:55 p.m. – 1:25 p.m.	\$86/\$108
120444.BA	4	4 – 15	7/18 – 8/8	Sa	11:25 a.m. – 11:55 a.m.	\$44/\$55
120424.CA	4	4 – 15	7/13 – 7/23	M – F	10:45 a.m. – 11:15 a.m.	\$98/\$123
120424.CB	4	4 – 15	7/13 – 7/23	M – F	12:55 p.m. – 1:25 p.m.	\$98/\$123
120424.DA	4	4 – 15	7/27 – 8/6	M – F	10:45 a.m. – 11:15 a.m.	\$98/\$123
120424.DB	4	4 – 15	7/27 – 8/6	M – F	12:55 p.m. – 1:25 p.m.	\$98/\$123
120424.EA	4	4 – 15	8/10 – 8/14	M – F	10:45 a.m. – 11:15 a.m.	\$54/\$68
120424.EB	4	4 – 15	8/10 – 8/14	M – F	12:55 p.m. – 1:25 p.m.	\$54/\$68



Evening Classes

120434.AA	4	4-15	6/15-6/25	M-Th	7:00 p.m. - 7:25 p.m.	\$76/\$95
120434.BA	4	4-15	6/29-7/9	M-Th	7:00 p.m. - 7:25 p.m.	\$68/\$85
120434.CA	4	4-15	7/13-7/23	M-Th	7:00 p.m. - 7:25 p.m.	\$76/\$95
120434.DA	4	4-15	7/27-8/6	M-Th	7:00 p.m. - 7:25 p.m.	\$76/\$95

*No class 7/3, 7/4

Youth Level 4/5

(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 Level 3 or 4 to enroll.

Instructor: Staff

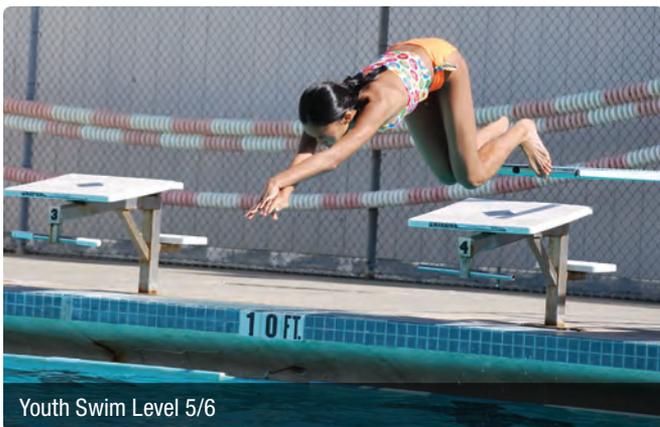
Location: Columbia Middle School Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
120024.AA	4/5	4-15	6/15-6/25	M-F	4:55 p.m. - 5:25 p.m.	\$90/\$113
120024.BA	4/5	4-15	6/29-7/9	M-F*	4:55 p.m. - 5:25 p.m.	\$80/\$100
120024.CA	4/5	4-15	7/13-7/23	M-F	4:55 p.m. - 5:25 p.m.	\$90/\$113
120024.DA	4/5	4-15	7/27-8/6	M-F	4:55 p.m. - 5:25 p.m.	\$90/\$113

Location: Washington Pool

120425.AA	4/5	4-15	6/15-6/25	M-F	10:10 a.m. - 10:40 a.m.	\$98/\$123
120425.BA	4/5	4-15	6/29-7/9	M-F*	10:10 a.m. - 10:40 a.m.	\$86/\$108
120425.CA	4/5	4-15	7/13-7/23	M-F	10:10 a.m. - 10:40 a.m.	\$98/\$123
120425.DA	4/5	4-15	7/27-8/6	M-F	10:10 a.m. - 10:40 a.m.	\$98/\$123
120425.EA	4/5	4-15	8/10-8/14	M-F	10:10 a.m. - 10:40 a.m.	\$54/\$68

*No class 7/3



Youth Swim Level 5/6

Youth Level 5

(4 – 15 years)

Endurance and stroke refinement is the emphasis in Level 5. Sidestroke, flips turns and shallow diving will be introduced to familiarize students with survival swimming and competitive swimming. Students should have passed Level 4 to enroll.

