

## Santa Monica Community Recreation

# Spring 2018



### Community Aquatics Guide

#### **PRIORITY ONLINE REGISTRATION FOR SANTA MONICA RESIDENTS ONLY**

Spring registration for Santa Monica residents will begin on January 31 at 6:00 am. Registration will be ONLINE ONLY from January 31 through February 6. Non-resident online registration begins February 7. An online account is required to register online, create your online account at [smgov.net/reserve](http://smgov.net/reserve).

#### **MAIL-IN AND DROP-OFF REGISTRATION** – *Complete information on both sides of the registration form*

Completed resident and non-resident registration forms received via mail-in and drop-off will be processed beginning February 7 according to the date and time received at each registration office. Incomplete registrations will not be processed. Drop off registration forms will be accepted at the Swim Center Monday through Friday, 5:30am– 8:00am and 3:00pm-7:00pm, Saturday and Sunday, 8:00am– 5:00pm.

#### **CLASS LOCATIONS**

[Santa Monica Swim Center](#) | 2225 16th St. Santa Monica, CA 90405

[Lincoln Pool](#) | 1501 California Ave. Santa Monica, CA 90403

[Annenberg Community Beach House](#) | 415 Pacific Coast Hwy. Santa Monica, CA 90402

## Santa Monica Swim Center Recreational and Lap Swim Hours

### Spring begins March 12

Recreational Swim	Monday - Friday	Saturday & Sunday
(Times are subject to change)	3:00 pm - 7:00 pm	10:00 am - 5:00pm
<b>Diving boards</b>	<b>Saturday</b>	<b>Sunday</b>
(Times are subject to change)	11:15 am - 3:00 pm	11:30 am - 5:00 pm
<b>Lap Swim (25 yards)</b>	<b>Monday &amp; Wednesday</b>	<b>Tuesday &amp; Thursday</b>
	5:30 am - 8:00 am	5:30 am - 8:00 am
	3:00 pm - 8:30 pm	11:00 am - 1:00 pm
		3:00 pm - 8:30 pm
	<b>Friday</b>	
	5:30 am - 8:00 am	
	3:00 pm - 7:00 pm	
	<b>Saturday</b> 6:00 am - 5:00 pm	<b>Sunday</b> 8:00am - 5:00 pm
<b>Long course (50 meters)</b>	<b>Monday &amp; Wednesday</b>	<b>Tuesday &amp; Thursday</b>
	7:30 pm - 8:30 pm	5:30 am - 8:00 am
	<b>Saturday</b>	
	6:00 am - 11:00 am	

\*Swimmers under 18 must pass a swim test before using the Fitness Pool

#### **Lincoln Pool Lap Swim hours**

Tues/Thurs/ Sat 5:30am –7:00am

Sat/ Sun 6:00pm-8:00pm

#### **Recreational & Lap Swim Fees**

	Resident	Resident Pass**	Non-Resident	Non-Resident Pass**
Children	\$1.50	\$20.00	\$3.00	\$40.00
Adults	\$3.50	\$55.00	\$7.00	\$110.00
Senior/Student	\$1.75	\$30.00	\$3.50	\$60.00
Family Weekend	\$8.00*	N/A	\$16.00*	N/A

## CLASS LEVEL DESCRIPTIONS:

### **POLLIWOG Level 1: Water Exploration**

**4 years and up**

This introductory level is the first level in our Learn-to-Swim program. Instructors focus on building students' comfort and independence in the water. Skills taught include: bubble blowing, retrieving submerged objects, front & back glides, front & back kicks and front & back floats. All skills are practiced with the support of an instructor.

### **GUPPY Level 2: Primary Skills**

**4 years and up**

Before entering this level children must feel comfortable submerging their face underwater as well as floating on their stomach & back with the help of an instructor. Students will learn to perform skills independently such as float and recover to a standing position, glides, front & back arm motion, front & back flutter kick and an introduction to rhythmic breathing.

### **MINNOW Level 3: Stroke Readiness**

To enter this level, participants must be capable of independently floating and swimming 5 body lengths on front and back with arm and leg coordination. Instructors will mainly focus on front crawl with side breathing and elementary backstroke, dolphin kick and scissors kick. Skills introduced include diving in deep water and treading water.

