

# Water Fun & Fitness

All activities are \$4.00 per session  
(\$3.00 with swim pass)

**June 20 - August 12**

## FUN SWIM

Recreational swim open to the public.  
Children under age 10 or non-swimmers  
MUST be accompanied by an adult swimmer.  
Monday & Wednesday 1:00 p.m. - 5:00 p.m.

## MORNING WATER AEROBICS

Invigorating, low-impact water exercise.  
Monday, Tuesday, Thursday, Friday  
7:00 – 7:45 a.m.

## LAP SWIMMING

50 minute sessions, Six divided lanes.  
Max. 3 swimmers per lane. Circle swimming  
format; lane sharing is required.

### Morning Lap Swim

Monday through Friday, 8:00 a.m.

### Evening Lap Swim

Monday & Wednesday Evenings  
5:30 p.m. or 6:30 p.m.



All offerings subject to change without notice.

## **SAVE MONEY! BUY A SWIM PASS**

**10 admissions - \$30.00**

Use for all water fitness and recreational swim  
sessions. Purchase at pool or community center.

## SWIM CLASS LEVELS

The descriptions below provide an overview of the  
class levels and skills that may be taught during the  
session. When registering children for swim lessons,  
place them in a level where they will learn, but that  
is not unrealistic.

**PARENT/BABY:** 6 months to 3 years old; parent or  
guardian participation in the water is required.  
Objective is not to get children swimming on their own  
but to acquaint them with the water. Class activities  
include songs, water play and activities.

**GUPPIES:** Ages 3-4, and also 5 year olds who have not  
yet mastered horizontal floating skills. Taught in 2 ft.  
shallows; instructor will help students feel comfortable  
in the water and gain knowledge on how to swim.  
Parent accompaniment is optional. Skills taught  
include moving in the water, basic breath control and  
submerging face, beginning arm movement, supported  
floating and kicking, safety rules, reaching assists, and  
life jacket use.

**STINGRAYS:** Beginning swimmers ages 5 and up; must  
have mastered horizontal floating skills and is comforta-  
ble putting face in the water. Primary swimming skills  
are taught including submerging head to retrieve  
objects, unsupported floating and gliding, flutter kick,  
breathing techniques, water entries and exploring  
deeper water with support. This level features many  
swim fundamentals and may need to be repeated  
before advancement to the next level.

**DOLPHINS:** Intermediate swimmers ages 5 and up or  
passed Stingrays; must be comfortable in 12 ft. deep  
water. Instruction in basic stroke technique including  
front/back crawl and backstroke, basic diving and  
gliding, bobbing and treading water.

**SHARKS:** Advanced swimmers ages 5 and up, or passed  
Dolphins; must be comfortable in deep water and able  
to submerge to 12 ft. Instruction in proper swim  
techniques and stroke skills with proper mechanics.



# Town of Yucca Valley



# 2016 Aquatics Program

- **Swim Lessons**
- **Water Fitness**
- **Recreational Swim**
- **Registration & Testing Information**



**Community Services Department**  
**(760) 369-7211**

[www.yucca-valley.org](http://www.yucca-valley.org)

# Swim Lesson Registration

\$45.00 per session

Registration opens on  
**June 6, 2016 at 12:00 p.m.**  
 with two ways to register:

### Online

Save time, register online! Create your free online account at [www.yucca-valley.org](http://www.yucca-valley.org)

Click on RECREATION in the green box on our homepage then click on Program Registration.

Set up your account today!

### In Person

At the Community Center, office hours are Monday through Thursday from 12:00 p.m. to 5:00 p.m.

Registration will also be accepted at the pool office beginning on June 20, 2016. Classes will remain open until filled.

Withdrawals/refunds: Withdrawal requests must be received at least 10 days before the first day of the session. Withdrawals/refunds are not available once the session begins.

## Skills Testing Schedule

Aquatics staff will be available at the pool during the following times for skills testing.

(Testing only, NO registration on these dates.)

**Saturday, June 4**

9:00 am – 12:00 pm

**Saturday, June 11**

10:00 am – 12:00 pm

...and anytime the pool is open during the regular swim season.

# Swim Lessons and Schedule

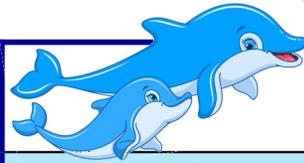
## Children's Learn-to-Swim Classes

Monday-Thursday, (2-week sessions, 8 lessons) \$45 per session

Water testing recommended if new to the Town of Yucca Valley's Learn-to-Swim program.

See class descriptions for required skills; the Town reserves the right to reassign participants who do not meet class level requirements. Make-ups on Friday for canceled classes.

**See reverse side for class descriptions.**



		Parent/Baby 6 - 36 months	Guppies 3- 5 yrs old	Stingrays 5 yrs & up beginner	Dolphins 5 yrs & up intermediate	Sharks 5 yrs & up advanced
<b>Session 1</b> June 20-30	9:00am		X	X X		
	9:50am		X	X	X	X
	10:50am	X	X	X		
	11:40am		X	X	X	X
<b>Session 2</b> July 5-14	9:00am		X	X	X	X
	9:50am	X	X	X		
	10:50am		X	X	X	X
	11:40am		X	X X		
<b>Session 3</b> July 18-28	9:00am		X	X X		
	9:50am		X	X	X	X
	10:50am		X	X	X	X
	11:40am	X	X	X		
<b>Session 4</b> August 1-11	9:00am		X	X X		
	9:50am		X	X	X	X
	10:50am	X	X	X		
	11:40am		X	X	X	X



Community Pool is located at the YV High School  
 7600 Sage Ave (entrance on Onaga Trail)

