

# Swim Lessons

<b>Tadpoles ~ Parent &amp; Child Level 1 (Tad)</b>		<b>Ages 6 months - 2 years</b>
Getting wet with toys	In and out of water exploration	Blowing bubbles on the surface
Getting wet kicking	Underwater exploration	Front and back float
Enter/exit water with help, or by walking in	Passing from instructor to parent	Safety rules
<b>Pollywogs ~ Parent and Child Level 2 (Pol)</b>		<b>Ages 2 - 4</b>
Exploring the pool (shallow water)	Open eyes under water, retrieve object	Combined arm and leg action on front and back
Bobbing	Roll over from front to back, back to front	Passing between adults
Enter/exit water independently	Perform front and back glide	Safety rules
<b>Minnnows ~ Preschool Aquatics (Min)</b>		<b>Ages 2 - 4</b>
Open eyes under water, retrieve object	Combined arm and leg action on front and back	Jump into water alone and swim back to wall
Turn front to back/back to front	Learn correct kicks with kick board	Swim 5 yards on front (rolling on back to breathe)
Enter/ exit water using ladder, steps or side	Prone/supine float for 10 seconds, unaided	Safety rules
<b>Level 1 ~ Introduction to Water Skills (L1)</b>		<b>Ages 5 and over</b>
<i>Purpose:</i> Helps students feel comfortable in the water. Level 1 participants learn to:		
Enter and exit water safely	Open eyes underwater, pick up submerged object	Swim on front and back using arm & leg motions
Exhale underwater through mouth and nose	Float on front and back	Follow basic water safety rules
Front and back glide	Explore arm and hand movements	Use a life jacket
<b>Level 2 ~ Fundamental Aquatic Skills (L2)</b>		<b>Ages 5 and over</b>
<i>Purpose:</i> Gives students success with fundamental skills. Level 2 participants learn to:		
Enter water by stepping or jumping from the side	Float on front and back	Swim on front and back using combined strokes
Exit water using ladder, steps or side	Perform front and back glide	Tread water using arm and leg motions
Submerge entire head	Roll over from front to back, back to front	Move in the water while wearing a life jacket
<b>Level 3 ~Stroke Development (L3)</b>		<b>Ages 6 and over</b>
<i>Purpose:</i> Builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to:		
Jump into deep water from the side	Perform front and back glide	Tread water, 30 seconds (deep water)
Dive from kneeling or standing position	Perform front and back crawl	Perform a reaching assist
Submerge and retrieve an object	Perform elementary backstroke	Use Check-Call-Care in an emergency
Use rotary breathing in horizontal position	Bob with the head fully submerged	Dolphin-kick and body motion
<b>Level 4 ~Stroke Improvement (L4)</b>		<b>Ages 6 and over</b>
<i>Purpose:</i> Develops confidence in the skills learned and improves other aquatic skills. Level 4 participants learn to:		
Dive from stride position	Perform butterfly stroke	Perform feet-first surface dive
Perform front and back crawl	Perform sidestroke	Perform compact jump into water
Perform elementary backstroke	Tread water using different kicks, 2 minutes	Perform a throwing assist
Perform breaststroke	Perform front and back stroke flip turns	Survival swimming
<b>Level 5 ~Stroke Refinement (L5)</b>		<b>Ages 6 and over</b>
<i>Purpose:</i> Provides further coordination and refinement of strokes. Level 5 participants learn to:		
Tread water, 5 minutes	Standard scull, 30 seconds	Perform sidestroke
Perform shallow-angle dive	Perform front flip turn and backstroke flip turn	Perform breaststroke
Perform front and back crawl	Perform elementary backstroke	Perform rescue breathing
Perform butterfly stroke	Perform shallow dive, glide 2 body lengths and begin front stroke	
<b>Level 6 ~Swimming and Skill Proficiency (L6)</b>		<b>Ages 6 and over</b>
<i>Purpose:</i> Refines strokes so students swim with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including Water Safety, Guard Start and Lifeguard Training courses.		
<b>Special Apples (SA)</b>		<b>Ages 5 and over</b>
A special time is set aside for individuals with developmental disabilities. The objective of this course is to help students to feel and become more comfortable in the water and enjoy it safely. One attendant per participant is allowed in the water (must be 18 or over). Maximum of 3 students per class.		

