



## Sunnyvale Swim Complex



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



### Winter 2014 – 2015

The California Sports Center is proud to begin our 13th year 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-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

Daily

Designed for children of all ages and abilities – as well as adults – 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. Register online or in person.

- Fall 4 Session registration is now open
- Winter Session registration begins Monday Nov. 3, 2014
- Winter swim lessons begin Monday, Dec. 1, 2014
- Spring registration begins Monday Feb. 2, 2015

For our swim levels, lesson schedules, and online registration, visit <http://www.calsportscenter.com/swim/sunnyvale.shtml>

Winter session swim lessons are taught in 4-week sessions\*. Weekday classes are available 3:00-7:00pm. Weekday morning lessons are also available, call for days & times. Weekend classes are available during the morning hours starting at 9:30am on Saturday and 10:40am on Sunday.

*\*Our 'Winter 1' Session is 3 weeks long due to the holiday season.*

#### Pre-Competitive Swim Training

This program is for youth swimmers looking to develop their competitive swimming skills and increase physical fitness. Students should be able to swim at least 200 yards of free, back and breast; and 50 yards of butterfly.

#### Youth Water Polo

Youth Water Polo is a co-ed developmental program for swimmers ages 11 – 15, focusing on both individual and team skills. No polo experience is required, but participants must be able to swim 200 yards & tread water for 2 minutes.

#### Water Safety & Lifeguarding

Water Safety, Swim Instructor, CPR and Lifeguard Training classes are taught at the swim center. For more information, contact the pool or visit our website. Class space is limited.

#### Adult Lap Swim

Daily

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, check our website or the pool.*

Daily drop-in rates, 12 swim punch cards, and monthly passes are available for Sunnyvale residents and non-residents.

#### Adult Programs

##### CSC Masters – Sunnyvale

Monday – Saturday

Our Masters program is for swimmers 18 years and older who desire a coached/structured workout. Workouts are tailored for a full range of levels and abilities.

Monday-Friday..... 8:00 – 9:00 a.m.  
Monday-Friday..... 12:00 – 1:00 p.m.  
Saturday..... 7:00 – 8:00 a.m.

#### Adult Swim Lessons

Whether you are a beginner or need assistance improving your technique, our program offers what is needed to reach your goals. Swimming is a lifetime sport that, when done properly, yields great benefits to your overall health and wellness!

#### Water Fitness

10:30 – 11:30 am (call for current days offered)

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

#### Swim Stroke Clinics

This program will help to improve swimming technique by focusing on the four competitive strokes and turns. Contact us for additional information and for a schedule of when we will be offering each of the above.

Programs are subject to change. For Pricing and Registration Information Call (408) 732-2257; email: [swiminfo@calsportscenter.com](mailto:swiminfo@calsportscenter.com)

[www.calsportscenter.com](http://www.calsportscenter.com)