



Sunnyvale Swim Complex



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



Winter 2015

The California Sports Center is proud to begin our 14th 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. Amenities include a pool house with locker rooms separate from the high school, and a training room for community classes. The pool temperature is maintained between 78 and 82 degrees.

Swim Lessons Daily

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.

Register online today!

- Winter registration begins on Monday, November 2, 2015
- Winter lessons begin on Monday, November 23, 2015
- Spring registration begins on Monday, February 1, 2016

Winter lessons are taught in four-week sessions*. Weekday classes are available from 3 – 7 p.m. Morning lessons are available on select weekdays and Saturday and Sunday. Call for days and times.

**Our Winter 1 session may be shorter due to the holiday season.*

Pre-Competitive Swim Training (16 and Under)

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 freestyle, backstroke and breaststroke; and 50 yards of butterfly.

Water Polo – Youth and Club (10+)

Our co-ed water polo programs are designed for kids ages 10 and older who are looking for beginner, intermediate or advanced training. Prerequisites: Youth students should be able to swim 200 yards and tread water for 1 minute in deep water. A club team is being formed based on skill set and player experience. Contact us to join.

Water Safety and 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, age 16 and over with a school ID or Sunnyvale residency, are welcome to participate. Lap swim is available throughout the year.

Monday – Friday6 a.m. – 8 a.m. / 11:30 a.m. – 1:30 p.m. / 6 p.m. – 8 p.m.
Saturday/Sunday8 a.m. – 11 a.m.

**Senior rates available for morning, noon and weekend lap swim.*

***Extended hours may be available. Contact the pool or visit our website.*

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

Adult Programs

CSC Masters – Sunnyvale (18+)

Our masters program is for swimmers ages 18 and older who desire a coached, structured workout. Workouts are tailored for a full range of levels and abilities.

Monday – Friday8 a.m. – 9 a.m. / Noon – 1 p.m.
Saturday.....7 a.m. – 8 a.m.

Adult Swim Lessons (12+)

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, which when done properly, yields great benefits to your overall health and wellness!

Water Fitness (18+)

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

Swim Stroke Refinement Classes and Clinics (18+)

Our Podium Program and stroke clinics are two ways to improve or refine your swim skills. Contact us directly or view specific program details on our website.

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