

Swimming

Winter Swimming

The City of Huntington Beach is pleased to offer a complete winter 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.

Private Swim Lessons

Lessons will be 15 minutes each, divided into two 5 week sessions, and will be available for 1 or 2 students on Friday afternoons. For cost and more info please see the previous page or contact the City Gym and Pool at (714) 960-8884. Register begins 9:00am

Dec. 10 In-Person ONLY.



American Red Cross

CITY GYM AND POOL

1600 Palm Ave. (714) 960-8884

Register online beginning 9:00am Dec. 10 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.

Free Swim Level Testing:

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

Saturday, Nov. 30 1 -2 pm

Saturday, Dec. 7 1 -2 pm

Senior Citizen Swim (55+)

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

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

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 juniorguard.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.

WINTER 2014 - PRIVATE SWIM LESSONS

For students and parents who desire more individual attention, the Community Services Department will now be offering private swim lessons. Private swim lessons will consist of Five (5), Fifteen (15) minute swim classes, held once a week on the listed day. Classes will be 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 is 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
8524.100	3:20pm	3yrs to Adult	F	1/10 – 2/7
8524.101	3:20pm	3yrs to Adult	F	1/10 – 2/7
8524.102	3:20pm	3yrs to Adult	F	1/10 – 2/7
8524.103	3:40pm	3yrs to Adult	F	1/10 – 2/7
8524.104	3:40pm	3yrs to Adult	F	1/10 – 2/7
8524.105	3:40pm	3yrs to Adult	F	1/10 – 2/7
8524.106	4:00pm	3yrs to Adult	F	1/10 – 2/7
8524.107	4:00pm	3yrs to Adult	F	1/10 – 2/7
8524.108	4:00pm	3yrs to Adult	F	1/10 – 2/7
8524.109	4:20pm	3yrs to Adult	F	1/10 – 2/7
8524.110	4:20pm	3yrs to Adult	F	1/10 – 2/7
8524.111	4:20pm	3yrs to Adult	F	1/10 – 2/7
8524.112	4:40pm	3yrs to Adult	F	1/10 – 2/7
8524.113	4:40pm	3yrs to Adult	F	1/10 – 2/7
8524.114	4:40pm	3yrs to Adult	F	1/10 – 2/7
8524.115	5:00pm	3yrs to Adult	F	1/10 – 2/7
8524.116	5:00pm	3yrs to Adult	F	1/10 – 2/7
8524.117	5:00pm	3yrs to Adult	F	1/10 – 2/7
8524.136	5:05pm	3yrs to Adult	M	1/6 – 2/3*
8524.137	5:05pm	3yrs to Adult	M	1/6 – 2/3*
8524.138	5:05pm	3yrs to Adult	W	1/8 – 2/5
8524.139	5:05pm	3yrs to Adult	W	1/8 – 2/5

Private Swim Schedule – Session 2

Class #	Time	Age	Day	Dates
8524.118	3:20pm	3yrs to Adult	F	2/14 – 3/14
8524.119	3:20pm	3yrs to Adult	F	2/14 – 3/14
8524.120	3:20pm	3yrs to Adult	F	2/14 – 3/14
8524.121	3:40pm	3yrs to Adult	F	2/14 – 3/14
8524.122	3:40pm	3yrs to Adult	F	2/14 – 3/14
8524.123	3:40pm	3yrs to Adult	F	2/14 – 3/14
8524.124	4:00pm	3yrs to Adult	F	2/14 – 3/14
8524.125	4:00pm	3yrs to Adult	F	2/14 – 3/14
8524.126	4:00pm	3yrs to Adult	F	2/14 – 3/14
8524.127	4:20pm	3yrs to Adult	F	2/14 – 3/14
8524.128	4:20pm	3yrs to Adult	F	2/14 – 3/14
8524.129	4:20pm	3yrs to Adult	F	2/14 – 3/14
8524.130	4:40pm	3yrs to Adult	F	2/14 – 3/14
8524.131	4:40pm	3yrs to Adult	F	2/14 – 3/14
8524.132	4:40pm	3yrs to Adult	F	2/14 – 3/14
8524.133	5:00pm	3yrs to Adult	F	2/14 – 3/14
8524.134	5:00pm	3yrs to Adult	F	2/14 – 3/14
8524.135	5:00pm	3yrs to Adult	F	2/14 – 3/14
8524.140	5:05pm	3yrs to Adult	M	2/10 – 3/10*
8524.141	5:05pm	3yrs to Adult	M	2/10 – 3/10*
8524.142	5:05pm	3yrs to Adult	W	2/12 – 3/12
8524.143	5:05pm	3yrs to Adult	W	2/12 – 3/12

*Only 4 classes due to holidays. No class Mondays 1/20-2/12.

