

## SPRING '09 PROGRAMMING & FACILITY HOURS

### **Adult Lap Swim**

Lap swimming provides an excellent means of exercise for the entire body.

Ages: 16 years and over

Cost: **\$2 per visit**

Season Tickets and Pre-Pay Passes available

Online registration NOT available

When: Currently Thru Mid-June

Mon/Tue/Thurs/Fri 6:00AM – 1:15PM

Wed 6:00AM – 9:00AM & 10:15AM – 1:15PM

Sat & Sun 10:15AM – 1:15PM

Mid-June thru Mid-August

Mon – Fri 6:00AM – 9:15AM

12:00PM – 1:15PM

Sat & Sun 10:15AM – 1:15PM

Where: Brooks St. Swim Center

Holidays and inclement weather may interfere with program times. Holiday lap hours of 8:00-11:00 am will be on the following dates:

Easter: CLOSED

Memorial Day: Holiday Lap Hours (8:00 – 11:00AM)

### **Master's Swimming**

*Head Coach: Alicia Legendijk, 435 – 5225 or 435 – 5335*

Master's provides a coached workout with technique assistance to swimmers of all abilities. For more information, call the Brooks Street Swim Center.

Ages: 16 years and over

Cost: **\$35 per month or \$3.50 per visit;**

Online registration available ONLY for monthly passes (codes below)

When: Mon thru Fri, 6:00 – 7:30AM

1001.101 March

1001.102 April

1001.103 May (MSSC)

Where: Brooks St. Swim Center

### **Aqua Fit**

*Instructor: Catherine Matthews, 439 – 8623*

Open to swimmers of all abilities. This aquatic, low-impact, aerobic class is designed to build strength, improve endurance, and stimulate the cardio-respiratory system. First class is free for those who arrive 20 minutes early and complete the release form.

Cost: Varies with attendance; Online registration NOT available

When: Tue & Thu, 9:00 – 10:00AM

Where: Brooks St. Swim Center

## Oceanside Swim Club

*Head Coach: Paul Ring, 435 – 1031*

USA affiliated; OSC is a year-round, age-group competitive swimming program. Applicants must be able to swim 66 yards of crawl stroke without stopping.

Ages: 5 years and older

Cost: \$70.00 per month (family rates available); Online registration NOT available

When: Currently thru Mid-June

Mon – Fri evenings 5:00 – 7:00PM @Brooks St. Swim Center

Mid-June thru Mid-August

Mon – Fri mornings 7:30AM – 9:00AM @Marshall St. Swim Center

Mon – Fri evenings 5:30PM – 7:30PM @Brooks St. Swim Center

## ELO / Vikings Polo

A competitive, CO-ED, USA water polo club. Intense practices get players ready for monthly tournaments and scrimmages. For those interested, come in and see the program in action, or contact Coach Kevin Rutz at (760) 801-9637.

Ages: BOYS - 13 to 18 years old (High School ages)

Cost: Varies with attendance

When: Please contact coach for details

Where: Brooks St. Swim Center

## Dive San Diego

*Head Coach: Marnie Young, (760) 201-9242*

Springboard dive lessons at novice and competitive ability levels. Both dry land and water practices available. With small group numbers and a highly experienced coach, all participants will learn from this experience!

Ages: Co-ed, 6 to 18 years old

Cost: Varies with attendance and ability level (family rates available)

When: Tues & Thurs 5:00PM – 7:00PM

Where: Brooks St. Swim Center

## SWIM LESSONS: CHILDREN & ADULT

Please call the Brooks St. Swim Center for Spring session dates.

## Sea Otter Pups (Parent & Tot)

*Lead Instructors: Lisa Obregon & Ted Lorey, (760)435-5225*

This class will be taught in our traditional lesson format and will cater to children with little or no swim experience. Children enrolled in the lesson must be accompanied by an adult 16 years of age or older.

