

Swimming

AQUATICS – THE BENEFITS ARE ENDLESS!!!!

The City of Huntington Beach is a proud provider of the complete American Red Cross (ARC) aquatic program. The Community Services Department considers affordable and accessible swim and aquatic programs an essential service for a waterfront community and offers swim lessons to infants beginning at 6 months in age. Aquatic programs for youth continue in a linear fashion through the ARC Learn-To Swim levels leading to advanced aquatic opportunities including the City of Huntington Beach Junior Lifeguard program, more info available at juniorlifeguard.com, along with pool lifeguard and water safety instructor classes offered by the American Red Cross. Aquatic programs for adults are also available year round and are a great form of low-impact exercise and social interaction. The benefits of swim and aquatic programs include but are not limited to; Water Safety, Health and Fitness, and Social Skills and mental health.

Water Safety:

- Water is inherently dangerous and should be treated with a respect and understanding that comes from personal interaction in an aquatic environment.
- A recently released study in the *Archive of Pediatric and Adolescent Medicine* concludes that involvement in formal swim lessons may protect children in the 1- to 4-year age group from the risk of drowning by as much as 88 percent.*

Health and Fitness:

- Swimming is a healthy activity that can be continued for a lifetime and develop a swimmer's general strength, cardiovascular fitness and endurance.

- According to the Livestrong website; your body is buoyant in water, so you can relax your muscles and joints. At the same time, water resists your movements more than air does. The combined effect of these features makes swimming a relaxing but intense form of exercise.
- Low-impact aquatic exercise is ideal for pregnant women, people with mobility problems, and those who just wish to protect their joints.
- According to the CDC: Water-based exercise can benefit older adults by improving the quality of life and decreasing disability. It also improves or maintains the bone health of post-menopausal women.

Social Skills and Mental Health:

- Swim lessons and aquatic programs are a great way to make new friends, interact socially and learn the benefits of teamwork while building self esteem.
- According to the CDC: Water-based exercise improves mental health. Swimming can improve mood in both men and women. Parents of children with developmental disabilities find that recreational activities, such as swimming, improve family connections.

For more information on recreation swim and aquatics programs, please visit HBSands.org or call (714) 960-8884.

*Citation: Ruth A. Brenner, Gitanjali Saluja Taneja, Denise L. Haynie, Ann C. Trumble, Cong Qian, Ron M. Klinger, and Mark A. Klebanoff. Association Between Swimming Lessons and Drowning in Childhood: A Case-Control Study, *Archive of Pediatric and Adolescent Medicine*, Mar 2009; 163: 203 - 210.



Swimming

FALL 2013 – PRIVATE SWIM LESSONS

For students and parents who desire more individual attention, the Community Services Department offers private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions. Online registration NOT available.

• Private lessons will be taught with 1 to 1 participant to instructor ratio - Class Fee: \$75

OR

• Small Group lessons are also available with maximum 2 students per instructor - Class Fee: \$85

All Private Lessons Held at City Gym and Pool Private Swim Schedule – Session 1

Class #	Time	Age	Day	Dates
8524.400	3:20pm	3yrs to Adult	F	9/13 – 10/11
8524.401	3:20pm	3yrs to Adult	F	9/13 – 10/11
8524.402	3:20pm	3yrs to Adult	F	9/13 – 10/11
8524.403	3:40pm	3yrs to Adult	F	9/13 – 10/11
8524.404	3:40pm	3yrs to Adult	F	9/13 – 10/11
8524.405	3:40pm	3yrs to Adult	F	9/13 – 10/11
8524.406	4:00pm	3yrs to Adult	F	9/13 – 10/11
8524.407	4:00pm	3yrs to Adult	F	9/13 – 10/11
8524.408	4:00pm	3yrs to Adult	F	9/13 – 10/11
8524.409	4:20pm	3yrs to Adult	F	9/13 – 10/11
8524.410	4:20pm	3yrs to Adult	F	9/13 – 10/11
8524.411	4:20pm	3yrs to Adult	F	9/13 – 10/11
8524.412	4:40pm	3yrs to Adult	F	9/13 – 10/11
8524.413	4:40pm	3yrs to Adult	F	9/13 – 10/11
8524.414	4:40pm	3yrs to Adult	F	9/13 – 10/11
8524.415	5:00pm	3yrs to Adult	F	9/13 – 10/11
8524.416	5:00pm	3yrs to Adult	F	9/13 – 10/11
8524.417	5:00pm	3yrs to Adult	F	9/13 – 10/11
8661.400	5:05pm	3yrs to Adult	M	9/09 – 10/07
8661.401	5:05pm	3yrs to Adult	M	9/09 – 10/07
8661.402	5:05pm	3yrs to Adult	W	9/11 – 10/09
8661.403	5:05pm	3yrs to Adult	W	9/11 – 10/09

