



Sunnyvale Swim Complex

Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Rd. • Sunnyvale
408-732-2257 • calsportscenter.com



Summer 2016

The California Sports Center (CSC) is proud to run aquatics programs for swimmers of all ages and abilities. The Sunnyvale Swim Complex at Fremont High School is an outdoor, newly replastered Olympic size, 50 meter by 25 yard, pool. Amenities include a remodeled pool house with locker rooms separate from the high school and a training room for community classes. Pool temperature is maintained between 78 and 82 degrees.

Swim Lessons

Designed for children and adults of all ages and abilities, the program allows 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) formats.

Register online today!

- Summer registration begins on Monday, April 11, 2016.
- Summer lessons begin on Monday, June 6, 2016

Summer weekday lessons are taught in two weeks sessions. Weekday classes are available at a variety of days and times. Weekend classes are taught in four week sessions and are available in the mid-late morning hours.

Pre-Competitive Swim Training (16 and under)

For swimmers looking to develop their competitive swimming skills and increase physical fitness. Prerequisites: Ability to swim 200 yards of freestyle, backstroke, breaststroke and 50 yards of butterfly.

Water Polo - Youth and Club (10+)

Designed for students ages 10+, the co-ed water polo programs are for players looking for beginning, intermediate or advanced training. Prerequisites: Youth – Ability to swim 200 yards of freestyle and tread water for one minute. Club – Skill based.

Recreational Diving (6 – 16 years)

Recreational diving classes focus on the basic fundamentals of diving, approaches and entries. Prerequisites: Ability to swim 25 yards and be comfortable in deep water.

Summer Camps (6 – 14 years)

Camp offers swim instruction, fun activities in the pool and shaded rest periods. Camp runs Monday – Friday, June 13 – August 12, 2016. Full and half day camps available.

Birthday Parties

Make your party a splash at the Sunnyvale Swim Complex. Available on select days/times. For more information, contact pool directly.

Open Recreation Swim

Open to the public now through early Fall. Open weekends, 5/1 – 6/12 and 8/13 – 9/25. Open daily 6/13 – 8/12. For specific times and pricing, visit www.calsportscenter.com.

Adult Lap Swim (16+)

CSC is the City of Sunnyvale's designated lap swim center. Adults and Fremont Union High School District students, ages 16 and over with a school ID or Sunnyvale residency, are welcome to swim. Lap swim is available daily throughout the year.

Monday – Friday6 – 8 a.m. / 11:30 a.m. – 1:30 p.m. / 6 – 8 p.m.

Saturday/Sunday8 a.m. – 11 a.m.

Senior rates are available for all sessions except weekday evenings.

Extended hours may be available. For a current schedule, visit www.calsportscenter.com.

CSC Master's – Sunnyvale (18+)

The master's program is for swimmers who desire a structured workout. Offered Monday – Saturday, workouts are tailored for a full range of levels and abilities. USA Masters registration is required. For more information and a current schedule, visit www.calsportscenter.com.

Adult Swim Lessons and Stroke Clinics (12+)

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

Water Fitness (18+)

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

Tri-athlete Swim Training (18+)

The Podium Program is a great ways to improve or refine your swim skills. For specific program details, contact us or view visit www.calsportscenter.com.

Water Safety and Lifeguarding (15+)

Water Safety, Swim Instructor, CPR and Lifeguard Training classes are taught at the swim center. For more information, visit www.calsportscenter.com.

Programs times and location are subject to change anytime. For more information, call 408-732-2257, email swiminfo@calsportscenter.com or visit our website.