Ages: Minimum 1 year old, or under 45 inches tall

Cost: **\$15.00** per child for four classes; online registration NOT available!

When: Mon/Wed or Tues/Thurs sessions available from 1:30PM – 2:00PM

Where: Brooks St. Swim Center

### **Adult Learn to Swim**

Designed to introduce and improve on the basic skills necessary to meet the individual's personal goals. Classes are taught at beginner and intermediate levels by experienced Water Safety Instructors. For session dates, please call the Brooks St. Swim Center at (760) 435-5225.

Ages: 16 years and older

Cost: \$30 per session

When: Tue & Thu evenings 6:30PM – 7:15PM

Where: Marshall St. Swim Center

### **FAMILY RECREATIONAL SWIM**

An aquatic program that all of the family can enjoy. All patrons who enter the facility will be required to pay the pool usage fee. Please, no toys, goggles or personal floatation devices. Babies who regularly wear diapers are required to wear swim diapers during their visit to the pool.

Ages: All

Cost: 15 years and younger \$.50

16 years and older \$1.00

All patrons are required to pay the pool usage fee

Where: Brooks St. Swim Center

When: **Spring Break Hours ~ OUSD dates**

Brooks St. Swim Center will be open for Family Recreational Swim from 1:30 to 3:00PM.

#### **Memorial Day Weekend**

Brooks St. Swim Center will open for Recreational Swim on Saturdays & Sundays **ONLY** starting Memorial Day weekend, from 1:30 to 3:30PM until Summer's official start.

### **Outdoor Aquatic Adventure Recreation (OAR)**

Program Supervisor: Ted Lorey (760)435-5222 or (760) 435-5235

### **Kayaking**

This 2-hour class is designed for the beginner and is the perfect class for the individual who has just bought or is considering purchasing a kayak. You will enjoy a brief but beautiful tour of Oceanside's Harbor as well as a short excursion out to the "Sea Lion Buoy" in the open waters of the Pacific Ocean. Call for more information or to submit a lesson request.

Ages: 14 years and older (when accompanied by an adult: 8 years and older)

Cost: Resident \$20.00

Non-Resident \$35.00)

Online registration NOT available

**Surf Camp:** (760) 435-5235

Get your wetsuits ready, summer is coming quick! OAAR counselors are planning another fun filled summer. NEW, prospective campers who would like to participate in our 2009 Surf Camp must first successfully complete a prerequisite swim test, consisting of a non-stop, 100 yard swim of crawl stroke, and tread water for ten (10) minutes. Typically 10 sessions of Surf Camp are offered during the summer season. Please call the OAAR hotline for this year's session dates and testing availability

Ages: 8 to 15 years

Test Dates: **Pre-Summer** testing will take place at the Brooks St. Swim Center at 9:00AM on Saturdays

**Summer** testing will take place on

Monday mornings 7:00am @ Brooks St. Swim Center

Saturday afternoons 12:30pm @ Marshall St. Swim Center

Cost: **\$135.00 per session**

When: Mon – Fri, 8:00 AM – 3:00 PM

Where: Camp meets at the Beach Community Center (North side of Pier)

### **Habitats In The Sea (HITS):** (760) 435-5235

This oceanographic camp will open your child's eyes as they learn about the different animal and plant life that resides in our world's ocean. Campers will learn how starfish are able to hold onto rocks in the rough and rugged surf, how kelp fish camouflage themselves from predators in the kelp forest, and how California gray whales are able to migrate through the open oceans year after year. Campers will learn to use microscopes, handle real-life sea animals and will make fun ocean crafts. Please call the OAAR hotline to get information on session dates.

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**Ages:** 8 to 12

**Cost:** **\$100 per session**

**When:** Mon – Fri, 8:00 am – 3:00 pm

**Where:** The Aquatic Adventure Center

***Special Instructions:*** Campers should bring a sack lunch, sunscreen, sweatshirt or jacket, swimsuit, and a towel. Water and light snacks will be provided to campers.

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