

Swim Lessons

Tadpoles - Parent and Child Level 1 (Tad) Ages 6 months - 2 years

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

Pollywogs - Parent and Child Level 2 (Pol) Ages 2 - 4

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

Minnows - Preschool Aquatics (Min) Ages 2 - 4

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

Level 1 - Introduction to Water Skills (L1) Ages 5 and over

Purpose: 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 and 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

Level 2 - Fundamental Aquatic Skills (L2) Ages 5 and over

Purpose: 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

Level 3 - Stroke Development (L3) Ages 6 and over

Purpose: 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

Level 4 - Stroke Improvement (L4) Ages 6 and over

Purpose: 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

Level 5 - Stroke Refinement (L5) Ages 6 and over

Purpose: 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	

Level 6 - Swimming and Skill Proficiency (L6) Ages 6 and over

Purpose: 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.

Saturday Swim Lessons

Teen Lessons (TB) Ages 13 - 17

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.

Adult Lessons - Terrified of water (ADI) Ages 18 & over

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.

Adult Lessons - Not so terrified of water (AD2) Ages 18 & over

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.

Rays - Special Apples (Ray) Ages 18 & over

A special time is set aside for adults with developmental disabilities. One attendant per participant is allowed in the water (must be 18 or over). Maximum of 3 students per class. Class is two Saturdays for 1 hour.

Pikes - Special Apples (Pike) Ages 5 - 10

A special time is set aside for children with developmental disabilities. Children learn to feel comfortable in the water and to swim to safety. One parent or guardian per participant will be allowed in the water (must be 18 or over). Maximum of 3 students per class. Class is two Saturdays for 1 hour.

Eels - Special Apples (Eel) Ages 11 - 17

A special time is set aside for children with developmental disabilities. Children learn to feel comfortable in the water and to swim to safety. One parent or guardian per participant will be allowed in the water (must be 18 or over). Maximum of 3 students per class. Class is two Saturdays for 1 hour.

2011 SATURDAY Swim Lessons

2 Saturday Lessons (1 hour)	Session A		Session B		Session C		Session D		Session E	
	6/18 - 6/25 Cost: \$32		7/2 - 7/9 Cost: \$32		7/16 - 7/23 Cost: \$32		7/30 - 8/6 Cost: \$32		8/13 - 8/20 Cost: \$32	
9:40 - 10:40 am	TB	ADI	AD2	RAY	PIKE	TB	ADI	EEL	AD2	PIKE
10:45 - 11:45 am	AD2	PIKE	TB	EEL	AD2	RAY	TB	PIKE	ADI	EEL

4 Saturday Lessons (35 min.)	Session F		Session G		Session H	
	6/18 - 7/9 Cost: \$32		7/16 - 8/6 Cost: \$32		8/13 - 9/3 Cost: \$32	
9:40 - 10:15 am	L1 L3	L2 L4	L1 L3	L2 L5	L1 L3	L2 L4
10:20 - 10:55 am	L1 L3	L2 L4	L1 L3	L2 L4	L1 L3	L2 L4
11:00 - 11:35 am	L1 L3	L2 L4	L1 L3	L2 L4	L1 L3	L2 L4



Guard Start

Ages 12 & Up

Build self-esteem, job skills and long-lasting friendships while learning how to prevent aquatic emergencies. Course is 2 weeks. 20 hours of volunteer time is required for completion. Registration for Apple Valley residents begins on 6/11 at Swim Fair.

Activity Fee: \$34

Location: Civic Center Park Aquatic Center

Date: **Day:** **Time:**

June 13 -24 M - F 5 - 6 pm

June 27 - July 8 M - F 5 - 6 pm

2011 Swim Lessons (see pages 10 and 11 for class descriptions and levels)												
	Session 1		Session 2		Session 3		Session 4		Session 5		Session 6	
	6/13 - 6/24 Cost: \$32		6/27 - 7/8 (no class on 7/4) Cost: \$29		7/11 - 7/22 Cost: \$32		7/25 - 8/5 Cost: \$32		8/8 - 8/19 Cost: \$32		8/22 - 9/2 Cost: \$32	
9:40 - 10:15 am Monday - Friday			Tad Min L1 L3 L5	Pol Min L2 L2	Tad Min L1 L4	Pol L1 L2 L5	Tad Min L1 L3 L5	Pol Min L2 L4				
10:20 - 10:55 am Monday - Friday			Pol Min L1 L3 L3	Pol L1 L2 L4	Pol Min L1 L3 L5	Pol Min L2 L4	Tad Min L1 L3	Pol L1 L2 L4 L5				
11:00 - 11:35 am Monday - Friday			Tad Min L1 L3 L5	Pol Min L2 L4	Tad Min L1 L3 L6	Min L1 L2 L4	Pol Min L1 L3 L6	Pol Min L2 L4				
11:40 - 12:15 pm Monday - Friday			Pol Min L1 L4	Pol L1 L2 L6 L3	Pol Min L1 L3 L5	Pol Min L2 L4	Tad Min L1 L4 L6	Pol L1 L2 L5				
4:15 - 4:50 pm Monday - Friday	Tad L1 L2 L4	Min L1 L3 L5	Pol Min L2 L4	Pol L1 L3	Pol Min L1 L3	Tad L1 L2 L4	Tad Min L1 L4	Pol Min L2 L6	Tad Min L1 L2	Tad Min L3 L5	Pol Min L2 L4	Tad L1 L3 L6
4:55 - 5:30 pm Monday - Friday	Tad Pol L1 L2	Pol L1 L2 L4	Tad L1 L2 L3	Min L1 L4	Pol Min L1 L4	Pol L1 L2 L5	Pol Min L2 L3	Pol L1 L4 L6	Tad Min L1 L3	Tad L1 L2 L4	Tad Min L1 L5	Tad Min L2 L6

*Swim Lessons start
Monday, June 13*



Swim Fair

Apple Valley Residents Only
June 11, 2011
7:30 - 11:30 am

Proof of residency is required for all Apple Valley residents
Registration for summer swim lessons will begin on Saturday, June 11 in the Town Hall Council Chambers. Only a parent or legal guardian can register children for classes. Free child care will be provided in the Recreation Center and includes crafts and games for the younger ones while you wait in line to register them. Please bring a picture I.D. and a bill, both with the correct address as proof of residency. Line will form in between the Town Hall and the Police Department - next to the white gazebo.