### **FISH Level 4: Stroke Development**

Children must be able to swim a minimum of 15 yards of the pool with coordinated front crawl and elementary backstroke before entering this level. Skills taught include refining front crawl stroke with side breathing and elementary backstroke, learn back crawl stroke, breast stroke, side stroke and butterfly. New skills introduced are open turns and head first entries.

### **BARRACUDA Level 5: Stroke Refinement**

This class is held entirely in deep water. Participants must be able to efficiently complete 25 yards of both front crawl, and elementary backstroke without stopping. Students will refine breaststroke, butterfly and sidestroke. New skills include shallow angle dive, surface dives and flip turns.

### **TIGER SHARK Level 6: Fitness Swimmer**

To enter this level, students must be able to complete 50 yards of front crawl and elementary backstroke and 25 yards of back crawl, breaststroke and butterfly. This level aims to develop good fitness habits and increase endurance, power and efficiency for the 4 competitive strokes. Children will learn to use a pace clock and calculate heart rate. Upon completion students will be ready for competitive swimming and specialty classes.

### **ADULT SWIM: Learning the Basics**

**Ages 14 years and up**

Learning the Basics is designed to help participants gain basic aquatic skills and swimming strokes, including the front crawl, breaststroke and elementary backstroke. Participants also learn skills and concepts needed to stay safe around water, in addition to those needed to help themselves or others in an aquatic emergency. Adults looking to refine specific stroke techniques may

### **PARENT AND ME:**

**Ages 6 months to 3 years**

This class is designed for parent-child interaction and focuses on acquainting a child with the water through play and song. Emphasis is placed on teaching parents techniques to stimulate development of their child's fundamental swimming skills such as blowing bubbles, front & back glides, front & back kick, arm movement and floating.

NOTE: INFANTS MUST WEAR SWIM DIAPERS UNDER THEIR SUITS.

### **SEA HORSE Preschool Aquatics 1 & 2:**

**Ages: 2 to 5 years old**

This is a combination of preschool aquatics level 1 and 2. These levels create a transition between our Parent and Me and Learn-to-Swim levels. Children must be able to enter the water on their own. In this level, children develop safe practices and water confidence in and around the water. Students will work on bubble blowing, floating, kicking, arm actions and learn to perform skills independently when ready, such as retrieving submerged objects, gliding, and swimming for 2-3 body lengths.

After completing Sea Horse (Preschool Aquatics 1 & 2), students are eligible to enroll into Sea Dragon (Preschool Aquatics 3) or Guppy (Level 2), depending on age.

### **SEA DRAGON Preschool Aquatics 3:**

**Ages: 2 to 5 years old**

Before entering this level, children must be able to complete skills learned in Sea Horse-Preschool Aquatics 2 independently, including front and back glides and swimming for 2-3 body lengths. In this level, children will build on the skills learned in Sea Horse with more emphasis on independence and coordination needed to further develop their water competency.

After completing Sea Dragon (Preschool Aquatics 3), students are eligible to enroll into Minnow (Learn-to-Swim Level 3).

### **FINANCIAL ASSISTANCE**

Financial Assistance is available, based on a sliding scale, for low to moderate-income families. Please call (310) 458-8700 or (310) 458-8540 or (310) 458-2239 for more information.

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### **SWIM LEVEL ASSESSMENT**

Swim level assessments are available to determine the appropriate level for your child. Swim assessments are offered Mon - Fri 3:00 pm - 7:00 pm and Sat & Sun 10:00 am - 5:00pm

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# Swimming Lessons

## GROUP LESSONS at the Santa Monica Swim Center

All classes meet for 30 minutes each day

Fees: Residents \$42.00 Non-Residents \$84.00

Session 1: Mon/Wed 4/9-5/2      Tues/Thurs 4/10-5/3

Session 2: Mon/Wed 5/7-6/4 (no class Monday May 28)      Tues/Thurs 5/8-5/31

Saturdays: March 17 — May 19 (no classes March 31 and April 7)

### WEEKDAY CLASS SCHEDULE

MONDAY and WEDNESDAYS or TUESDAY and THURSDAY for 4 WEEKS

#### Session 1

3:20 - 3:50pm      [Parent & Child](#), [Sea Horse](#), [Sea Dragon](#)  
4:00 - 4:30pm      [Parent & Child](#), [Sea Dragon](#), [Polliwog](#), [Guppy](#), [Minnow](#), [Tiger Shark](#)  
4:40 - 5:10pm      [Sea Horse](#), [Sea Dragon](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
5:20 - 5:50pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#), [Adult Beginner](#)