Private Swim Schedule – Session 2

Class #	Time	Age	Day	Dates
8524.418	3:20pm	3yrs to Adult	F	10/18 – 11/15
8524.419	3:20pm	3yrs to Adult	F	10/18 – 11/15
8524.420	3:20pm	3yrs to Adult	F	10/18 – 11/15
8524.421	3:40pm	3yrs to Adult	F	10/18 – 11/15
8524.422	3:40pm	3yrs to Adult	F	10/18 – 11/15
8524.423	3:40pm	3yrs to Adult	F	10/18 – 11/15
8524.424	4:00pm	3yrs to Adult	F	10/18 – 11/15
8524.425	4:00pm	3yrs to Adult	F	10/18 – 11/15
8524.426	4:00pm	3yrs to Adult	F	10/18 – 11/15
8524.427	4:20pm	3yrs to Adult	F	10/18 – 11/15
8524.428	4:20pm	3yrs to Adult	F	10/18 – 11/15
8524.429	4:20pm	3yrs to Adult	F	10/18 – 11/15
8524.430	4:40pm	3yrs to Adult	F	10/18 – 11/15
8524.431	4:40pm	3yrs to Adult	F	10/18 – 11/15
8524.432	4:40pm	3yrs to Adult	F	10/18 – 11/15
8524.433	5:00pm	3yrs to Adult	F	10/18 – 11/15
8524.434	5:00pm	3yrs to Adult	F	10/18 – 11/15
8524.435	5:00pm	3yrs to Adult	F	10/18 – 11/15
8661.404	5:05pm	3yrs to Adult	M	10/14 – 11/18
8661.405	5:05pm	3yrs to Adult	M	10/14 – 11/18
8661.406	5:05pm	3yrs to Adult	W	10/16 – 11/13
8661.407	5:05pm	3yrs to Adult	W	10/16 – 11/13

Private Swim Schedule – December Schedule (Monday – Friday)

Class #	Time	Age	Day	Dates
8661.408	2:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.409	2:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.410	2:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.411	2:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.412	2:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.413	2:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.414	2:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.415	2:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.416	2:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.417	3:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.418	3:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.419	3:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.420	3:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.421	3:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.422	3:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.423	3:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.424	3:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.425	3:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.426	4:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.427	4:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.428	4:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.429	4:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.430	4:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.431	4:20pm	3yrs to Adult	M-F	12/2 – 12/6
8661.432	4:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.433	4:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.434	4:40pm	3yrs to Adult	M-F	12/2 – 12/6
8661.435	5:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.436	5:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.437	5:00pm	3yrs to Adult	M-F	12/2 – 12/6
8661.438	2:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.439	2:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.440	2:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.441	2:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.442	2:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.443	2:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.444	2:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.445	2:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.446	2:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.447	3:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.448	3:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.449	3:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.450	3:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.451	3:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.452	3:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.453	3:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.454	3:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.455	3:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.456	4:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.457	4:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.458	4:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.459	4:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.460	4:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.461	4:20pm	3yrs to Adult	M-F	12/9 – 12/13
8661.462	4:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.463	4:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.464	4:40pm	3yrs to Adult	M-F	12/9 – 12/13
8661.465	5:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.466	5:00pm	3yrs to Adult	M-F	12/9 – 12/13
8661.467	5:00pm	3yrs to Adult	M-F	12/9 – 12/13

Swimming

Fall Swimming

The City of Huntington Beach is pleased to offer a complete fall swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through lifeguarding techniques. Classes consist of ten lessons unless otherwise specified. **No Class Monday, November 11.**

New – Winter Break Private Swim Lessons

New this December – Winter Break private swim classes. Lessons will be 15 minutes each, divided into two 5 day sessions, and will be available for 1 or 2 students. Classes will be held the first and second weeks in December. For cost and more info please see the private swim grid or contact the City Gym and Pool at (714) 960-8884.



American Red Cross

CITY GYM AND POOL

Register online beginning 9 am Aug. 13 at hbsands.org or register in person at the City Gym and Pool during normal business hours.

Office Hours:

M - Th 9 am - 9 pm Fri 9 am - 8 pm Sat 9 am - 1 pm

SWIM LEVELS

Parent and Child (PC) 6 month to about 3 years:

Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

PC Level 1 (PC 1) – Introduces Basic skills including safety topics to parents and children.

PC Level 2 (PC 2) – Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

Preschool Aquatics (PA) About 4 to 5 years: Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

PA Level 1 (PA 1): Orients children to the aquatic environment and helps them gain basic aquatics skills.

PA Level 2 (PA 2): Helps children gain greater independence in their skills and develop more comfort in and around water.

PA Level 3 (PA 3): Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

Learn-to-Swim (LS) About 6 years through adult: Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

Level 1 (LS 1): Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.

Level 2 (LS 2): Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.

Level 3 (LS 3): Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.

Level 4 (LS 4): Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.

