

American Red Cross Safety Courses

Basic Water Safety

All ages

This one-hour class will cover basic water safety topics. Class will be designed based on group needs such as Boy or Girl Scout merit badges or MOMS groups looking for safety tips. Classes are available to groups by request only; call 654-7512.



Community First Aid

15 years-Adult \$20

Learn to recognize and respond to emergencies including shock, heat and cold emergencies, sudden illnesses and poisonings along with first aid for everything from cuts and scrapes to muscle, bone and joint injuries. A \$16 material fee is due at first class.

23455 W 5-8:30 pm 6/3

Community CPR

15 years-Adult \$20

Learn to recognize and respond to emergencies including shock, cardiac and breathing emergencies for adults, children and infants. A \$16 material fee is due at first class.

23456 F 4:30-9 pm 6/5

CPR/AED for the Professional Rescuer

15 years-Adult \$50

For duty-to-respond rescuers or those desiring advanced CPR knowledge, class includes: recognizing and caring for breathing and cardiac emergencies in a adult, child and infant, two-rescuer CPR, airway obstruction, use of an AED and resuscitation mask and bag mask.

23457 Su 9 am-5 pm 5/17

CPR/AED for the Professional Rescuer Challenge

15 years-Adult \$25

Participant must show proof of current certification in CPR/AED for the Professional Rescuer in order to challenge the course.

23702 Su 3-5 pm 5/17

Water Safety Instructor

16 years-Adult \$150

Successful completion of this course will certify you to teach all levels of American Red Cross progressive swimming lessons. Included in the course is Fundamentals of Instructor Training (FIT). You must attend all class sessions and successfully complete all assignments and tests to obtain certification. Prerequisite: 16 years of age by first class day, 200-yard continuous swim and demonstration of 4 competitive strokes, sidestroke and elementary backstroke. A \$50 material fee is due at first class.

23367 T/Th 4-8:30 pm 5/19, 21, 26, 28
Sa 9 am-5 pm 5/16 & 30



Lifeguard Training

15 years-Adult \$150

This American Red Cross course teaches first aid, water rescue skills, and CPR for the Professional Rescuer; meeting state-mandated guidelines for lifeguards. Successful participation in all class sessions is required. Prerequisites: 15 years of age by first class day; 500-yard continuous swim; 20 yd swim with 10-lb brick retrieval from bottom of pool. A \$50 material fee is due at first class.

23370 T/Th 4-8:30 pm 6/16, 18, 23, 25
Sa/Su 9 am-5 pm 6/20 & 21

Lifeguard Training Recertification

16 years-Adult \$50

Course designed to refresh Lifeguard, CPR/AED, and First Aid water and land skills, for certified lifeguards. Lifeguard Recertification candidates must have current basic Lifeguard Training, CPR/AED for the Professional Rescuer, and Standard First Aid certifications. Proof of current basic certifications is required, on the first day of class.

23375 Sa/Su 9 am-5 pm 6/13 & 14

VENTURA AQUATIC CENTER SCHEDULE & FEES



VENTURA
AQUATIC CENTER

June - September 2009

901 S. Kimball Rd. • 805.654.7511

www.cityofventura.net/aquatics

Schedule is subject to change without notice.

For classes please check program schedule.

POOL CLOSURES:

6/14 Staff Training
6/25, 26, 27 & 28 Swim Meet

HOLIDAY HOURS:

Open & Lap Swim-10 am-4 pm
Memorial Day 5/25,
Independence Day 7/4, Labor Day 9/7