<i><b>Saturday Swim Lessons</b></i>	
<b>Teen Lessons (TB)</b>	<b>Ages 13 - 17</b>
Teens will learn breathing, floating, water safety, stroke readiness and stroke development. Teen lessons are designed with "menu" options. Class is two Saturdays for 1 hour.	
<b>Adult Lessons (AD1)</b>	<b>Ages 18 &amp; over</b>
This class is designed to introduce the inexperienced or fearful adult to the water. The objective of this course is to help students to feel and become more comfortable in the water and enjoy it safely. Class is two Saturdays for 1 hour.	
<b>Adult Lessons ~ Not so terrified of water (AD2)</b>	<b>Ages 18 &amp; over</b>
This class marks the introduction of true swimming strokes. Sound watermanship and complete independence is achieved in this level. Class is two Saturdays for 1 hour.	

<b>2012 SATURDAY Swim Lessons</b>					
2 Saturday Lessons (1 hour)	Session A	Session B	Session C	Session D	Session E
	6/2 - 6/9 Cost: \$25	6/16 - 6/23 Cost: \$25	6/30 - 7/7 Cost: \$25	7/14 - 7/21 Cost: \$25	7/28 - 8/4 Cost: \$25
9:40 - 10:40am	AD 1 TB	AD2 TB	AD1 TB	AD2 TB	AD1 TB
10:45 - 11:45 am	AD2 TB	AD1 TB	AD2 TB		AD1 TB

## ***Swim Fair***

Registration for summer swim lessons

**Saturday, May 19th**  
**@ Town Hall**  
**7:30 - 11:30 am**

**Apple Valley Residents Only**  
**from 7:30 - 10 am**

Non-Residents can register starting at 10 am or whenever the Apple Valley line is empty.



- Proof of residency required (picture ID & utility bill)
- Only a parent or legal guardian can register children for classes
- Free child care provided
- Swim lesson schedule will be available May 1st
- Enroll carefully as there are NO refunds, transfers or credits
- Line will form in between Town Hall and the Police Department - next to the white gazebo

## 2012 Swim Lessons

(see pages 6 and 7 for class descriptions and levels)

No swim lessons on 7/4

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
	5/21 - 6/1 Cost: \$35	6/4 - 6/15 Cost: \$35	6/18 - 6/29 Cost: \$35	7/2 - 7/13 Cost: \$32	7/16 - 7/27 Cost: \$35	7/30 - 8/10 Cost: \$35	8/13 - 8/24 Cost: \$35
9:40 - 10:15 am		Tad Min L1 L1 L2 L2 L3 L4	Pol Min Min L1 L2 L3 L4 L5	Tad Min L1 L1 L2 L3 L4 SA	Pol Min L1 L2 L3 L3 L5 L6	Tad Min L1 L2 L3 L4 L5	Pol Min L1 L1 L2 L2 L3 L4
10:20 - 10:55 am		Pol Min Min L1 L2 L2 L3 L5	Tad Min L1 L1 L2 L3 L4 L6	Pol Min L1 L2 L3 L3 L5 L6	Tad Min L1 L1 L3 L3 L4 SA	Pol Min L1 L2 L3 L4	
11:00 - 11:35 am		Tad Min L1 L1 L2 L3 L4 SA	Pol Min Tad L1 L2 L2 L3 L5	Tad Min L1 L2 L3 L4 L5	Pol Min L1 L1 L2 L2 L3 L4		
11:40 - 12:15 pm		Pol Min Tad L1 L2 L3 L5 L4	Tad Min L1 L2 L3 L4 L5 SA	Pol Min L1 L1 L2 L3 L4 L6	Tad Min L1 L1 L2 L3 L4 L5		
4:15 - 4:50 pm	Tad Min L1 L1 L2 L2 L3 L4	Tad Min L1 L1 L2 L3 L4 L6	Pol Min L1 L1 L2 L3 L5 L6	Tad Min L1 L2 L3 L4 L6 SA	Pol Min L1 L2 L3 L4 L5 L6	Tad Min L1 L1 L2 L3 L4 L6	Pol Min L1 L3 L4 L5
4:55 - 5:30 pm	Pol Min L1 L1 L2 L2 L3 L5	Pol Min L1 L1 L2 L3 L5 SA	Tad Min L1 L2 L3 L4	Pol Min L1 L2 L3 L5	Tad L1 L1 L2 L3 L4 L5	Pol L1 L2 L3 L4 L5	Tad L2 L3 L4 L6

Enjoy lap swim until 11:00 am  
while your children are in swim lessons.

