

SWIM LESSON SCHEDULE June - September 2009

Lessons run for 30 minutes M-F over nine days with the final Friday reserved for a make-up lesson in case the City has an unforeseeable cancellation. If no make-up class is required this day will be used to cover water safety topics as well as "Friday Fun Day" activities.

TO CHOOSE YOUR SESSION

- 1) Select **Level** number from descriptions.
- 2) Select **Session Dates** and **Time** from charts and find 5-digit **Class code**.
- 3) **Register online** at www.cityofventura.net through eRecreation or call 658-4726 M-F 7:30 am - 5:30 pm.

American Red Cross Swim Lesson-Level Descriptions

Determining the correct level for your child prior to registering is crucial. It's not always possible to transfer incorrectly placed children from one level to another once the class begins. Read the following descriptions carefully or call 654.7511 for assistance to help select what level is right for your child.

Parent & Child (PAC) **6 months-4 years**

An adult must accompany child in the water. Parents will receive guided instruction on ways to help their child become comfortable in the water, emphasizing safety and relaxation techniques. Children not yet potty trained must wear swim diapers. See Toddler Time Class for alternate class options.

Level 1-Water Adjustment **3 years +**

For children new to swim lessons or with a fear of water; this class focuses on water adjustment, blowing bubbles, assisted floating and arm/leg action.

Level 2-Primary Skills **4 years +**

For children with no fear of the water; but cannot swim independently. Class focuses on retrieving objects under water; floating on back/front unassisted, breathing, freestyle & backstroke introductions.

Level 3-Stroke Readiness **5 years +**

Child must be able to swim freestyle at least 10 yards unassisted and be comfortable in deep water to enroll. Class focuses on coordinating freestyle and backstroke, proper breathing, swimming distances of up to 15 yards, and beginning diving skills.

Level 4-Stroke Development **7 years +**

Child must be able to swim freestyle 20 yards without stopping and be comfortable in deep water to enroll. Class introduces breaststroke and butterfly, refines freestyle and backstroke technique, works on diving skills and increases swimming endurance.

Level 5-Stroke Refinement **8 years +**

Child must be able to swim freestyle breathing to the side at least 50 yards without stopping. Class refines four competitive stroke techniques, introduces sidestroke and works on surface dives. See Competitive Stroke for alternate class options.

Level 6-Fitness Swimmer **8 years +**

Child must be able to swim 100 yards comfortably to enroll. Level 6 focuses on stroke techniques while increasing efficiency, power and endurance and introduces competitive turns and race starts. See Competitive Stroke for alternate class options.

Private Swim Lessons **3 years-Adult**

Certified instructors work one-on-one with you or your child towards specific swimming goals geared towards individual ability level and age.

Adaptive Swim Lessons **7-14 years**

We support inclusion; participants are welcome to sign-up for any lessons offered. Adaptive lessons adjust student/teacher ratio to work with participants at their specific ability level and age on personal goals. Please advise us of special needs two weeks prior to the start of class at 654-7512.

WEEKDAY GROUP LESSONS \$55 (no class 9/7)

	1 M/W/F 6/1-6/19	2 M/T/W/Th/F 6/29-7/10	3 M/T/W/Th/F 7/13-7/24	4 M/T/W/Th/F 7/27-8/7	5 M/T/W/Th/F 8/10-8/21	6 M/W/F 8/24-9/14
TIME: 9:30-10 am						
LEVEL 1	x	23413	23399	23400	23407	x
LEVEL 2	x	23497	23498	23499	23488	x
LEVEL 3	x	23521	23522	23523	23524	x
LEVEL 4	x	23563	23564	23565	23566	x
TIME: 10:05-10:35 am						
LEVEL 1	x	23408	23409	23404	23405	x
LEVEL 2	x	23489	23490	23500	23501	x
LEVEL 3	x	23528	23529	23530	23531	x
LEVEL 6	x	x	23604	x	23602	x
TIME: 10:40-11:10 am						
LEVEL PAC	x	23654	23655	23656	23657	x
LEVEL 1	x	23406	23410	23411	23412	x
LEVEL 2	x	23502	23491	23492	23493	x
LEVEL 5	x	23588	x	23568	x	x
TIME: 5-5:30 pm						
LEVEL 1	23401	23402	23403	23390	23396	23393
LEVEL 2	23494	23495	23496	23480	23481	23466
LEVEL 3	23532	23525	23526	23527	23533	23534
LEVEL 6	x	23603	x	23605	x	23606
TIME: 5:35-6:05 pm						
LEVEL PAC	23661	23662	23663	23664	23665	23666
LEVEL 1	23395	23397	23398	23379	23380	23381
LEVEL 2	23482	23467	23483	23486	23468	23469
LEVEL 5	23569	x	23570	x	23571	x
TIME: 6:10-6:40 pm						
LEVEL 1	23382	23383	23377	23378	23384	23392
LEVEL 2	23470	23484	23471	23485	23472	23473
LEVEL 3	23535	23512	23513	23514	23515	23516
LEVEL 4	23567	23553	23554	23555	23556	23557