Instructor: Staff

Location: Sunnyvale Middle School Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
120315.AA	5	4-15	6/15-6/25	M-F	4:45 p.m. - 5:15 p.m.	\$98/\$123
120315.BA	5	4-15	6/29-7/9	M-F*	4:45 p.m. - 5:15 p.m.	\$86/\$108
120315.CA	5	4-15	7/13-7/23	M-F	4:45 p.m. - 5:15 p.m.	\$98/\$123
120315.DA	5	4-15	7/27-8/6	M-F	4:45 p.m. - 5:15 p.m.	\$98/\$123

Location: Washington Pool

120425.EB	5	4-15	8/10-8/14	M-F	1:30 p.m. - 2:00 p.m.	\$54/\$68
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Evening Classes

120435.AA	5	4-15	6/15-6/25	M-Th	7:30 p.m. - 7:55 p.m.	\$76/\$95
120435.BA	5	4-15	6/29-7/9	M-Th	7:30 p.m. - 7:55 p.m.	\$68/\$85
120435.CA	5	4-15	7/13-7/23	M-Th	7:30 p.m. - 7:55 p.m.	\$76/\$95
120435.DA	5	4-15	7/27-8/6	M-Th	7:30 p.m. - 7:55 p.m.	\$76/\$95

*No class 7/3



Splash Special Event at Washington Pool

Splash Special Event

Take a dip in the pool with the whole family. Games and prizes will be awarded throughout this special recreation swim.

Location	Dates	Time	Fee (Res/NR)
Washington Pool	July 10 and August 7	6:30 - 8 p.m.	\$4/\$5

Youth Level 5/6

(4 – 15 years)

Two levels are combined in this course for students to refine strokes as well as work on sidestroke and flip turns, so students swim with more ease, efficiency, power and smoothness over greater distances. Training techniques, principles and equipment will be introduced to students in order to gain a better understanding of swimming for fitness. Students should have passed Level 4 or 5 to enroll.

Instructor: Staff

Location: Sunnyvale Middle School Pool

Class #	Level	Age	Dates	Day	Time	Fee (Res/NR)
120316.AA	5/6	4-15	6/15-6/25	M-F	4:10 p.m. - 4:40 p.m.	\$98/\$123
120316.BA	5/6	4-15	6/29-7/9	M-F*	4:10 p.m. - 4:40 p.m.	\$86/\$108
120316.CA	5/6	4-15	7/13-7/23	M-F	4:10 p.m. - 4:40 p.m.	\$98/\$123
120316.DA	5/6	4-15	7/27-8/6	M-F	4:10 p.m. - 4:40 p.m.	\$98/\$123

Location: Washington Pool

120426.AA	5/6	4-15	6/15-6/25	M-F	9:35 a.m. - 10:05 a.m.	\$98/\$123
120426.AB	5/6	4-15	6/15-6/25	M-F	12:55 p.m. - 1:25 p.m.	\$98/\$123
120426.BA	5/6	4-15	6/29-7/9	M-F*	9:35 a.m. - 10:05 a.m.	\$86/\$108
120426.BB	5/6	4-15	6/29-7/9	M-F*	12:55 p.m. - 1:25 p.m.	\$86/\$108
120426.CA	5/6	4-15	7/13-7/23	M-F	9:35 a.m. - 10:05 a.m.	\$98/\$123
120426.CB	5/6	4-15	7/13-7/23	M-F	12:55 p.m. - 1:25 p.m.	\$98/\$123
120426.DA	5/6	4-15	7/27-8/6	M-F	9:35 a.m. - 10:05 a.m.	\$98/\$123
120426.DB	5/6	4-15	7/27-8/6	M-F	12:55 p.m. - 1:25 p.m.	\$98/\$123
120426.EA	5/6	4-15	8/10-8/14	M-F	9:35 a.m. - 10:05 a.m.	\$54/\$68
120426.EB	5/6	4-15	8/10-8/14	M-F	12:55 p.m. - 1:25 p.m.	\$54/\$68

*No class 7/3



Hanging out at Recreation Swim



Sunnyvale Swim Instructor Staff

Questions and Answers

Q: Where do I register for swim lessons?