### Guard Start

**Ages 12 & Up**

Build self-esteem, job skills and long-lasting friendships while learning how to prevent aquatic emergencies. Course is two weeks. 20 hours of volunteer time is required for completion. Registration for Apple Valley residents begins on May 19 at the Swim Fair.

**Activity Fee:** \$37

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
June 4 - 15	M - F	4:30 - 5:30 pm
June 18 - 29	M - F	4:30 - 5:30 pm



**Admission Policy**

Swimmers must use exact change, personal check, credit card or Quick Card for admission to the Aquatic Center. All persons entering the pool deck will be charged the fee.

**Diaper Policy**

In the interest of public health, children who are not toilet-trained must wear swimming diapers. NO regular diapers or loose-fitting swim suits are allowed.

**Swim Suit Policy**

All swimmers must wear a swimsuit. No jeans or cutoffs permitted. T-shirts are allowed as long as there is no offensive material. Females may not wear shorts with a shirt and bra. Swimsuits with built in flotation devices are not permitted. Life jackets are available. Only flotation devices issued by the Town of Apple Valley are permitted.

**Refund Policy**

There will be no refunds for any swim programs that are cancelled due to inclement weather.

**Special Apples  
Family Night at the Pool**

**All Ages**

Enjoy swimming, relay games, a snack bar and more! Time will be reserved for group homes, care groups, mentors and families of people with disabilities. Our pool is equipped with an ADA handicap chair. Please no cut-off jeans or personal flotation devices.

**Activity Fee:** \$3

**Location:** Civic Center Park Aquatic Center

<b>Date:</b>	<b>Day:</b>	<b>Time:</b>
June 23	Sat	4 - 6 pm
July 28	Sat	4 - 6 pm
Aug 25	Sat	4 - 6 pm

**Evening Lap Swim**

**Ages 10 & Up**

We divide 8 lanes according to speed levels. Schedule is subject to change.

**Activity Fee:** \$4/person

**Location:** Civic Center Park Aquatic Center

<b>Date:</b>	<b>Day:</b>	<b>Time:</b>
May 1 - Sept 27	M/W	7:45 - 8:45 pm

**Quick Card**

The Quick Card is a prepaid discount admission card that provides access to lap swim and public swim. A photo is taken at the time of initial purchase. Cost for the card is an additional \$2. Passes are non-transferable.

**Public Swim Season Pass**

\$100/child

\$150/adult

Valid for unlimited use for the entire Summer 2012 season.

**Monthly Unlimited Pass**

\$68/person

Lap Swim Only

Quick Cards can be purchased at the Aquatic Center. When you have a Quick Card, you can renew the card once passes have been exhausted.

**Early Morning Lap Swim**

**Ages 10 & Up**

Early morning lap swim is a great opportunity for the early bird swimmer. We set up 8 lanes according to speed levels. Schedule is subject to change.

**Activity Fee:** \$4/person

**Location:** Civic Center Park Aquatic Center

<b>Date:</b>	<b>Day:</b>	<b>Time:</b>
June 4 - Aug 3	M - F	6:15 - 11 am
June 3 - Sept 2	Sun	10 - 11:30 am
Aug 4 - Sept 1	M - Sat	6:15 - 9:45 am



**Private Pool Parties**

*“just for the fun of it!”*

The Aquatic Center features a Junior Olympic-sized pool with crystal clear water that is heated to a comfortable temperature for year-round use. We have a variety of amenities available for your birthdays, team parties, family occasions and more!

Contact the Recreation Office at (760) 240-7880 for more details.

## Public Swim

All Ages

This is a time set aside for recreational swimmers of all ages to enjoy. Bring the family and enjoy the clear blue, refreshing water! The pool is handicapped-accessible. Passes are not required. Children not potty-trained must wear swim diapers.

