



Aquatics Fun

Learn-to-Swim Lessons

9 Lessons

6 mos-15 yrs

Want more personalized swim instruction? Then sign up now for winter learn-to-swim lessons! There are two sessions for children to continue swim lessons. Lessons will be twice per week, Tuesday and Thursday, for five weeks, or once per week, Saturday, for nine weeks. All sessions include nine 30-minute lessons. The City of Los Alamitos hires only American Red Cross certified Water Safety Instructors and Lifeguards to provide the highest quality services for the community.

Winter Lessons:

Session I: Days T/Th Dates January 17 – February 14

Session II: Days T/Th Dates February 21 – March 20

Saturday Session: Dates January 14 – March 24
No class 2/11 & 2/25

T/Th Lesson Schedule:		
3:00pm	3:30pm	4:00pm
Tiny Tots	Tiny Tots	Level 3
Level 2	Level 3	Level 4
		Level 5/6

Saturday Lesson Schedule:				
9:00am	9:35am	10:10am	10:45am	11:00am
Adult	Parent & Me	Tiny Tots	Tiny Tots	Pre-Swim
	Tiny Tots	Level 1	Level 3	Team
	Level 2	Level 3		(1 hr)

****SPECIAL SESSION!!!**
Level 1-5/6 CLASSES
HAVE HALF AS MANY STUDENTS!

Lesson Fees:	LAUSD	Non-Residents
Levels 1-5/6	\$72	\$72
Tiny Tots/Parent & Me/Adult	\$59	\$62
Pre-Swim Team	\$81	\$84

Registration Process:

Complete the Aquatics Registration Form available at the Community Center or online at www.ci.los-alamitos.ca.us. Please complete **ONE form PER child** and be sure to sign the bottom. Drop off or mail the completed form(s) to:

Recreation & Community Services

Attn: Aquatics Registration
10911 Oak St., Los Alamitos, CA 90720

Registration Dates:

LAUSD* Residents November 28 – January 6

Open Registration December 12 – January 6

*Mail must be postmarked no later than January 6.

**Registrations received after January 6 will be accepted, but participants will only be placed in classes if they are not full. Registration will also be taken on the first day of class if space permits.

***Participants who are registered prior to the deadline are enrolled in the class. Confirmation paperwork will not be sent out. If changes are necessary, staff will contact the participant. Receipts will be available, upon request only, on the first day of class at the pool.



Class Descriptions

Class Descriptions: (Descriptions are brief overviews of skills taught. For further details please contact the pool.)

Parent & Me 6 mos-3 yrs

Introduce your child to fun in the water! Skills include: blowing bubbles, kicking, holding onto the wall, floating on front and back and water safety skills. **Parent must know how to swim and children must wear swim diapers.**

Tiny Tots Ratio: 3:1 3-4 yrs

This class is for children ready to be in the water without a parent. Skills include: bobbing, kicking, exhaling underwater through mouth and nose, floating and introduction to arm strokes.

Level 1 Ratio: 3:1 5-15 yrs

Beginners who have little or no aquatic experience. Skills include: water adjustment, bobbing, blowing bubbles, kicking floating on front and back and gliding.

Level 2 Ratio: 3:1 5-15 yrs

Beginners who feel comfortable in the water. Skills include: floating, combined leg and arm actions with breathing and gliding.

Level 3 Ratio: 3:1 5-15 yrs

Improve strokes and endurance. Skills include: front crawl, backstroke, side breathing, treading water, kicking and elementary backstroke.

Level 4 Ratio: 4:1 5-15 yrs

Further improve strokes and endurance, learn breaststroke, sidestroke and butterfly.

Level 5/6 Ratio: 4:1 5-15 yrs

Refine all skills and further improve all strokes taught in previous levels. Be introduced to jump entries, turns and swim etiquette.

Adult Ratio: 6:1 16+ yrs

It's never too late to learn to swim! This class is for adults of all levels who want to learn to swim or to improve their swimming abilities.