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Recreation Pool							
LAP SWIM	6/15-8/21 6:30-8:15 am	6:30-8:15 am	6:30-8:15 am	6:30-8:15 am	6:30-8:15 am	X	X
OPEN SWIM (includes the 25-meter pool, activity pool, waterslides)	6/15-9/4 before 6/15 & after 9/4	1-4 pm X	1-4 pm X	1-4 pm X	1-4 pm X	11:30 am-4 pm & 7-9 pm 12-4:30 pm	12-4:30 pm 12-4 pm
WATER EXERCISE	6/15-8/23 before 6/15 & after 8/23	8:30-9:30 am 9-10 am	6:45-7:45 pm 6:45-7:45 pm	8:30-9:30 am 9-10 am	6:45-7:45 pm 6:45-7:45 pm	8:30-9:30 am 9-10 am	9-10 am 9-10 am
WATER KICKBOXING	X	X	6:45-7:45 pm	X	X	X	X
Competition Pool							
ADULT LAP SWIM	6/15-8/21 before 6/15 & after 8/23	8:30-10:30 am 12-3 & 5-8 pm 7:15-10 am	8:30-10:30 am 12-3 & 5-8 pm 7:15-10 am	8:30-10:30 am 12-3 & 5-8 pm 7:15-10 am	8:30-10:30 am 12-3 & 5-8 pm 7:15-10 am	8:30-10:30 am 12-3 & 5-8 pm 7:15-10 am	9 am-4 pm 9 am-3 pm X
WATER EXERCISE	6/9-9/3	X	12-1 pm	X	12-1 pm	X	X
OPEN DIVE	6/20-8/23	X	X	X	X	12-4 pm	12-4 pm
WATER POLO SCRIMMAGE	X	X	X	X	X	9:30-11:30 am	9:30-11:30 am

SINGLE ENTRY FEES

For Open Swim, Lap Swim & Water Polo Scrimmage:

2 & under, Free
Ages 3-9, \$3
Ages 10-61, \$5
Ages 62+, \$3

For MONTHLY LAP SWIM

(Not valid for Recreational Swim hours)

18 years+: \$40/one month, \$145/four months

SPLASH PASSES

For Open Swim, Lap Swim & Water Polo Scrimmage

(City of Ventura residents receive discounted price onsite)

10 entries: Ages 3-9, \$20 • Ages 10-61, \$40 • Ages 62+, \$20

25 entries: Ages 3-9, \$40 • Ages 10-61, \$80 • Ages 62+, \$40

*A \$5 non-resident fee applies to all splash passes. A \$5 fee will be charged to replace lost cards.

For WATER EXERCISE only

5 visits - \$30
20 visits - \$90

10 visits - \$50
or \$7 drop-in



POOL PARTIES!

Host your next special event at the
Ventura Aquatic Center!

Birthdays
Sport Teams
Reunions
End of School Year Parties
Field Trips

Call 654-7511 for more information.
www.cityofventura.net/aquatics



SPLASH EVENTS!



Advance tickets available at Aquatic Center

FAMILY FLOAT NIGHT ————— 7/11 & 8/8

\$5/all ages Free for ages 2 & under 6-8 pm

TEEN POOLSIDE PARTY ————— 7/25

\$5 Ages 12-16 7-9 pm

DIVE-IN MOVIE ————— 8/22

\$5/all ages Free for ages 2 & under 7:30-9:30 pm

For more information call 654-7511 or go to www.cityofventura.net/aquatics

Open Swim

All Ages

Active in-water supervision is required at all times for non-swimmers and children under 10. Only Coast Guard-approved flotation devices are allowed in the pools; all swimmers must wear appropriate swim attire--no street clothes allowed. Children not potty-trained must wear swim diapers. Everyone entering the facility must pay admission fee, including non-swimmers. See pool schedule and splash pass for days/times/fees.



Toddler Time Class

6 months-5 years with Adult \$15

Get your little one adjusted to the water in this safe, fun environment. The first 30 minutes will be Parent & Child swim lesson in the Recreation Pool followed by 30 minutes of free play in the activity pool. One adult per child is required. Children not potty-trained must wear swim diapers.

23187	F	4:25-5:25 pm	6/5-6/12
23188	F	4:25-5:25 pm	7/3-7/10
23189	F	4:25-5:25 pm	7/17-7/24
23190	F	4:25-5:25 pm	7/31-8/7
23192	F	4:25-5:25 pm	8/14-8/21
23193	F	4:25-5:25 pm	8/28-9/4

Aquafit 4 Kids

8-13 years \$25

Exercise disguised as fun! Get fit, discuss health topics and lose weight while building strength, endurance and confidence participating in a variety of fun water activities including water aerobics, swimming, relays & games! Must possess level 3 swimming skills or higher.

23195	Sa	9-9:45 am	6/6-6/20
23196	Sa	9-9:45 am	7/11-7/25
23197	Sa	9-9:45 am	8/1-8/15
23194	Sa	9-9:45 am	8/22-9/5
23630	Sa	9-9:45 am	9/12-9/26

Dive Team Prep

8 years-Adult \$35

Beginners get introduced to the fundamentals of competitive springboard diving while intermediate divers refine their skills. Must be able to swim 25 yards comfortably and dive from pool deck. Great preparation for the summer novice dive team!

