



Sunnyvale Swim Complex



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



Summer 2015

The California Sports Center is proud to celebrate our fourteenth anniversary running 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, equipped with 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

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. Levels are separated by age and skill.

Summer weekday two-week lessons are offered various days/times. Weekend four-week sessions are offered during mid- to late morning hours. Spaces fill quickly, register early.

Important summer swim program dates:

- Registration begins on Monday, April 13, 2015
 - Session 1 classes begin on Monday, June 1, 2015
- Register online for lessons. Call or visit for assistance.

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

(10 – 14 years)

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

Recreational Diving

(6 – 16 years)

Diving classes are available during the week, including weekends, throughout the summer. Classes focus on the basic fundamentals of diving, approaches and entries. **Pre-requisites:** swim 25-yards, tread water and be comfortable in 13' depth water.

Summer Camps

(6 – 14 years)

June 15 – August 14

Summer swim day camps offer swim instruction, fun activities in the pool and shaded rest periods. Camps run M-F with full- and half-day options available.

Birthday Parties

Make your party a splash at the Sunnyvale Swim Complex. For more information and availability, contact the pool directly.

Open Recreational Swim

CSC offers open recreational swim to the public late spring through early fall. Open daily June 15 – August 9. Open Sat-Sun, May 2 – June 14, August 15- September 27. For times and pricing visit, www.calsportscenter.com/swim/open.shtml

Adult Programs

Adult Lap Swim

(18+)

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.

CSC Masters' – Sunnyvale

(18+)

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 required. Visit our website for detailed fee and schedule information.

Adult Swim Lessons and Stroke Clinics

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

Adult Water Fitness

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 certified coaches will help you become the best you can be.

Lifeguarding & Water Safety

Certified instructors teach lifeguard training, WSI, Water Safety for Swim Coaches and CPR/EAD. Open to the public. Register online on our website.

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