Pre-Swim Team (1 hour) 5-18 yrs

This course will prepare participants for a competitive swim team through workouts and drills. You will learn starts and turns similar to swim team and participate in challenging workouts designed to improve stroke, speed, and endurance in the water. Participants must be at least a Level 5 swimmer.

For additional information on Group Swim Lessons, please call the aquatics staff at the pool at (562) 795-2628 or visit the City's Website at www.ci.los-alamitos.ca.us.

Aquatics Refund Policy: Due to the popularity of aquatics classes, refund requests will only be granted prior to the second regularly scheduled lesson. A \$6 per person, per class, administrative charge will be assessed for each requested refund. There will be no make-up classes unless the City of Los Alamitos Aquatics Staff cancels class due to an unforeseen pool closure.

Private & Semi-Private Swimming Lessons

5 Lessons

3+ yrs

Private and Semi-Private swimming lessons are available for children and adults of ALL AGES. Lessons provide participants with the opportunity to learn at his/her own pace and can be adapted for all abilities. Private lessons provide one-on-one instruction and semi-private lessons have up to three students (must come already paired/grouped) per instructor.

Fees: **Private Lessons:**
\$157 for five (5) 30-min lessons

Semi-Private Lessons:
\$118 for five (5) 30-min lessons

FLEXIBLE SCHEDULES AVAILABLE! Lessons can be scheduled Monday-Sunday, based on participant and instructor availability. Lessons run continuously throughout the winter session (1/14-3/31). Phone-in registration begins Monday, November 28 on a first-come, first-served basis. Please contact Anastasia Cocca at the pool at (562) 795-2628 to register.



Club Swimming, Water Polo & Infant/Baby Lessons

Interested in swimming or playing water polo year-round? Do you want swim instruction for your baby? Contact any of the following user groups to inquire about their programs:

Greta Andersen Swim School

(Baby/infant lessons & Stroke technique)
www.gretaandersenswimschool.com

Los Alamitos Youth Water Polo

(Youth & Adult Water Polo Club)
Bahram Hojreh
bhojreh@aol.com (949) 428-7576
www.losalamitoswaterpolo.com

Long Beach Grunions Masters Swim Team

(Adult Masters Swim Team)
James Quintanilla quintanilla.j@gmail.com
www.lbgrunions.com (310) 431-7005

Seal Beach Swim Club (Youth Swim Club)

Patti Haney
pjhaney@aol.com (562) 431-7526
www.sealbeachswimclub.org

Shore Water Polo (Youth Water Polo Club)

Chi Kredell lbshorewaterpolo@yahoo.com
www.shoreaquatics.com (562) 431-7526



Swim For Fitness

at the USA Water Polo National Training Center

Located at the Joint Forces Training Base
11200 Lexington Drive
 (Lexington & Farquhar)

Please remember, all adults entering the Joint Forces Training Base must have a photo I.D.

(562) 795-2628

Los Alamitos Masters Swimming

Continuous 18+ yrs

All swimmers, from novice to advanced are invited to join this fun and exciting group! Coaches are from the Los Alamitos Recreation and Community Services Department Aquatics staff and are experienced swimmers, coaches, and are highly skilled in stroke technique and regimented aquatic workouts. Los Al Masters Swimming is a fun and healthy balance between fitness, instruction and competition. We offer a variety of workouts to meet individual needs and goals. The program is outstanding for people who want to learn to swim with greater ease and efficiency or get back to their glory days of swim excellence. If you are not a "Master Swimmer," we will make you one!

- Mondays:** 5:30-7:00am / 6:30-8:00pm
- Tuesdays:** 12:00noon-1:30pm / 7:30-8:30pm
- Wednesdays:** 5:30-7:00am / 6:30-8:00pm
- Thursdays:** 12:00noon-1:30pm / 7:30-8:30pm
- Fridays:** 5:30-7:00am
- Saturday:** 7:00-8:30am (long course day)

No Masters 2/11, 2/25.

