

City of Oceanside, Neighborhood Services Department

Children's Learn to Swim

Give your child the gift of swimming!

Join the movement at
Brooks St. Swim Center!

Children's Learn to Swim Program
for Summer 2012 will be offering
lessons of all levels!

From Parent & Tot and beginner,
to proficient - novice level
competitive swimmers.

We've got it all!



Don't miss out!

ALL "Specialty Classes" open for registration!

**For CLST sessions 2 - 5, doors will open at 7:00am on the
registration dates listed below:**

Session #:	Cost: R / NR	Session Dates:	Open Registration:	Classes Offered:	
				AM	PM
1	\$30/\$40	June 11-22	April 21	X	X
2	\$27/\$37	June 25-July 6 No Class on July 4 th	June 20	X	X
3	\$30/\$40	July 9-20	July 3	X	X
4	\$30/\$40	July 23-Aug 3	July 18	X	X
5	\$30/\$40	Aug 6- 17	Aug 1	X	X

Class descriptions on reverse, along with additional children's programming!

Parks and Recreation

Call us! (760) 435-5225 Fax us! (760) 435-9628

Visit us on the web! www.oceansiderec.com



Want to volunteer or donate? Contact the "Friends of Oceanside Parks" at OPARC@ci.oceanside.ca.us.

Check us out on Facebook!

**Parks
Make
Life
Better!**



What level should I register my child for?

Sea Otter Pups, Parent & Child Aquatics:

ARC Level 1 & 2

This level is designed to allow parents to work with their child individually under instructor guidance. According to the ability of each individual child, a variety of skills are taught in this class. Minimum age is 1 year. *All students less than 45" tall & fewer than 3 years of age must be enrolled in Sea Otter Pups. Parent/guardian participation required. Students less than 45" tall who can fully complete the level Exit Skills may be considered for enrollment in a higher level.

Sea Horse: ARC Level 1, 2 & 3, ages 3 to 5

Enter/Exit water safely; Blowing bubbles/submerging head under water; Bobbing; Retrieve a submerged object; Float with Recovery on FT/BK; Alternating arm action/combined FT stroke

Jellyfish: ARC Level 1 & 2

Minimum of 45" tall; Enter/Exit water safely; Submerging head/bobbing; Float & glide with recovery on FT & BK; Alternating arm action on front; Combined stroke on FT

Sea Stars: ARC Level 3

Review of Jellyfish skills; FT crawl with rhythmic side breathing; Intro to BK crawl; Intro to dolphin kick; Intro to elementary BK stroke kick; Kneeling dive from pool deck; Safety skills

Sea Turtles: ARC Level 4

Review of Sea Stars skills; Elementary BK stroke arms; Intro to breaststroke kick; Butterfly arms; Intro to scissor kick on RT/LF; Safety skills

Orcas: ARC Level 4

Review of Sea Turtles skills; Breaststroke arms; Sidestroke arms on RT/LF; Standing dive; Open turns; Safety skills

Sting Rays: ARC Level 5

Review of Orcas skills; Competitive open turn/2-hand touch; FT flip turn; BK stroke flip turn; Shallow-angle competitive dive; Safety skills

Additional Children's Summer Activities!!!

Family Recreational Swim	
Mon, Wed & Fri	1:30 – 3:00 PM
Friday Nights	7:30 – 9:00 PM
Sat & Sun	1:30 – 3:00 PM
Adults 16 & up	\$3.00 / visit
Children 15 and under	\$1.00 / visit
Chaperone pass (adult not swimming)	\$1.00 / visit

Specialty Classes		
1	Jr. Lifesaving	9:35-10:40AM
	Diving	3:05-4:10pm
2	Diving	9:35-10:40AM
	Water Polo	3:05-4:10pm
3	Novice Swim	9:35-10:40AM
	Synchro	3:05-4:10pm
4	Water Polo	9:35-10:40AM
	Jr. Lifesaving	3:05-4:10pm
5	Diving	9:35-10:40AM
	Novice Swim	3:05-4:10pm

Surf Camp	
1: June 11-15	4217.201
2: June 18-22	4217.202
3: June 25-29	4217.203
4: July 2-6	4217.204
5: July 9- 13	4217.205
6: July 16-20	4217.206
7: July 23-27	4217.207
8: July 30-Aug 3	4217.208
9: Aug 6-10	4217.209
10: Aug 13-17	4217.210

Habitats In The Sea	
2: June 18-22	4216.202
4: July 2-6	4216.204
6: July 16-20	4216.206
8: July 30-Aug 3	4216.208
10: Aug 13-17	4216.210