Parks & Recreation...

Create Memories

...The Benefits Are Endless

Swimming

WINTER 2014 – CITY GYM SWIM SCHEDULE

Fees: \$50 per 10-class session – All swim lessons are one half hour.

All classes held at the City Gym and Pool - 1600 Palm Ave. **No Class Monday Jan. 20 and Feb. 17.**

Time	Mon/Wed 1/6 - 2/10	Tues/Thurs 1/7 - 2/6	Mon/Wed 2/12 - 3/19	Tues/Thurs 2/11 - 3/13	Saturday 1/11 - 3/15
8:00 am					LS 1 - 8502.104
8:30 am					LS 2 - 8503.105
9:00 am					PA L1 - 8501.115 PA L2 - 8626.124
9:30 am	PA L1 - 8501.100 PA L2 - 8626.100	PA L2 - 8626.105 PA L3 - 8627.103	PA L1 - 8501.109 PA L2 - 8626.112	PA L2- 8626.117 PA L3- 8627.111	PA L2 - 8626.125 PA L3 - 8627.117
10:00 am	PA L2 - 8626.101 PA L3 - 8627.100	PA L1 - 8501.104 PA L2 - 8626.106	PA L2 - 8626.113 PA L3 - 8627.107	PA L1- 8501.112 PA L2- 8626.118	PC L1- 8500.106
10:30 am	PC L1 - 8500.100	PC L1 - 8500.101	PC L1 - 8500.103	PC L1- 8500.104	PC L2 - 8628.106
11:00 am	PC L2 - 8628.100	PC L2 - 8628.101	PC L2 - 8628.103	PC L2- 8628.104	PA L1 - 8501.116 PA L2 - 8626.126
11:30 am		PA L1 - 8501.105 PA L2 - 8626.107		PA L1- 8501.113 PA L2- 8626.119	PA L2 - 8626.127 PA L3 - 8627.118
12:00 pm		PA L2 - 8626.108 PA L3 - 8627.104		PA L2- 8626.120 PA L3- 8627.112	LS 1 - 8502.105 LS 2 - 8503.106
12:30 pm					LS 3 - 8504.105 LS 4 - 8505.104
2:00 pm	PA L1 - 8501.101 PA L3 - 8627.101	PA L1 - 8501.106 PA L3 - 8627.105	PA L1 - 8501.110 PA L3 - 8627.108	PA L1 - 8501.114 PA L3 - 8627.113	
2:30 pm	PA L2 - 8626.102 PA L3 - 8627.102	PA L2 - 8626.109 PA L3 - 8627.106	PA L2 - 8626.114 PA L3 - 8627.109	PA L2- 8626.121 PA L3- 8627.114	
3:00 pm	PA L1 - 8501.102 PA L2 - 8626.103	PA L1 - 8501.107 PA L2 - 8626.110	PA L2 - 8626.115 PA L3 - 8627.110	PA L2 - 8626.122 PA L3 - 8627.115	
3:30 pm	LS 1 - 8502.100	LS 1 - 8502.101	LS 1 - 8502.102	LS 1 - 8502.103	
4:00 pm	LS 2 - 8503.100	LS 2 - 8503.101	LS 2 - 8503.103	LS 2 - 8503.104	
4:30 pm	LS 3 - 8504.100	LS 2 - 8503.102	LS 3 - 8504.102	LS 3 - 8504.103	
5:00 pm	Private Lessons (See Schedule)	LS 3 - 8504.101 LS 4 - 8505.100	Private Lessons (See Schedule)	LS 3 - 8504.104 LS 4 - 8505.102	
5:30 pm		LS 4- 8505.101		LS 4 - 8505.103	
6:00 pm		PC L1 - 8500.102		PC L1 - 8500.105	
6:30 pm	PA L1 - 8501.103 PA L2 - 8626.104	PC L2- 8628.102	PA L1- 8501.111 PA L2- 8626.116	PC L2 - 8628.105	
7:00 pm		PA L1 - 8501.108 PA L2 - 8626.111		PA L2 - 8626.123 PA L3 - 8627.116	
7:30 pm	Rec Swim \$2	8507.100 Exceptional Swim \$18	Rec Swim \$2	8507.101 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	8508.100 Adult Lessons	Adult Swim \$2 8-8:30 PM	8508.101 Adult Lessons	