23458	Sa	11:30 am-1 pm	6/6-6/20
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Competitive Stroke Instruction

8-15 years \$25

Learn stroke technique in freestyle, breaststroke, backstroke and butterfly as well as competitive starts, turns and finishes. Participants should be comfortable in deep water and able to swim 50 yards comfortably.

23246	Sa	9-9:45 am	6/6-6/20
23245	Sa	9-9:45 am	7/11-7/25
23247	Sa	9-9:45 am	8/1-8/15
23248	Sa	9-9:45 am	8/22-9/5
23249	Sa	9-9:45 am	9/12-9/26

Aquatic Adventure Weeks

Pirate Shipwreck Adventure

8-11 years \$70

Ahoy, mateys! Your adventure week as a pirate marooned at the Ventura Aquatic Center includes crafts, games and swim lessons with other shipmates! Bring towel, swimsuit, water, sunscreen and snacks.

23307	M-F	9 am-12:30 pm	6/29-7/3
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Mermaid Splash Adventure

8-11 years \$70

Splish splash galore, come explore the bottom blue at Ventura Aquatic Center for an adventurous week of crafts, games, swim lessons and more! Bring towel, swimsuit, water, sunscreen and snacks.

23308	M-F	9 am-12:30 pm	7/20-7/24
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Junior Lifeguard Academy

10-14 years \$140 for two weeks

Learn water safety, CPR and basic first aid skills as well as a lifeguard's roles and responsibilities. Course follows American Red Cross Guard Start Program. Must be able to swim 100 yards comfortably and tread water for 1 minute. Bring towel, swimsuit, water, sunscreen and snacks. Fee includes free admission to Recreational Swim during class dates.

23320	M-F	9 am-12:30 pm	7/6-6/17
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23321	M-F	9 am-12:30 pm	8/3-8/14
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Aquatic Sports Adventure

10-14 years \$42/\$70

Explore a week full of aquatic sports & activities from water polo, diving, competitive swimming, synchronized swim, water games and more! Bring towel, swimsuit, water, sunscreen and snacks. Fee includes free admission to Recreational Swim during class dates.

23335	M-W	9 am-12:30 pm	6/22-6/24
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23336	M-F	9 am-12:30 pm	8/17-8/21
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Youth Swim Aide Training

10-14 years \$70

Become an American Red Cross Water Safety Instructor's Aide with this course covering swim skill progressions, stroke refinement and how to assist in swim lessons. Bring swimsuit, towel, water, sunscreen and snacks. Fee includes free admission to Recreational Swim during class dates.

23337	M-F	9 am-12:30 pm	7/27-7/31
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City of Ventura Novice Aquatic Teams

8-17 years \$125 (\$150 for water polo) for entire summer!

Join our summer novice teams, funded in part by a grant from the LA84 Foundation! Participants learn the fundamentals of their chosen aquatic competitive sports. Training occurs weekdays with some Saturday meets. Participants must be able to swim 50 yards comfortably (25 yards for dive team). Parents are required to attend a team meeting on the first practice day. No practice on 6/25 & 6/26. Practices may continue for individuals or teams that qualify for additional competitions past the end dates listed below. \$25 discount for individuals enrolling in a second sport!

Swim Team

Participants learn the four competitive strokes, starts, turns & finishes while developing endurance and speed. Must be able to swim 50 yards comfortably.

23339	M-F	3:30-4:30 pm	6/15-8/21
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Dive Team

Beginners learn basics while intermediates refine their skills. Must be able to swim 25 yards comfortably and dive from pool deck. Participants may not currently hold a US Dive membership card.

23340	M-F	3:30-4:30 pm	6/15-8/21
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Water Polo Team

Participants, grouped by age and ability polo, will learn fundamentals of water polo—passing, catching, shooting and goal keeping. Must be able to tread water for 3 minutes. Participants may not currently hold a US Water Polo membership card.

4:30-6 pm			
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23343	M-F	6/15-8/21	8-10 years
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23342	M-F	6/15-8/21	11-14 years
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23341	M-F	6/15-8/21	15-16 years
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Youth Triathlon Introduction

9-15 years \$35

Explore all aspects including, swimming, biking, running, transitions and the art of racing with a practice triathlon at last class. Must be able to swim 100 yards freestyle without stopping, have a bike, helmet and ability to ride. Bring running shoes, swimsuit, cap, goggles and towel to every meeting.