SATURDAY GROUP LESSONS \$25

	1 6/6-6/20	2 7/11-7/25	3 8/1-8/15	4 8/22-9/5	5 9/12-9/26
TIME: 10-10:45 am					
LEVEL 1	23385	23386	23387	23388	23389
LEVEL 2	23474	23475	23478	23477	23476
LEVEL 3	23517	23518	23519	23520	23506
LEVEL 4	23558	23559	23560	23561	23562
TIME: 10:45-11:35 am					
LEVEL PAC	23658	23659	23660	23672	23673
LEVEL 1	23461	23462	23463	23464	23465
LEVEL 2	23479	23487	23503	23504	23505
LEVEL 3	23507	23508	23509	23510	23511

TU/TH PRIVATE LESSONS \$100 3 years-Adult

	1 6/2-6/11	2 6/30-7/9	3 7/14-7/23	4 7/28-8/6	5 8/11-8/20	6 8/25-9/3
TIME: 9-9:30 am						
	x	23616	23617	23618	23619	x
TIME: 4:25-4:55 pm						
	23620	23621	23611	23612	23613	23614
TIME: 5-5:30 pm						
	23607	x	x	x	x	23615

M/W ADAPTIVE LESSONS \$25 7-14 years

	1 6/1-6/10	2 6/29-7/8	3 7/13-7/22	4 7/27-8/5	5 8/10-8/19	6 8/24-9/2
TIME: 4:25-4:55 pm						
	23622	23623	23624	23625	23626	23627

AQUATICS REGISTRATION INFORMATION & FORM

REGISTRATION BEGINS MAY 4

LOG ON to www.cityofventura.net and click on eRecreation to register by Internet using Visa or Mastercard. First time users must request PIN and barcode by eRecreation or 658-4726.

MAIL this page with check or credit card payment to:
City of Ventura Community Services, P.O. 99 – Room 226, Ventura, CA 93002.

PHONE **805.658.4726** during regular business hours, 8 am – 5 pm, weekdays. Closed alternate Fridays and holidays. Use your Visa or Mastercard.

WALK-IN to the Community Services Department, Room 226 at Ventura City Hall, 501 Poli Street, 10 am – 5 pm, weekdays. Closed alternate Fridays and holidays. Use your Visa or Mastercard.

CITY HALL HOURS:
See www.cityofventura.net for schedule
Open 7:30 am-5:30 pm Weekdays •
Closed Alternate Fridays

Se habla español-llame 658-4726



REFUND POLICY

There will be a \$10 service charge for class cancellations made prior to the second class meeting. No refunds will be issued thereafter. There are no refunds for activities costing \$10 or less. Cancellations for year-round camps require 10 business days' notification prior to the start of camp in order to receive a refund. Special refund policies apply for some programs and activities—for details call 658.4726.

NON-RESIDENT FEES

Minimal class assessment fees for non-residents (customers who live outside Ventura's city limits) help defray a small portion of the costs for the upkeep of parks and facilities used by these classes and funded by resident city taxes.

\$0 for classes less than \$25

\$5 for classes \$25-\$75

\$10 for classes over \$75

CLASS CODE	CLASS NAME	LAST (Participant Name)	FIRST	BIRTH DATE	FEE
NON-RESIDENTS ADD: \$0-classes less than \$25, \$5-classes \$25-\$75, \$10-classes over \$75					
TOTAL					

PAYEE'S NAME

Last _____ First _____ M.I. _____
Address _____ City _____ Zip _____
Phone Eve () _____ Day () _____ Ext. _____
Pager/Cell Phone () _____ E-mail: _____

METHOD OF PAYMENT

Cash Mastercard

Check Visa

Payable to: City of Ventura

Card Number

Cardholder Name-Please Print

Expiration Date

In compliance with the ADA, Community Services will make reasonable accommodations to make programs and services accessible to the disabled community.

WAIVER By signing this application, I agree to release the City of San Buenaventura, its agents, its employees, and its certified volunteers from and against any claim arising from my or my child's participation in the program noted on this Registration Form. I grant permission for the City of Ventura to use participants' image, filmed during program activities, to promote its services and programs. I agree to indemnify and hold the City of San Buenaventura harmless from and against any claims, whether caused by passive negligence or otherwise. I will pay all costs incident to any claim, including, without limitation, attorneys' fees. I agree that this agreement is intended to be as broad and inclusive as is permitted by law of the State of California.

Required Signature _____ Date _____