#### Session 2

3:20 - 3:50pm      [Parent & Child](#), [Sea Horse](#), [Sea Dragon](#)  
4:00 - 4:30pm      [Parent & Child](#), [Sea Horse](#), [Polliwog](#), [Guppy](#), [Minnow](#), [Tiger Shark](#)  
4:40 - 5:10pm      [Sea Horse](#), [Sea Dragon](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
5:20 - 5:50pm      [Sea Horse](#), [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)  
6:00 - 6:30pm      [Sea Dragon](#), [Polliwog](#), [Minnow](#), [Fish](#), [Barracuda](#), [Adult Beginner](#)

SATURDAY CLASS SCHEDULE MEETING ONE DAY PER WEEK for 8 WEEKS:

10:00 - 10:30am      [Sea Horse](#), [Sea Dragon](#), [Polliwog](#), [Guppy](#), [Minnow](#), [Adult Beginner](#)  
10:40 - 11:10am      [Parent & Child \(2\)](#), [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#)  
11:20 - 11:50pm      [Sea Horse](#), [Sea Dragon](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)  
12:00 - 12:30pm      [Sea Dragon](#), [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
3:00 - 3:30pm      [Parent & Child](#), [Sea Horse](#), [Polliwog](#), [Guppy](#), [Fish](#), [Barracuda](#)  
3:40 - 4:10pm      [Sea Horse](#), [Sea Dragon](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)  
4:20 - 4:50pm      [Parent & Child](#), [Sea Dragon](#), [Polliwog](#), [Guppy](#), [Barracuda](#), [Adult Beginner](#)

### WAIT LIST REGISTRATION POLICY

If a class becomes full, your name will automatically be placed on a waiting list. If a space in the class opens, we will notify you by telephone.

### CANCELLATION AND REFUND POLICY

REFUNDS FOR COMMUNITY CLASSES, BEACH HOUSE CLASSES AND COMMUNITY AQUATICS, will be subject to a \$15.00 processing fee for each activity refunded. Request must be made in writing in person or by mail or e-mail at [aquatics.mailbox@smgov.net](mailto:aquatics.mailbox@smgov.net). Refunds will be issued only if requested within one day after first class meeting.

SEMI PRIVATE LESSONS at the Santa Monica Swim Center

Fees: Residents \$84, Non-Residents \$168

In the event only one child attends class, the class time will be reduced to 20 minutes.

FRIDAY CLASS SCHEDULE MEETING at the Santa Monica Swim Center  
ONE DAY A WEEK for 4 WEEKS, 30 MINUTES EACH CLASS

Session 1: 4/13-5/4      Session 2: 5/11-6/1

3:30 - 4:00 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
4:10 - 4:40 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
4:50 - 5:20 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)  
5:30 - 6:00 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
6:10 - 6:40 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)

SUNDAY CLASS SCHEDULE MEETING at the Santa Monica Swim Center  
ONE DAY A WEEK for 4 WEEKS, 30 MINUTES EACH CLASS

Session 1: March 11, 18, April 15 and 22

Session 2: April 29, May 6, 13 and 20

10:00 - 10:30am      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
10:40 - 11:10am      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)  
11:20 - 11:50am      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
12:00 - 12:30pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)  
3:00 - 3:30 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
3:40 - 4:10 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)  
4:20 - 4:50 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)

Semi-Private Swim Lessons Weekdays

Mon & Wed 3/12 -3/21 or Tue & Thurs 3/13-3/22

3:30 - 4:00 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
4:10 - 4:40 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
4:50 - 5:20 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)  
5:30 - 6:00 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Barracuda](#)  
6:10 - 6:40 pm      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#), [Tiger Shark](#)

SEMI PRIVATE LESSONS at the Annenberg Community Beach House

Fee: \$100

In the event only one child attends class, the class time will

be reduced to 20 minutes.

Saturday Session : 4/28 -5/19

Sunday Session : 4/29 -5/20

9:00- 9:30am      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#)  
9:40 - 10:10am      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#)  
10:20 - 10:50am      [Polliwog](#), [Guppy](#), [Minnow](#), [Fish](#)

## ADULT FITNESS SWIM CLASS

This Adult Fitness Swim class is designed for those who would like to improve their swimming technique and form, as well as develop endurance and physical fitness. A coach will provide a swim workout that meets your current abilities, and will offer tips and techniques to improve your strokes.

