

# Water Fitness

## MORNING WATER AEROBICS

July 6th through August 14th

Invigorating, low-impact water exercise.

Monday, Tuesday, Thursday, Friday

7:00 – 7:45 a.m.

\$4 per class/\$3 with Swim Pass



## Premium Lap Swim

Register by session (2-weeks, 10 swims)

50-minute morning swims

**Monday - Friday at 8:00 a.m.**

Includes dedicated lane, kickboard, and pull buoy for a single participant.

## Premium Lap Swim Session Dates

Session 1: July 6 - July 17

Session 2: July 20 - July 31

Session 3: August 3 - August 14

Price per session: \$70 (10 swims)

Premium Lap Swim ensures a maximum of 1 person per lane to comply with COVID-19 guidelines and social distancing.

Registration is non-transferable.

### **PLEASE NOTE**

For summer 2020, swim passes will not be accepted for Premium Lap Swim.

Swim passes will be accepted for drop-in programs: Water Aerobics and Fun Swim

## Learn-to-Swim Skill Levels

The descriptions below provide an overview of the class levels. When registering children for swim lessons, place them in a level where they will learn, but is not unrealistic. Swim Testing is available.

**TADPOLES:** 6 months to 3 years old; parent/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 include songs, water play, and activities. Lessons are 30 minutes.

**GUPPIES:** Ages 3, 4, and 5 year olds who have not yet mastered horizontal floating skills; parent/guardian participation in the water is required. Taught in 2 - 3 ft. Shallows. 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 & comfortable putting face in the water; parent/guardian participation in the water is required. 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.

**BARRACUDAS:** Beginner Plus swimmers ages 5 and up or passed Stingrays. Bridging the gap between Stingrays and Dolphins, Barracudas develop strength, endurance, and stroke efficiency to swim in deeper water and gain the confidence necessary to be successful as they progress to intermediate and advanced levels.

**DOLPHINS:** Intermediate swimmers ages 5 and up or passed Barracudas; 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.



# 2020 Aquatics Program



## Junior Lifeguard Program

### July 6th - 30th

Community Services Department

(760) 369-7211

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

# Water Fun



## FUN SWIM



Recreational Swim

Open to the public

Children 10 & under, or non-swimmers,

MUST be accompanied by an adult swimmer.

\$4.00 per session

(\$3.00 with swim pass)

**June 22<sup>th</sup> - August 15<sup>th</sup>**



**NEW!**

**Monday through Thursday**

**1 PM – 4 PM**

**SAVE MONEY!**

**BUY A SWIM PASS**

10 admissions - \$30.00

Use for Water Aerobics & Fun Swim Sessions!

Purchase at pool or community center.

Community Pool is located at

YV High School

7600 Sage Ave (entrance on Onaga Trail)

# Program Registration

## NEW! Junior Lifeguard Program

11 years - 14 years old

Monday - Thursday

(4-week session, 16 lessons)

**July 6th – 30th**

\$125 per session

Registration includes:

- Whistle with Lanyard
- Jr. Guard T-shirt



This 30-hour program introduces participants to:

- Skills and physical conditioning needed for entry to the American Red Cross Lifeguard course.
- Communication, teamwork, and decision-making skills to prepare participants for the expectations of a workplace.
- Basic responsibilities of a lifeguard.
- Basic knowledge and skills to participate in the American Red Cross Lifeguard course.

Participants must meet the minimum swimming requirement::

- Swim front crawl 25 yards continuously while breathing to the front or side.
- Swim the breaststroke 25 yards continuously.
- Complete the Water Competency Sequence.



Registration opens on

**June 15, 2020 at 12:00 p.m.**

with several ways to register:

### Online

Save time, register online!

Create your free online account at

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

Set up your account today!

Registration will also be accepted at the pool office beginning on July 6th, 2020

**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.

### Skill Levels

Please refer to the Learn-to-Swim skill level descriptions on this brochure to determine skill placement for your child.

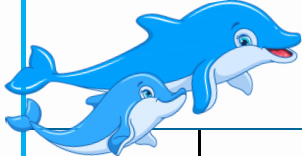
Need help choosing a class?

Contact Aquatics Recreation Coordinator Clayton Rardon at 760.369.7211 ext 240 for assistance or visit the pool office during program hours.

# Swim Lessons and Schedule

Monday - Thursday (2-week sessions, 8 lessons) \$50 per session

See class descriptions for required skills; the Town reserves the right to reassign participants who do not meet class level requirements. Classes are 40 min. of instruction (Tadpoles 30 min). Make-ups on Friday for canceled classes.

		 Tadpoles 6 - 36 months	Guppies 3- 5 yrs old	Stingrays 5 yrs & up beginner	Barracudas 5 yrs & up beginner plus	Dolphins 5 yrs & up intermediate	Sharks 5 yrs & up advanced
		<b>Adult participation required in water</b>					
<b>Session 1</b> July 6 - 16	9:00am		X	X	X		
	9:45am	X		X		X	
	10:30am		X	X			X
	11:15am		X	X	X		
	12:00pm		X	X	X		
	4:30pm		X	X			X
	5:15pm	X	X		X		
	6:00pm		X	X		X	
<b>Session 2</b> July 20 - 30	9:00am		X	X	X		
	9:45am	X		X		X	
	10:30am		X	X			X
	11:15am		X	X	X		
	12:00pm		X	X		X	
	4:30pm		X	X			X
	5:15pm	X	X		X		
	6:00pm		X	X	X		
<b>Session 3</b> August 3 - 13	9:00am		X	X	X		
	9:45am	X		X		X	
	10:30am		X	X	X		
	11:15am		X	X	X		
	12:00pm		X	X		X	
	4:30pm		X	X			X
	5:15pm	X	X		X		
	6:00pm		X	X		X	