Exceptional Swim: Designed for participants with any disability. This is a supervised non-instruction swim time.

Adult Lessons: Adults will improve swimming skills and learn new skills.

Need additional help or have questions?

Knowledgeable staff will be available at the City Gym and Pool to assist you with questions about aquatic programs. You can find out more information about swim levels or have your child tested for appropriate swim level placement. City Gym staff can also help you set up an online account so you will be prepared to register online.

SWIM LEVEL TESTING:

Have your child tested for swim level placement. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

Saturday, Aug 3 2 -3 pm

Saturday, Aug 10 2 -3 pm

Saturday, Aug 17 2 -3 pm

SENIOR CITIZEN SWIM

Senior citizens have a special afternoon all to themselves at the City Gym and Pool. Come and enjoy the heated pool.

City Gym Pool 1:30 – 3:00pm \$2 Friday

Swimming

Fall 2013 – CITY GYM SWIM SCHEDULE

Fees: \$50 per 10-class session unless otherwise noted - All swim lessons are one half hour
All classes held at the City Gym and Pool – 1600 Palm Ave. – **No class on November 11th**

Time	Mon/Wed 9/9 - 10/9	Tues/Thurs 9/10 - 10/10	Mon/Wed 10/14 - 11/18	Tues/Thurs 10/15 - 11/14	Saturday 9/14 - 11/16
8:00 am					LS 1- 8502.404
8:30 am					LS 2- 8503.405
9:00 am					PA L1- 8501.414 PA L2- 8626.424
9:30 am	PA L1- 8501.400 PA L2- 8626.400	PA L2- 8626.405 PA L3- 8627.403	PA L1- 8501.409 PA L2- 8626.412	PA L2- 8626.417 PA L3- 8627.412	PA L2- 8626.425 PA L3- 8627.418
10:00 am	PA L2- 8626.401 PA L3- 8627.400	PA L1- 8501.404 PA L2- 8626.406	PA L2- 8626.413 PA L3- 8627.407	PA L1- 8501.411 PA L2- 8626.418	PC L1- 8500.406
10:30 am	PC L1- 8500.400	PC L1- 8500.401	PC L1- 8500.403	PC L1- 8500.404	PC L2- 8628.406
11:00 am	PC L2- 8628.400	PC L2- 8628.401	PC L2- 8628.403	PC L2- 8628.404	PA L1- 8501.415 PA L2- 8626.426
11:30 am		PA L1- 8501.405 PA L2- 8626.407		PA L1- 8501.412 PA L2- 8626.419	PA L2- 8626.427 PA L3- 8627.419
12:00 pm		PA L2- 8626.408 PA L3- 8627.404		PA L2- 8626.420 PA L3- 8627.413	LS 1- 8502.405 LS 2- 8503.406
12:30 pm					LS 3- 8504.405 LS 4- 8505.404
2:00 pm	PA L1- 8501.401 PA L3- 8627.401	PA L1- 8501.406 PA L3- 8627.405	PA L1- 8501.410 PA L3- 8627.408	PA L1- 8501.413 PA L3- 8627.414	
2:30 pm	PA L2- 8626.402 PA L3- 8627.402	PA L2- 8626.409 PA L3- 8627.406	PA L2- 8626.414 PA L3- 8627.409	PA L2- 8626.421 PA L3- 8627.415	
3:00 pm	PA L1- 8501.402 PA L2- 8626.403	PA L1- 8501.307 PA L2- 8626.310	PA L2- 8626.415 PA L3- 8627.410	PA L2- 8626.422 PA L3- 8627.416	
3:30 pm	LS 1- 8502.400	LS 1- 8502.401	LS 1- 8502.402	LS 1- 8502.403	
4:00 pm	LS 2- 8503.400	LS 2- 8503.402	LS 2- 8503.403	LS 2- 8503.404	
4:30 pm	LS 2- 8503.401	LS 3- 8504.400	LS 3- 8504.402	LS 3- 8504.403	
5:00 pm	Private Lessons (See Schedule)	LS 3- 8504.401 LS 4- 8505.400	Private Lessons (See Schedule)	LS 3- 8504.404 LS 4- 8505.402	
5:30 pm		LS 4- 8505.401		LS 4- 8505.403	
6:00 pm		PC L1- 8500.402		PC L1- 8500.405	
6:30 pm	PA L1- 8501.403 PA L2- 8626.404	PC L2- 8628.402	PA L2 - 8626.416 PA L3 - 8627.411	PC L2- 8628.405	
7:00 pm		PA L1- 8501.408 PA L2- 8626.411		PA L2- 8626.423 PA L3- 8627.417	
7:30 pm	Rec Swim \$2	8507.400 Exceptional Swim \$18	Rec Swim \$2	8507.401 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	8508.400 Adult Lessons	Adult Swim \$2 8-8:30 PM	8508.401 Adult Lessons	