

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: |
|------------|--------------|---------------------------|
| Sept - Oct | M - F Sat | 6:15 - 10 am 8 - 10 am |
| Nov 2 - 30 | M/W/F | 6:15 - 10 am |
| Nov 1 - 29 | T/Th/S | 8 - 10 am |
| Dec 2 - 23 | M/W/F | 6:15 - 10 am |
| Dec 1 - 22 | T/Th/S | 8 - 10 am |



The Aquatic Center will be closed Dec 24 - Jan 1 for the holiday season.

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: |
|-------------|-------|-------------------|
| Sept 2 - 30 | M/W/F | 7:30 - 8:30 am or |
| Sept 2 - 30 | M/W/F | 8:30 - 9:30 am |
| Sept 2 - 30 | M/W/F | 6 - 7 pm |
| Oct 3 - 31 | M/W/F | 8:30 - 9:30 am |
| Oct 3 - 31 | M/W/F | 6 - 7 pm |
| Nov 2 - 30 | M/W/F | 8:30 - 9:30 am |
| Dec 2 - 30 | M/W/F | 8:30 - 9:30 am |



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: |
|-----------------|-------|----------------|
| Sept 2 - Oct 28 | M/W/F | 7:45 - 9:45 pm |

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

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

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: |
|-------------|-----------|-------------------|
| Sept 3 - 29 | Tu/Th/Sat | 7:30 - 8:30 am or |
| Sept 3 - 29 | Tu/Th/Sat | 8:30 - 9:30 am |
| Oct 1 - 29 | Tu/Th/Sat | 8:30 - 9:30 am |
| Nov 1 - 29 | Tu/Th/Sat | 8:30 - 9:30 am |
| Dec 1 - 31 | Tu/Th/Sat | 8:30 - 9:30 am |

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 the Recreation Office. When you have a Quick Card, you can renew the card once passes have been exhausted.

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/person

Location: Civic Center Park Aquatic Center

| Date: | Day: | Time: |
|--------------|-------------|----------------|
| Sept 3 - 24 | Sat | 6:30 - 9:45 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.



Public Swim

Ages 16 & Up

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/person

Location: Civic Center Park Aquatic Center

| Date: | Day: | Time: |
|--------------|-------------|-----------------|
| Sept 3 - 25 | Sat & Sun | 12:45 - 3:45 pm |

Scuba Santa

All 16 & Up

After taking a brief safety course, you will dive into the deep end of the pool and have your picture taken with Santa. Kids who do not wish to dive can talk to Santa from the surface. Tours of police cars and helicopters will be available. Those wishing to dive with Santa need to bring a \$10 unwrapped gift which will be donated to Toys for Tots. This event is sponsored by Sea Stallion and the San Bernardino County Sheriff Dive Team.

Activity Fee: \$10 unwrapped gift, plus \$1 per picture

Location: Civic Center Park Aquatic Center

| <i>Date:</i> | <i>Day:</i> | <i>Time:</i> |
|--------------|-------------|--------------|
| Nov 12 | Sat | 11 am - 3 pm |



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 rotary breathing and backstroke.
- The monthly fee and schedule are based upon the group your child qualifies in:
Bronze, Silver, Gold, Platinum

Try outs are held on Wednesdays at 5:30 pm. Swimmers will be placed in a level by the head coach.

Location: Civic Center Park Aquatic Center

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: TBA *Day:* TBA *Time:* TBA

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