



Aquatics Fun

Learn-to-Swim Lessons

The City of Los Alamitos is committed to providing the highest quality services to the community. Staff are American Red Cross certified and trained Water Safety Instructors and Lifeguards, putting safety first. All lessons are taught utilizing the American Red Cross guidelines and techniques. We offer low class ratios and high quality instructors at reasonable rates to provide a safe and nurturing environment where each child can learn to be safe in the water.

Group Lesson Registration Process:

Mail-In Registration:

Pick up and complete the Aquatics Summer Registration Form available at the Community Center, the USA Water Polo National Training Center or online at www.ci.los-alamitos.ca.us. Please complete **ONE form PER child**. Mail the completed form(s) to:

Recreation & Community Services

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

You may register for all five (5) sessions during mail-in registration.

Mail-In Registration Postmark Dates:

Los Alamitos Residents	5/22-6/11
LAUSD* Residents	5/25-6/11
Open Registration	5/29-6/11

*LAUSD Residents are children who attend a school in Los Alamitos Unified School District

**Mail must be postmarked no later than June 11.

Walk-In Registration AT THE POOL: 6/14-6/17 from 10:00am-4:00pm ONLY

Walk-in registration will be accepted at the pool ONLY and ONLY if classes are not full and on a session-by-session basis. After June 17, you may only register for each session on the first Monday of the session and the last Thursday of the prior session from 9am-7pm. (For example, you may register for Session 2 on the last day of Session 1 or on the first day of Session 2, if room 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.

Session	Dates
1	6/21-7/1
2	7/6-7/16
3	7/19-7/29
4	8/2-8/12 (No class 7/5)
5	8/16-8/26

SPECIAL SESSION 5!!!

LEVELS 1-6 HAVE HALF AS MANY STUDENTS!

Saturday Session: 6/26-8/28 (No class 7/3)



Class Descriptions

Parent & Me **Ratio: 6:1** **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: 6:1** **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: 6:1** **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: 6:1** **5-15 yrs**
Improve strokes and endurance. Skills include: front crawl, backstroke, side breathing, treading water, kicking and elementary backstroke.

Level 4 **Ratio: 8:1** **5-15 yrs**
Further improve strokes and endurance, learn breaststroke, sidestroke and butterfly.

Level 5/6 **Ratio: 8:1** **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.

Water Polo Fundamentals **6-17 yrs**
Learn the fundamentals of Water Polo at the home of the United States Olympic Water Polo teams! This course will cover the basic skills and strategies of the game. You will learn the game rules, ball control, passing, shooting and basic play. Participants must be at least a Level 4 swimmer.

Class ratios will be adhered to as much as possible, with an occasional student added in order to accommodate as many participants as possible.

Morning Lessons Schedule:

9:00am Tiny Tots Level 1 Level 2 Level 3 Level 4	9:35am Tiny Tots Level 1 Level 2 Level 3 Level 5/6	10:10am Tiny Tots Level 1 Level 2 Level 3 Level 4	10:45am Tiny Tots Level 3 Level 4 Level 5/6	11:20am Parent & Me Tiny Tots Level 1 Level 2 Level 3
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*H2O Polo – 1 hour (10:45 – 11:45am)
(*Sessions 2 & 3 only)

Afternoon Lessons Schedule:

2:45pm Level 1 Level 2 Level 3 Level 5/6	3:20pm Parent & Me Tiny Tots Level 2 Level 3 Level 4	3:55pm Tiny Tots Level 1 Level 2 Level 3 Level 5/6	4:30pm Tiny Tots Level 1 Level 2 Level 3 Level 4	5:05pm Tiny Tots Level 1 Level 2 Level 3 Level 5/6	5:40pm Parent & Me Tiny Tots Level 3 Level 4
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Evening Lessons Schedule:

6:15pm Parent & Me Tiny Tots Level 1 Level 2 Level 3	6:50pm Level 2 Level 3 Level 4	7:25pm Level 3 Level 5/6 Adult	9:00am Level 2 Level 3 Level 4 Level 5/6	9:30am Parent & Me Tiny Tots Level 1 Level 2	10:00am Tiny Tots Level 1 Level 2 Level 3	10:30am Tiny Tots Level 2 Level 3
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Class schedule above is a guideline and no classes are guaranteed at any specific time. Participant demand and instructor availability will determine the final class schedule.

Lesson Fees:

	LAUSD Residents	Non-Residents	Session 5 ONLY***
Parent & Me	\$56	\$59	
Tiny Tots	\$56	\$59	
Levels 1-6	\$50	\$53	\$69
Adult	\$56	\$59	
Water Polo Fundamentals	\$78	\$81	

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.