**Activity Fee:** \$2/child \$3/adult

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
June 4 - Aug 7	M - F	12:45 - 3:45 pm
May 27 - Sept 1	Sat & Sun	12:45 - 3:45 pm

## Basic Water Rescue

Ages 15 & Up

This course will provide participants with the knowledge and skills necessary to prevent, recognize and respond to aquatic emergencies. It also prepares participants for aquatic emergencies by teaching them how to protect themselves while assisting others. This course is designed for all public safety personnel, camp personnel and day trip leaders, daycare workers, school teachers, aquatic fitness instructors, aquatic therapists, parents and anyone involved in aquatics activities.

\*Basic Water Rescue does not provide participants with the knowledge and skills needed to be certified as a lifeguard.\*

**Activity Fee:** \$50

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
May 12	Sat	2:30 - 6:30 pm
June 9	Sat	2:30 - 6:30 pm

## Fitter & Faster Tour

All Ages

The Fitter & Faster Swim Tour is thrilled to be producing an event at the beautiful Civic Center Park Aquatic Center. This event is open to swimmers of all ages. Those age 7 - 14 will find it to be a particularly terrific experience. Swim with an Olympian and National record holder who are expert clinicians and excellent role models for your swimmers!

**Activity Fee:** \$35

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
Aug 18	Sat	12 - 3 pm

## Evening Public Swim

All Ages

Evening Public Swim is a time set aside for recreational swimming. Take an invigorating dip under the stars while enjoying the refreshing water. The pool is handicapped-accessible. Passes are not required.

**Activity Fee:** \$2/child \$3/adult

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
June 7 - Aug 30	Th	7:45 - 9:30 pm
June 2 - Sept 1	Sat	7:45 - 9:30 pm



## Barracuda's Open Swim Meet

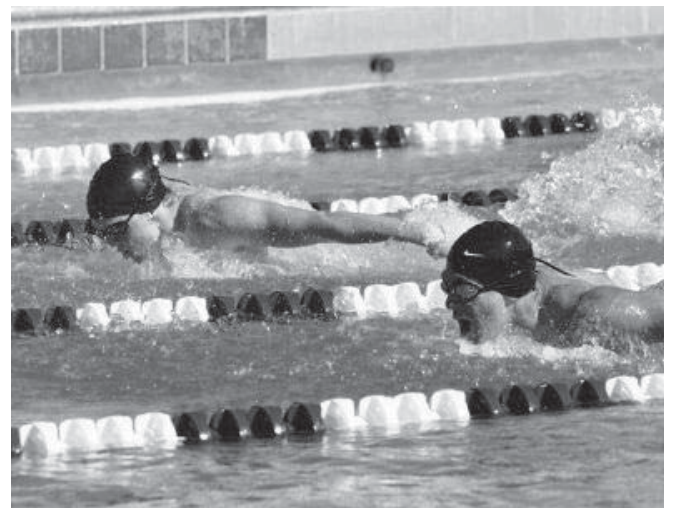
All Ages

Swimmers of all ages and abilities are invited to compete for fun and prizes. Hosted by Desert Aquatics, the swim meet will be divided by age group in seven different events. Awards will be given to the top three finishers in each event and prizes will be given to each heat winner. Deadline to register is 7/13. Spectators welcome! Call 760-459-SWIM for more information.

**Activity Fee:** \$3/event + \$5 surcharge/swimmer  
No spectator entry fee

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
July 21	Sat	11 am - 3 pm



## Water Aerobics Passes

NEW starting this summer! Purchase a monthly pass and attend any combination of the water aerobics classes listed below. All passes expire at the end of the month and are non-transferable. Cost of the membership card is \$2.

\$36/12 classes per month

\$31/8 classes per month

\$21/4 classes per month

## Aqua Fitness

**Ages 16 & Up**

Aqua Fitness is a low impact exercise program designed to give you an aerobic workout while developing your muscle tone and endurance. Get your body moving and maintain your health and well-being. Instructor: Debbie Bucarey

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
June 1 - 29	M/W/F	7:30 - 8:30 am 8:30 - 9:30 am
July 2 - 30	M/W/F	7:30 - 8:30 am 8:30 - 9:30 am
Aug 3 - 31	M/W/F	7:30 - 8:30 am 8:30 - 9:30 am

## Splash Dance

**Ages 16 & Up**

A great work-out to good music in the pool. It's water aerobics with a kick! This fitness combination is both beneficial AND enjoyable. Ability to swim is optional - ability to have FUN is required! Instructor: Pam Adams