Please remember to enroll carefully as there are
NO REFUNDS, CREDITS or TRANSFERS

Non-Residents: All non-residents will be able to register Monday, June 13 at the Recreation counter at Town Hall.

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

Location: Civic Center Park Aquatic Center

Date:	Day:	Time:
June 13 - Aug 9	M - F	12:45 - 3:45 pm
June 18 - Sept 3	Sat & Sun	12:45 - 3:45 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.

Public Swim Passes

- \$10/for 5 sessions
- \$24/for 15 sessions (save \$6!)
- \$46/for 30 sessions (save \$14!)

Lap Swim Passes

- \$15/for 5 sessions
- \$36/for 15 sessions (save \$9!)
- \$69/for 30 sessions (save \$21!)

To purchase a Quick Card, visit the Aquatic Center or Recreation office. When you have a Quick Card, you can renew the card once passes have been exhausted.

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 floatation devices are not permitted. Lifejackets are available. Only floatation devices issued by the Town of Apple Valley are permitted.

Special Apples Family Night at the Pool

All Ages

Enjoy recreation swim, relay games, a snack bar and more! Time will be reserved for group homes, care groups, mentors and families with disabilities. Our pool is equipped with an ADA handicap chair. No personal floatation devices.

Activity Fee: \$2

Location: Civic Center Park Aquatic Center

Date:	Day:	Time:
June 18	Sat	4 - 6 pm (Water Festival)
July 16	Sat	4 - 6 pm
Aug 20	Sat	4 - 6 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

Location: Civic Center Park Aquatic Center

Date:	Day:	Time:
June 16 - Sept 1	Th	7:45 - 9:45 pm
June 18 - Sept 3	Sat	6:30 - 9:45 pm



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.

Evening Lap Swim

Ages 10 & Up

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

Activity Fee: \$3/person

Location: Civic Center Park Aquatic Center

Date:	Day:	Time:
June 1 - Aug 31	M/W/F	7:45 - 9:45 pm

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

Activity Fee: 3 days a week/month \$33

2 days a week/month \$28 1 day a week/month \$19

Location: Civic Center Park Aquatic Center

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

Zero Gravity Water Exercise

Ages 16 & Up

This low impact water aerobics class incorporates muscle strengthening, aerobic conditioning and toning exercises. This is a terrific exercise program regardless of age or fitness ability and it allows you to exercise at your own comfort level. Instructor: Pam Adams

Activity Fee: 3 days a week/month \$33

2 days a week/month \$28 1 day a week/month \$19

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 2 - 30	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

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: \$3/person

Location: Civic Center Park Aquatic Center

Date:	Day:	Time:
June 1 - Aug 31	M - Sat	5:45 - 9:15 am
June 1 - Aug 31	Sun	10 - 11:30 am

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



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.

Instructor: Debbie Bucarey

5:30 - 6:30 pm 6:30 - 7:30 pm

Activity Fee: \$33/month

Location: Civic Center Park Aquatic Center

Date:	Day:	Time:
June 1 - 29	M/W/F	See above
July 1 - 29	M/W/F	See above
Aug 1 - 31	M/W/F	See above

Open SCUBA

Ages 16 & Up

Certified divers can utilize the pool to refresh their skills, test out new equipment or just have fun. SCUBA divers must present their certification card to participate. Waivers must be signed by parent or legal guardian. Pre-registration is required, deadline is one week before program date. For additional information, call the Recreation Office at (760) 240-7880.

Activity Fee: \$2

Location: Civic Center Park Aquatic Center

Date:	Day:	Time:
June 4	Sat	4 - 6 pm
July 9	Sat	4 - 6 pm
Aug 6	Sat	4 - 6 pm



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.



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 home and at their own pace.

Activity Fee: \$290

Location: Civic Center Park Aquatic Center

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

Apple Valley WAVE

Age 5 - 18

Apple Valley WAVE has an enthusiastic and talented coaching staff that will motivate your child and make workouts exciting and challenging. Your child will meet new friends while learning all aspects of competitive swimming. The pool is heated to a comfortable temperature year-round.

- Prerequisite for new swimmers: must be at least 5 years old and capable of swimming 25 yards - both freestyle with side breathing and backstroke.
- The monthly fee is based upon the group your child qualifies in. Call (760) 240-7880 for fees.

Guppies (beginner): M/W/F 5:45 - 7 pm

Squids (intermediate): Tu/W/Th/F 5:15 - 7 pm

Sharks (advanced): M/Tu/Th/F 5:15 - 7:15 pm

Location: Civic Center Park Aquatic Center

Water Festival 2011

*Saturday,
June 18th
4 - 6 pm*

Cost: \$2

Join the Town of Apple Valley in celebrating the start of summer! Enjoy games, water slides, bounce houses and lots of food vendors!

Space is limited so be sure to pre-register at Town Hall or the pool.



Civic Center Park Aquatic Center