Swim For Fitness

at the USA Water Polo National Training Center
 Located at the Joint Forces Training Base
 11200 Lexington Drive (Lexington & Farquhar)
(562) 795-2628

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

Private & Semi-Private Swimming Lessons

10 Weeks **All Ages**
 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.

Registration: Registration begins Tuesday, May 25 at 10:00am for both private and semi-private lessons on a first-come, first-served basis. You may phone in your registration with a credit or ATM card (Visa or MasterCard only) or walk in your registration to the pool. Please contact or leave a detailed message (please do not leave credit card information on the voicemail) for Frances Caron at (562) 795-2628 to register.

Fees: **Private Lessons**
 \$149 for five (5) 30-min. lessons
 \$120 for four (4) 30-min lessons**
Semi-Private Lessons
 \$110 for five (5) 30-min. lessons
 \$88 for four (4) 30-min lessons**

****Session 3 price ONLY.**
 Please note, schedules will be set prior to the first lesson and there will be no make-up classes.

Monday-Friday Sessions: Each session has five, 30-minute lessons that are offered for **one week** (Monday-Friday). Classes are scheduled during the same times as Learn to Swim Lessons.

Session	Dates	Session	Dates
1	6/21-6/25	6	7/26-7/30
2	6/6-7/2	7	8/2-8/6
3	7/6-7/9 (No class 7/5)	8	8/9-8/13
4	7/12-7/16	9	8/16-8/20
5	7/19-7/23	10	8/23-8/27

Saturday Sessions: Each session consists of four, 40-minute classes that are offered for **four consecutive Saturdays**. Class times are scheduled according to instructor availability.

Session 1: 6/26, 7/10, 7/17, 7/24 (No class 7/3)
Session 2: 7/31, 8/7, 8/14, 8/21

Junior Lifeguards

8 Weeks **10-15 yrs**
 If you're between the ages of 10-15 and like the pool environment, we have the program for you...the Los Alamitos Junior Lifeguards! Classes consist of workouts and classroom study. Participants can earn the privilege to assist our swim instructors during swim lessons and volunteer with staff at special events. Participants will have the opportunity to be certified in CPR and First Aid, as well as learn basic Lifeguarding techniques. Junior Lifeguard candidates must pass a swim test on the first day of class, consisting of a combined 300-yard swim of front crawl, sidestroke, breaststroke, and backstroke. Registration includes: T-shirt, trainings, American Red Cross CPR/AED/First Aid Certifications, workbook, and two exciting field trips.

Registration is limited, so register early.
Instructor: USA Water Polo National Training Center Swim Instructors **Fee:** \$167

Class	Days	Times	Dates
1698-30	M-Th	1:30-2:30pm	6/21-8/12

Deep Water Aerobics

7 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 7/3**

Fee: \$25 **Drop In:** \$5 per visit

Class	Day	Times	Dates
1704-30	Sat	8:30am-9:30am	6/26-8/14

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.

Fee: Lap Swim Club Card \$65 for 20 visits
Drop-In: \$4 per visit

Summer hours begin on June 21

Days	Times
Mon-Fri	5:30-6:30am
Mon-Fri	12Noon-1:00pm

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(714) 846-7488
 (Speciality in baby/infant lessons & swim technique)veress@aol.com

Los Alamitos Youth Water Polo
 (Youth & Adult Water Polo Club)
 Bahram Hojrehbhojreh@aol.com
www.losalamitoswaterpolo.com

Long Beach Grunions Master Swim Team
 (Adult Master Swim Team)
 Ken Brisbin(714) 273-8793
ken@supersource.com
www.lbgrunions.com

Seal Beach Swim Club (Youth Swim Club)
 Patti Haney(562) 431-7526
pjhaney@aol.com
www.sealbeachswimclub.org

Los Alamitos Masters Swimming

Continuous **18+ yrs**
 Los Alamitos Masters Swimming is for all swimmers, from novice to advanced and features workouts from world class coaches. All coaches are experienced swimmers 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 will help you learn to swim with greater ease and efficiency or get back to your glory days of swim excellence. If you are not a "Master Swimmer," we will make you one!

Summer hours begin on June 21

Days	Times
Mondays	5:30-6:30am / 6:00-7:00pm
Tuesdays	12:00-1:00pm / 6:00-7:00pm
Wednesdays	5:30-6:30am / 6:00-7:00pm
Thursdays	12:00-1:00pm / 6:00-7:00pm
Fridays	5:30-6:30am
Saturdays	7:00-8:30am (long course day)

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 (July-September)	\$155
Monthly	\$ 65
Week Visitor's Pass	\$ 25
Discounted Quarterly Rate	\$135**

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

Recreational Swimming

Continuous (3/1-9/30) **All Ages**
 Recreational swimming is designed for families and individuals. A parent/tot area is available. Organized groups, are not permitted without prior permission from the Aquatics Supervisor. Adults must be able to swim and children must be able to pass a swim test, consisting of one 25-yard lap with both freestyle arms and side breathing, to be unaccompanied by an adult. Children ages 3 and under or unable to pass the swim test, 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	3/1-9/30

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