

# Swimming

## Huntington Beach City Gym & Pool: Making Life Better Since 1931 Parks Make Life Better! Community Highlights” story written by Erin Burke as told by Phyllis Stricklin and Betty Ducommun

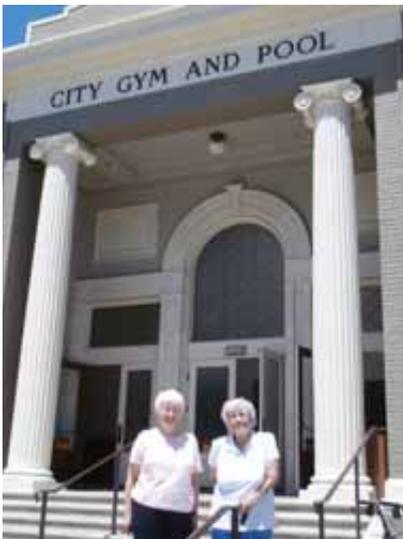
It was that time of week again: swimming lessons. Phyllis Stricklin and Betty Ducommun walked toward the physical education building, excited to get a break from their studies. Every fourth grader at Huntington Beach Elementary School was in attendance; boys on one side of the pool deck and girls on the other. Phyllis and Betty headed towards the girls’ locker room to check out their bathing suits. The swim instructor handed them a wool one-piece suit and small towel and told them to hop in the water. Although these lessons were mandatory for their class, they were also able to participate in other activities at the facility: games, school dances and sports such as volleyball and basketball.

Does this building sound familiar? It was none other than the City Gym & Pool, although it was not incorporated by the City of Huntington Beach at that time. It was built in 1931 as a part of Huntington Beach Elementary School to provide physical education to students. When the Long Beach Earthquake of 1933 hit the southland, the Gym & Pool and cafeteria were the only buildings of the school that survived. The primary building was flattened and Phyllis, a kindergartener, and Betty, a first grade student, were sent to different buildings throughout downtown Huntington Beach for class. Betty attended school at a local church, but remembers that some grades used the rooms of the Gym & Pool. She even recalls that flooring was placed over the pool and teachers held class on the pool deck.

The grammar school building was eventually restored, however, and the Gym & Pool was returned to its original use. It continued to provide the children of Huntington Beach with a means to exercise and stay active, although at that time it was one of many. Betty and Phyllis remember much of old Huntington Beach, highlighting many City parks and facilities. They recall a fly casting pond at Lake Park, built for the famous fly caster Dick Miller who brought home six national championships. The Salt Water Plunge, located below the bluffs between 5th and 6th Street, seemed to also be a fond memory for the two. Phyllis said, “The beach was a second home for us,” and spoke of the countless hours they spent playing in the sand and surf. They remember fishing off the sides of the pier, and watching the adventurous jump off towards the sea below.

Long since married and still proudly calling Huntington Beach home, the City Gym continues to provide these women with an outlet for exercise and recreation. In addition to attending her own aquatic exercise classes at the City Gym & Pool, Phyllis has also watched her family grow and learn at the facility. Both her children and grandchildren have taken swimming lessons at City Gym & Pool over the years. The building has become a legacy for Phyllis, sharing her rich history and past with her extended family. Although Betty’s family

no longer lives in Huntington Beach, they were also molded by the building. From school to swim lessons, her children flourished within those walls. The two women share a fondness for the City Gym & Pool, and the city as a whole, and communicate a similar view about Huntington Beach: “How could anyone ever want to leave?”



**Phyllis Stricklin and Betty Ducommun in a recent photo in front of the City Gym and Pool.**

### WINTER 2013 – 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 Friday afternoons. 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 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 Number	Time	Age	Day	Dates
8524.100	3:20pm	3yrs to Adult	F	1/11 - 2/8
8524.101	3:20pm	3yrs to Adult	F	1/11 - 2/8
8524.102	3:20pm	3yrs to Adult	F	1/11 - 2/8
8524.103	3:40pm	3yrs to Adult	F	1/11 - 2/8
8524.104	3:40pm	3yrs to Adult	F	1/11 - 2/8
8524.105	3:40pm	3yrs to Adult	F	1/11 - 2/8
8524.106	4:00pm	3yrs to Adult	F	1/11 - 2/8
8524.107	4:00pm	3yrs to Adult	F	1/11 - 2/8
8524.108	4:00pm	3yrs to Adult	F	1/11 - 2/8
8524.109	4:20pm	3yrs to Adult	F	1/11 - 2/8
8524.110	4:20pm	3yrs to Adult	F	1/11 - 2/8
8524.111	4:20pm	3yrs to Adult	F	1/11 - 2/8
8524.112	4:40pm	3yrs to Adult	F	1/11 - 2/8
8524.113	4:40pm	3yrs to Adult	F	1/11 - 2/8
8524.114	4:40pm	3yrs to Adult	F	1/11 - 2/8
8524.115	5:00pm	3yrs to Adult	F	1/11 - 2/8
8524.116	5:00pm	3yrs to Adult	F	1/11 - 2/8
8524.117	5:00 pm	3yrs to Adult	F	1/11 - 2/8