23349	Su	1-2:15 pm	7/12-7/26
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23350	Su	1-2:15 pm	8/2-8/16
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23351	Su	1-2:15 pm	8/23-9/6
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Lap Swim

16 years-Adult \$5/visit or Splash Pass

Add variety to your workouts and swim your way to a healthier lifestyle! Kick boards and pull buoys available. Lap swimmers are encouraged to split lanes and circle swim during busy times. See pool schedule for days, times and fees.

Synchronized Swim Team

This creative sport uses rhythmical activities of sculling, breaststroke, front and back crawl, elementary backstroke and sidestroke to perform synchronized choreography to music. Must be able to float on back and tread water for 3 minute.

23334	M-F	4:30-5:30 pm	6/15-8/21
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Free Introductory Clinics for City Aquatic Teams

You must be already enrolled in one of the above Summer Teams to take part in these clinics designed to introduce young athletes to the various sports and refine their skills in a safe, fun and noncompetitive environment.

Water Polo

23345	Sa	11:30-1:30 am	6/20
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Swim Team

23346	Sa	1:30-3:30 am	6/20
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Diving

23347	Su	11:30-1:30 am	6/21
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Synchro

23348	Su	1:30-3:30 am	6/21
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Water Kickboxing

13 years-Adult \$7/visit or Splash Pass

Work out in waist-to-chest-deep water; tone muscles while improving your cardiovascular conditioning. No swimming skills required. All fitness and ability levels welcome. Purchase Water Exercise Splash Pass on site; not available online.

W	6:45-7:45 pm	6/3-9/23
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Water Exercise

13 years-Adult \$7/visit or Splash Pass

Work out in waist-to-chest-deep water on the major components of fitness: aerobic training, muscular strength, endurance and flexibility. No swimming skills required for shallow water classes. All fitness and ability levels welcome. Pool temperature 82-84 degrees. See pool schedule for days, times, and fees. Purchase Water Exercise Splash Pass on site; not available online.

Adult Learn to Swim

13 years-Adult \$30

Conquer your fear or improve your swimming ability under the guidance of a qualified instructor. Work on personal goals at your own rate and individual ability level.

23352	Su	10:05-10:50 am	7/12-7/26
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23353	Su	10:05-10:50 am	8/2-8/16
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23354	Su	10:05-10:50 am	8/23-9/6
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Adult Stroke Refinement

16 years-Adult \$30

Know how to swim but want to refine your stroke technique for freestyle, butterfly, backstroke and breaststroke? Get pointers on competitive starts, turns and finishes while receiving a coached workout. Held in the Competition pool; participants should be comfortable in deep water and able to swim 100 yards continuously.

23358	Su	11:30 am-12:30 pm	7/12-7/26
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23359	Su	11:30 am-12:30 pm	8/2-8/16
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23360	Su	11:30 am-12:30 pm	8/23-9/6
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One-Day Adult Stroke Clinics

16 years-Adult \$15

A qualified Water Safety Instructor will evaluate your current stroke and guide improvements to technique through drills, demonstrations and practice.

23362	Su	12:30-1:30 pm	7/12	Freestyle
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23363	Su	12:30-1:30 pm	7/19	Backstroke
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23364	Su	12:30-1:30 pm	7/26	Breaststroke
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23365	Su	12:30-1:30 pm	8/2	Butterfly
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23366	Su	12:30-1:30 pm	8/9	Starts/turns/finishes
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Water Polo Scrimmage

16 years-Adult \$5/visit or Splash Pass

Get your friends together and drop in for an open-scrimmage game. This is not a refereed game or a class. Participants should know the rules and how to play. Game ball and caps provided. Competition Pool will be closed on 6/27 & 6/28.

Sa/Su	9:30-11:30 am
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Buenaventura Swim Club & Ventura County Masters

This year-round, age group & adult-competitive swim team offers instruction, training and competition. For information visit: www.buenaventuraswimclub.org or call 650-0400. This is not a City of Ventura Aquatics program.

Channel Coast Diving

Learn to dive like a champion during this year-round springboard diving team for all ages from novice to advanced. Contact Dana Schmidt at (805) 218-9600 or channelcoastdiving@live.com for details. This is not a City of Ventura Aquatics program.