**Days and Times:** Tuesday and Thursday evenings from 7:30 pm - 8:30 pm

## AQUA AEROBICS

Come and splash away the pounds or come for fun and fitness with our water aerobics program. This shallow water and deep water workout program includes the use of jogging belts and water barbells to increase strength and cardiovascular fitness. Each program is geared towards each participant's fitness level and beginners are encouraged to attend.

### Shallow Aqua Aerobics:

Sunday 8:15 am - 9:15 am, Monday & Wednesday 7:00 pm - 8:00pm

### Deep Aqua Aerobics:

Sunday 9:30 am - 10:30 am, Tuesday & Thursday 7:00 pm - 8:00pm

**Days and Times:** Saturdays 9:00 am - 9:45 am

## Adult Fitness & Aqua Aerobics Fees

	Drop-in Resident	Pass Resident (10 Classes)
Adult	\$5.50	\$48.00
Senior/Student	\$2.75	\$24.00
	Drop-in Non-Resident	Pass Non-Resident (10 Classes)
Adult	\$11.00	\$96.00
Senior/Student	\$5.50	\$48.00

Pass note: The pass is good for only the individual who purchased the pass (admits one entrance per day), non-transferable, non-refundable, and not interchangeable. Must Provide a valid photo ID and/or a current utility bill upon entrance to the facility to receive the reduced fees (including pass renewals).

## Jr Lifeguarding Program

If you are between the ages of 11 and 15, this is the program for you! Enroll now and get a jump start on learning what it takes to become a lifeguard today! This American Red Cross Program teaches basic rescue skills, first aid, CPR and water safety.

**Fees:** Residents \$84 Non-Residents \$115 plus a \$35 non-refundable material fee

**Sundays: March 11—May 13 (no class on March 25 and April 1)**

**Time:** 1:00 pm - 5:00 pm

## YOUTH SPECIALTY CLASSES SESSION DATES:

For children ages 8- 18. Specialty Classes meet for one hour and 15 minutes for specific dates and times as listed below.

**Fees:** Residents \$84.00 Non-Residents \$168.00

### Spring Board Diving

This class is an introduction to the sport of springboard diving for youth. Beginning and intermediate skills will be taught through safe teaching practices. Optional dive meets to be announced. Participants must be able to tread water for 1 minute keeping their head above water and swim 25 yards front crawl stroke with side breathing.

**Saturdays March 17 — May 19 2:45pm - 4:00pm (no classes on March 31 and April 7)**

**Sundays March 11 — May 13 3:45pm - 5:00pm (no classes on March 25 and April 1)**

### Water Polo

Learn a fun and challenging water sport where children will learn the basic skills and strategies of the game. Participants will be taught the rules of the game, ball control, passing, shooting, and basic play. Participants must be able to tread water for 1 minute keeping their head above water and swim 25 yards front crawl stroke with side breathing. Water Polo games to be determined.

**Saturdays March 17 — May 19 ( no classes on March 31 and April 1) 3:45 pm - 5:00 pm**

### Synchronized Swimming

This fun music filled program is designed to develop endurance, flexibility and grace by combining swimming, gymnastics and dance. Optional synchronized meets to be announced. Participants must be able to swim 25 yards front crawl stroke, 25 yards backstroke, 25 yards breaststroke and tread water while keeping their head above water.

**Sunday March 11 — May 13 (no classes March 25 and April 1) 10:15 am - 11:30 am**

### Shark Swim Team

Join the city's novice swim team – The Sharks! Participate in coached workouts designed to build endurance, enhance technique and introduce novice swimmers into the world of swimming. Optional novice swim meets are held once a month on either a Saturday or Sunday.

Tryouts will be held on April 9, 2018 at the time the swimmer is registered for. *There will be a parent meeting immediately preceding the tryouts.*

Participants must be able to complete: 100 yards of continuous front crawl stroke with side breathing and 25 yards of breaststroke, backstroke and butterfly with correct arm and leg action.

**Session Dates: April 9 — June 8**

Days: Monday, Wednesday, and Friday

Beginner 3:45 pm - 5:15 pm

Intermediate/Advance 4:45 pm - 6:15 pm

**Fees:** Resident. \$117.00 Non-Resident \$163.00 Material fee: \$5.00