Register at the Community Center through June 10. Refunds and transfers during this time may be requested at the Community Center. Beginning June 15, all registration will be handled at the individual pool sites during swim lesson times. Please call the pool to find out registration times at each of the facilities (See page 10 for contact information). No class registration, transfers or refunds will be processed at the Community Center after June 10.

Q: What level do I register my child for?

Read the skill level descriptions provided under each section, and register your child for the class that sounds most like his or her level. If your child is an otter, seal or dolphin, you just need to register for Beginners. On the first day of the class, staff will test each child and split them up according to their level (otter, seals and dolphins). We do not test the more advanced swimmers. If you feel that your child is in the wrong class, please let the pool manager know, so he or she can test your child for the proper level.

Q: Can my child be assessed by your aquatics staff before I register?

If you are uncertain of what level your child should be in, please join us at our Aquatics Swim Assessment Day on Saturday, April 4, 12:30 – 1:30 p.m. at Washington Pool. 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 onsite for spring and summer swim classes. For more information, visit swim.inSunnyvale.com.

Q: What is the child to instructor ratio?

Tiny Tots Swim 4:1
Beginning (Otters, Seals and Dolphins) approx 5:1
Level 3 and higher 6:1

Q: Why does the second week of each swim lesson session end on a Thursday?

Every other Friday is an extended Recreation Swim day. Extended Recreation Swim is offered at Columbia and Sunnyvale pools from 1:30 – 4 p.m. and at Washington pool from 1:30 – 5 p.m. on 6/26, 7/10, 7/24 and 8/7. Swim participants receive a voucher to allow them to enter recreation swim on the above dates at no cost.

Q: Does the pool close if it starts raining?

Generally, no. We will continue to hold swim lessons. We will close the facility if there is lightning.

Q: If my child misses a swim lesson because he is sick or she is out of town, can they have a make-up class?

Unfortunately, we are not able to offer make-up lessons when individual customers miss a class for any reason.

Q: How warm is the pool?

All facilities in Sunnyvale are outdoor pools. They are heated to approximately 80-82° F. Although the outside air temperature may make it seem cooler, the pool temperature is consistently maintained, regardless of the weather.

Q: Can I request a specific instructor for my child's lesson?

We cannot accommodate requests for specific instructors. The instructors rotate between levels and times. The pool manager does not know who will be teaching the class until the first day of the class.

Q: What if I am not happy with the program?

Please let the pool manager know right away. The manager will try to resolve the problem. The City of Sunnyvale has a refund policy, which is explained on page 68.

Q: Can my child wear a T-shirt in the pool?

For the safety of your child and the maintenance of our pool, T-shirts and other street clothes are not allowed in the pool.

Q: What if I registered my child for the wrong level?

We will try to find an open class in the right level for your child. However, this may require that you switch times or pools. We will work with you to try and find the best solution for you and your child.

Q: Why does my child have to listen to safety skills each session?

Water safety instruction is an important facet of our Learn-to-Swim program. Our program is based on the Red Cross Learn-to-Swim program, which requires instruction in water safety for each level of class. Although some students will hear the same information each time they take the same level class, we strongly believe that you can never have too much safety information.

Q: What if my child passes Level 3 and I have registered him or her for the whole summer in that level?

Please let the pool manager know before you leave the pool that day. The manager will work with you to help you transfer your child to the next level. However, transfers are not automatic. You must initiate it with the pool manager. In the event that we cannot find a suitable class for your child, he or she can either take the class that she is registered for again, or you may request a refund.