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
June 2 - 30	Tu/Th/Sat	7:30 - 8:30 am or 8:30 - 9:30 am
July 3 - 31	Tu/Th/Sat	7:30 - 8:30 am or 8:30 - 9:30 am
Aug 2 - 30	Tu/Th/Sat	7:30 - 8:30 am or 8:30 - 9:30 am

## Hydrofit Exercise

**Ages 16 & Up**

This 60 minute workout is designed to build strength, flexibility and cardiovascular fitness. Hydrofit Exercise takes advantage of your buoyancy in the water and improves range of motion through low impact movement. No class 7/4. Instructor: Debbie Bucarey

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
June 1 - 29	M/W/F	6:30 - 7:30 pm
July 2 - 30	M/W/F	6:30 - 7:30 pm
Aug 3 - 31	M/W/F	6:30 - 7:30 pm



## PADI Open Water Diver

SSI: SCUBA Schools International

**Ages 12 & Up**

The first step in your quest for underwater adventure is to become an open water diver. SSI's Open Water Diver program provides all the materials a student needs to become a comfortable and knowledgeable diver. Better yet, the SSI system provides the flexibility that students need to fit their busy schedules. The course uses full motion video to enhance the training process and SSI has packaged this video with the manual and workbook for home study use, so students can complete the classroom work in the comfort of their own home and at their own pace. Fee includes all supplies and materials.

**Activity Fee:** \$338

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
Call the Recreation office at (760) 240-7880 for details and dates.		

## Advanced Stroke Development

**Ages 5 - 18**

Advanced Stroke Development is a year-round swim program designed for those who want advanced swim instruction, but are not yet ready to swim competitively. Swimmers will be taught advanced stroke development, endurance and diving in a fun swim team atmosphere. Your child will make new friends and get a great workout while they learn to perfect their skills. Swimmers who are ready and willing to swim competitively are encouraged to contact Coach Steve Ortiz at Desert Aquatics at (760) 459-SWIM or email at Swim@DesertAquatics.net. No class 7/4.

**Activity Fee:** \$39/month

**Location:** Civic Center Park Aquatic Center

Date:	Day:	Time:
June 1 - 29	M/W/F	5:30 - 6:30 pm
July 2 - 30	M/W/F	5:30 - 6:30 pm
Aug 1 - 31	M/W/F	5:30 - 6:30 pm

# WATER FESTIVAL

Civic Center Park Aquatic Center

*Saturday, May 26*

**Session: 1 12 - 3 pm**

**Session 2: 3:30 - 6:30 pm**

Join us in celebrating the start of summer! Enjoy music, games, water slides, bounce houses and lots of food vendors.

**Pre-registration: \$3/person**

**At the door: \$4/person**



Only pre-registered participants will be allowed in for the first 15 minutes or until the line is empty.

Then "at the door" participants will be admitted.

**Pre-register at Town Hall  
or the Aquatic Center.**

# FATHER'S DAY

## BBQ & POOL

### PARTY

*Saturday, June 16*

**12:30 - 4 pm**

Civic Center Park  
Aquatic Center



Come join us this Father's Day to celebrate your dad and all that he does for you! We will have BBQ, snow cones, music, water slides and lots of games.

Fathers swim FREE!

**Pre-registration: \$3/person**

**At the door: \$4/person**

# Overnight Pool Party

*July 13 & 14* • starts @ 7pm

Bring the family out for a unique overnight camping experience, at the beautiful Civic Center Park Aquatic Center.

- Open swimming all night long
- Scavenger hunts
- Games
- Water slides
- In-water contests throughout the evening
- Dinner on Friday evening
- Pancake breakfast in the morning
- Snack bar (with coffee!)

**\$10/person**

Check in and tent set up at 7 pm, the first pool activities will begin at 8 pm; check out is at 9:30 am. Children under 3 are free. Register by 7/5.

**Civic Center Park  
Aquatic Center**

# Aquatic Center Send Off!

*Saturday,  
August 4*

**12:30 - 4pm**

- Music
- Games
- Water slides
- Food vendors



Come join us in celebrating the end of another successful and exciting summer!

**\$3 pre-registration**

**\$4 at the door**

Civic Center Park Aquatic Center