

SUMMER '09 PROGRAMMING & FACILITY HOURS

Adult Lap Swim

Lap swimming provides an excellent means of exercise for the entire body as well as the availability for individuals to work at their own pace. Lanes and deep water areas available.

Ages: 16 years and over

Cost: **\$2 per visit**; Season Tickets and Pre-Pay Passes available; Online registration not available

When: Please call for specific dates!

From Mid-June thru August:

Mon thru Fri 6:00 – 9:15AM

Mon thru Fri 12:00 – 1:15PM

Sat & Sun 10:15AM – 1:15PM

Where: Brooks St. Swim Center

Holidays and inclement weather may disrupt program scheduling.

Master's Swimming

Head Coach: Alicia Lagendijk, 435-5535 or 435-5225

This program provides a coached workout and technique assistance to swimmers of all abilities. Work on personal goals while getting a fabulous workout!

Ages: 16 years and over

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

Online registration is available for monthly passes ONLY (see codes below)

When: Mon thru Fri 6:00 – 7:30AM

1001.201 June

1001.202 July

1001.203 August

Where: Marshall St. Swim Center

Aqua Fit

Lead Instructor: Catherine Matthews, 439-8623

A water aerobics class designed to build strength, improve endurance, and stimulate the cardio-respiratory system for both swimmers and non-swimmers. Non-stressful, low-impact activities are performed in shallow and/or deep water to a wide variety of musical selections.

Cost: Varies with attendance; Online registration NOT available; First class is free for those who arrive 20 minutes early and complete release form.

When: Please call for specific dates!

Mid-June thru August:

Tue & Thu 8:15 – 9:15AM

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.

Ages: 5 years and older; Applicants must be able to swim 66 yards crawl stroke without stopping

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

When: Mid-June thru August:

Mon - Fri 5:30 – 7:30PM (BSSC)

More practice hours available during Summer; see coach for updates

Where: Brooks St. & Marshall St. Swim Centers

Adult Learn to Swim

Lead Instructor: Carrie Brill, 435-5535 or 435-5225

Designed to introduce and improve on the basic skills necessary to meet individual goals. Classes are taught at beginner and intermediate levels by experienced Water Safety Instructors. Registration opens May 1st at the Brooks St. Swim Center during regular business hours.

Ages: 16 years and older

Cost: **\$30.00 per session**; Online registration available (see code below)

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

4 sessions available; please call to inquire about session availability.

1006.101 May 19 – June 4

1006.201 June 16 – July 9

1006.202 July 21 – Aug 13

1006.203 Aug 25 – Sept 17

Where: Marshall St. Swim Center

Recreational Swimming

A daily aquatic program that all of the family can enjoy. Children under 45 inches tall must be accompanied by an adult at all times. All individuals entering the facility are required to pay the facility use fee. Please, NO toys, goggles or personal floatation devices. Children in diapers are required to wear a swim diaper while visiting the pool.

Ages: All

Cost: **15 years & under \$2.00**

16 years & over \$3.00

When: June 13th – Aug 23th

Brooks Street

7 Days a Week 1:30 – 3:30PM

Mon, Wed, Fri 7:30 – 9:00PM

*Sundays at BSSC ONLY

Marshall Street

Mon - Sat 1:30 – 3:30PM*

Tue & Thu 7:30 – 9:00PM

Aug 29st – Sept 13 (BSSC only)
Saturdays & Sundays ONLY
1:30 – 3:30PM

Where: Brooks St. & Marshall St. Swim Centers

Children's Learn to Swim

This program has been established in a way so children will receive instruction in swimming fundamentals from the most basic to advanced skills, with the incorporation of various aspects of water safety. Lessons are taught according to American Red Cross standards by certified Water Safety Instructors.

Ages: 1 year and older

Cost: **\$25.00 per child**, per session; Online/phone registration NOT available

When: Classes meet Monday - Friday for 2 weeks, for 30 minutes a day; All students UNDER 45" tall MUST be enrolled in a Sea Otter Pups class and be accompanied by an adult 16 years or over. However, on the first class meeting, if students show that they possess the sufficient ability to complete the Exit Skills for Jellyfish, they may be considered for enrollment in a higher level class. Please, if you have any questions pertaining to class levels, do not hesitate ask!

Session 1	June 15 – June 26	Opens on June 1
Session 2	June 29 – July 10	Opens on June 1
Session 3	July 13 – July 24	Opens on July 8
Session 4	July 27 – August 7	Opens on July 22
Session 5	August 10 – August 21	Opens on Aug 5

Registration: June 1 8:00AM to 2:00 PM / 4:00 PM to 7:00 PM
(BSSC ONLY)

June 2 – June 15 Daily from 10:15 AM to Close
(BSSC ONLY)

June 15 – Aug 10 Daily during regular business hours
(BSSC & MSSC)

Where: Brooks St. & Marshall St. Swim Centers

Children's Learn to Swim Specialty Classes:

Novice Swim Team, Junior Lifesaving, Diving, Water Polo & Synchronized Swimming

For those who are looking to participate in other aquatic related programs, we also have available Novice Swim Team (NOV), Junior Lifesaving (JLS), Diving (DIV), Water Polo (WP) and Synchronized Swimming programs. Each of these programs has been designed to introduce participants into competitive swimming, lifeguarding/swim instruction, diving or water polo and synchro fundamentals.

Ages: Must have swim ability equivalent to Red Cross Level 4

Cost: **JLS & SYNCHRO: \$60 per child**
NOV, DIV, WP: \$50 per child
 Online/phone registration not available;
 Session schedule/information is viewable online
When: Classes meet Monday thru Friday for 2 weeks

	<u>Brooks Street</u>	<u>Marshall Street</u>
	4:15 – 5:20PM	9:00 – 10:05AM
Session 1	DIV	JLS
Session 2	NOV	DIV
Session 3	SYNCHRO	SYNCHRO
Session 4	WP	WP
Session 5	DIV	NOV

Where: Brooks St. & Marshall St. Swim Centers

Synchronized Swimming

Lead Instructors: Lizzy Roberson & Elyssa Kelly, 435-5535 or 435-5225

Synchronized swimming offers children the opportunity to learn water based movements which will be choreographed into routines and set to music. These routines will then be performed at the program's annual show on Saturday, July 25th at dusk.

Ages: 5 years and older; Must be able to swim 25 yards front and back crawl stroke without stopping

Cost: **\$75 per child**; online registration available (program code: 1012.201)

When: June 15 – July 25
 Mon, Wed, Fri 6:00 – 7:15PM
 Tue & Thu 12:00 – 1:15PM

Where: Marshall St. Swim Center