**Q: Are lockers and showers available?**

Yes, there are locker room facilities at each pool. Patrons must supply their own locks and towels. Showers are available for your use.

Q: Are there any health restrictions?

Persons suffering from infections or contagious disease and illnesses are not permitted in the pool or locker room areas.

Q: Can we bring a picnic to the pool?

We ask that you do not bring food, drinks, glass, sharp objects or tobacco products into the pool area. However, all of the pools are located in parks that are ideal for a picnic.

Q: Will the class get to go on the Diving Board?

For the pools with diving boards, the last day of each session is Diving Board Day. Each class will have the opportunity to jump off the board on that day. However, children who are not comfortable with this skill will not be required to jump from the board. Note: Columbia Middle School Pool does not have a diving board.

Q: What can I do to make swimming a safer experience for my child?

We strongly recommend that all parents and caregivers be certified in Community First Aid and CPR. This course is offered by the American Red Cross and teaches you what to do in an emergency.

Q: Where are the pools in Sunnyvale?**Columbia Middle School Pool**

730 Morse Avenue, 94085
(408) 735-0852

Sunnyvale Middle School Pool

1080 Mango Avenue, 94087
(408) 738-0770

Washington Park Pool

255 S. Pastoria Avenue, 94086
(408) 736-0474

Please see map, page 66. Additionally, The California Sports Center offers a wide range of aquatics programs to suit the needs of swimmers of all ages and abilities. California Sports Center's program is located at:

Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road
(408) 732-2257.

For more information, see page 64.



By enforcing pool rules in positive manner and modeling responsible behavior, our lifeguards serve as great role models and help kids develop a sense of boundaries and expectations. **(Asset # 14)**

41assets.inSunnyvale.com

Sunnyvale Aquatics Pool Rules

Welcome to Sunnyvale Splash, the City of Sunnyvale's Aquatics Program. We offer activities for the whole family: youth and adult swim lessons and recreational swim.

Recreation Swim

Public recreation swim allows swimmers of all ages the opportunity for casual swimming and water play. Lifeguards are on duty during recreation swim hours. Participants must adhere to all pool rules. Participants must pass our lifeguard-issued swim test, in order to swim in the deep end of the pool.

Swim Test

Participants who wish to swim in the deep end of the pool must pass our lifeguard-issued swim test. Swim test will consist of the following 3 skills:

- Jump into water above head and recover
- Swim 25 yards
- Tread water for 1 minute

Pool Rules

Children age 6 and younger must be directly supervised by a parent/guardian while in the pool. The parent/guardian must accompany the child in the water and remain within arm's length of the child.

- We strongly advise that all parents closely monitor their child's activities in the pool, regardless of the age. This is especially true for beginner swimmers.
- Children who are not toilet trained or who are under the age of 3 must wear approved swim diapers and plastic swim cover beneath their swimsuit.
- Please do not enter the pool if you have an infectious disease, bandage, open blisters or sores.
- Flotation devices including water wings, padded swimsuits and inner-tubes are not permitted with the exception of U.S. Coast guard-approved lifejackets.
- With the exception of service dogs, animals are not allowed in the facility.
- Food, drinks, glass, sharp objects or tobacco products are not permitted in the pool area.

Diving Board Rules

- Diving is only allowed in the deep end of the pool.
- One person is allowed on the diving board at a time.
- One bounce on the board is permitted.
- Jump or dive straight off and swim to the nearest side.

For Your Safety

- Please walk at all times on the pool deck.
- Fighting, roughhousing, chicken fighting, screaming, profanity and pretending to drown are not permitted in the facility.
- Appropriate swim attire is required in the pool.
- T-shirts worn over swimsuits and other street clothes are not allowed.

Lifeguard On Duty

The lifeguard on duty is in full charge. Failure to comply with the lifeguard's requests may result in being asked to leave the pool area without a refund. Lifeguards on deck are there to watch the pool. Please direct any questions to the pool manager, who works in the pool office.