Fees: Quarterly and Monthly fees include annual US Masters Swim/Southern Pacific Masters Association Membership, USMS Swimmer bi-monthly magazine subscription, & SPMA newsletter and daily lap swimming free during paid months. **Fees include processing charge.**

Quarterly (January-March)	\$157
Monthly	\$ 67
Week Visitor's Pass	\$ 27
Discounted Quarterly Rate	\$137**

**For Students, Active duty military, or Seniors over the age of 50, or 2nd, 3rd, etc., family member.



Swim and Stay Fit Lap Swimming

Continuous 16+ yrs

Looking for a great way to get in shape? The Swim and Stay Fit Lap Swimming Program is for all abilities. This program allows you to swim your way into shape. Purchase a Club Card at the Los Alamitos Community Center (10911 Oak St.) or at the pool, or pay a daily fee at the pool. The pool is heated and locker rooms, kickboards and leg floats are available.

No Lap Swim 2/11, 2/12 & 2/25.

Fee: Lap Swim Club Card \$70 for 20 visits
Drop-In: \$4 per visit

Days	Times
Mon-Fri	12noon-1:30pm
M/W/F	5:30-7:00am
Sat	9:30-11:00am
Sat	12noon-1:30pm (Long Course)
Jan & Feb ONLY	
Sun	7:30-9:00am

Deep Water Aerobics

10 Weeks 18+ yrs

The City of Los Alamitos is proud to introduce Deep Water Aerobics to the USA Water Polo National Training Center. Deep water aerobics is a low impact, no pressure and fun water aerobic workout. This class provides you with the benefits of resistance training, aerobics and stretching in a low impact environment. No experience is necessary and class is open to both, men and women.

No class 2/11 & 2/25.

Fee: \$40 **Drop In:** \$5 per visit
 (Fee includes \$2 processing charge)

Class	Day	Times	Dates
1704-10	Sat	8:30-9:30am	1/7-3/24

Swim Stroke Clinic for Adults

1 Day 18+

Join us for this one day clinic to become a faster and more efficient swimmer! The Los Alamitos Masters swim coaches are hosting a stroke clinic to help you refine your techniques. Stroke training will begin with American Red Cross video tutorials, and includes in water practice and observation, with an optional video stroke recording that allows you to further improve your stroke after the clinic is completed.

Requirements: Swim across the pool comfortably

Please bring: Hand & feet swim fins, goggles, towel

Instructors: Los Alamitos Masters Swim Coaches

Fee: FREE Registered Quarterly or Monthly Los Alamitos Masters members

\$27 Non-members
 (*Includes one week "Visitor's Pass")

Class	Day	Times	Date
7001-10	Sat	9:00am-12noon	1/7
*Check-in at 8:30am			

Recreational Swimming

Begins March 1, 2012 All Ages

Recreational swimming returning to the USA Water Polo National Training Center. This program is open to Los Alamitos residents and is designed for families and individuals. A parent/tot area is available as well as other aquatic activities for older kids. Day camps, sports camps, organized groups, teams, etc. are not permitted for this activity without prior permission from the Aquatics Supervisor. Adults must be able to swim and children must be at least a Level 4 swimmer to be unaccompanied by an adult. Children ages 3 and under or Level 3 or below swimming ability, must be accompanied by an adult and must wear a Coast Guard approved lifejacket (available at the pool).

Fee: Free for children - \$4 for adults
Days Times Dates
 Mon-Fri 12noon-1:30pm 3/1-9/28

Lifeguarding

3 Days 15+ yrs

Prepare yourself for an exciting job as a lifeguard! This program provides the participant with the knowledge and skills necessary to prevent injuries and respond to aquatic emergencies as a professional rescuer. Upon successful completion of this course, the participant will receive American Red Cross (ARC) Lifeguarding/First Aid and CPR/AED for Lifeguards.

Instructor: USA Water Polo National Training Center Aquatics Staff

Fee: \$160 (Fee includes textbook; \$35 value and resuscitation mask; \$15 value)

Class	Day	Times	Dates
1700-10	Fri	6:00-9:00pm	3/2
	Sat/Sun	8:00am-8:00pm	3/3 & 3/4



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