##### Private Swim Schedule – Session 2

Class Number	Time	Age	Day	Dates
8524.118	3:20pm	3yrs to Adult	F	2/15 - 3/15
8524.119	3:20pm	3yrs to Adult	F	2/15 - 3/15
8524.120	3:20pm	3yrs to Adult	F	2/15 - 3/15
8524.121	3:40pm	3yrs to Adult	F	2/15 - 3/15
8524.122	3:40pm	3yrs to Adult	F	2/15 - 3/15
8524.123	3:40pm	3yrs to Adult	F	2/15 - 3/15
8524.124	4:00pm	3yrs to Adult	F	2/15 - 3/15
8524.125	4:00pm	3yrs to Adult	F	2/15 - 3/15
8524.126	4:00pm	3yrs to Adult	F	2/15 - 3/15
8524.127	4:20pm	3yrs to Adult	F	2/15 - 3/15
8524.128	4:20pm	3yrs to Adult	F	2/15 - 3/15
8524.129	4:20pm	3yrs to Adult	F	2/15 - 3/15
8524.130	4:40pm	3yrs to Adult	F	2/15 - 3/15
8524.131	4:40pm	3yrs to Adult	F	2/15 - 3/15
8524.132	4:40pm	3yrs to Adult	F	2/15 - 3/15
8524.133	5:00pm	3yrs to Adult	F	2/15 - 3/15
8524.134	5:00pm	3yrs to Adult	F	2/15 - 3/15
8524.135	5:00pm	3yrs to Adult	F	2/15 - 3/15

# 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 9:00 am Dec. 11 In-Person ONLY.



American Red Cross

### City Gym and Pool

1600 Palm Ave. 714-960-8884

Register online beginning 9:00am **Dec. 11** at [hbsands.org](http://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 the appropriate swim level placement. Please call the City Gym and Pool at 714-960-8884, to schedule an appointment.

**Saturday, Dec. 1** 1 - 2 pm

**Saturday, Dec. 8** 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

## WINTER 2013 - 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.21 and Feb. 18**

Time	Mon/Wed 1/7 - 2/11	Tues/Thurs 1/8 - 2/7	Mon/Wed 2/13 - 3/20	Tues/Thurs 2/12 - 3/14	Saturday 1/12 - 3/16
8:00am					LS 1- 8502.104
8:30am					LS 2- 8503.105
9:00am					PA L1- 8501.115 PA L2- 8626.125
9:30am	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- 8626.118 PA L3- 8627.111	PA L2- 8626.126 PA L3- 8627.117
10:00am	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- 8626.119	PC L1- 8500.106
10:30am	PC L1- 8500.100	PC L1- 8500.101	PC L1- 8500.103	PC L1- 8500.104	PC L2- 8628.106
11:00am	PC L2- 8628.100	PC L2- 8628.101	PC L2- 8628.103	PC L2- 8628.104	PA L1- 8501.116 PA L2- 8626.127
11:30am		PA L1- 8501.105 PA L2- 8626.107		PA L1- 8501.113 PA L2- 8626.120	PA L2- 8626.128 PA L3- 8627.118
12:00pm		PA L2- 8626.108 PA L3- 8627.104		PA L2- 8626.121 PA L3- 8627.112	LS 1- 8502.105 LS 2- 8503.106
12:30pm					LS 3- 8504.105 LS 4- 8505.102
2:00pm	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	
2:30pm	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- 8626.122 PA L3- 8627.114	
3:00pm	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- 8626.123 PA L3- 8627.115	
3:30pm	LS 1- 8502.100	LS 1- 8502.101	LS 1- 8502.102	LS 1- 8502.103	
4:00pm	LS 2- 8503.100	LS 2- 8503.101	LS 2- 8503.103	LS 2- 8503.104	
4:30pm	LS 3- 8504.100	LS 2- 8503.102	LS 3- 8504.102	LS 3- 8504.103	
5:00pm		LS 3- 8504.101		LS 3- 8504.104	
5:30pm		LS 4- 8505.100		LS 4- 8505.101	
6:00pm		PC L1- 8500.102		PC L1- 8500.105	
6:30pm	PA L1- 8501.103 PA L2- 8626.104	PC L2- 8628.102	PA L1- 8501.111 PA L2- 8626.116	PC L2- 8628.105	
7:00pm	<b>Recreation Swim \$2</b>	PA L1- 8501.108 PA L2- 8626.111	<b>Recreation Swim \$2</b>	PA L2- 8626.124 PA L3- 8627.116	
7:30pm		8507.100 Exceptional Swim \$18		8507.101 Exceptional Swim \$18	
8:00pm	Adult Swim \$2 8-8:30 PM	8508.100 Adult Lessons	Adult Swim \$2 8-8:30 PM	8508.101 Adult Lessons	