

AQUATICS

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 life-guarding techniques. Classes consist of ten lessons unless otherwise specified.



American Red Cross

CITY GYM AND POOL

Register online 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

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.

1-1:30pm Saturday November 7, November 21

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

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

SWIM LEVELS

PARENT AND CHILD (PC) 6 mos 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 (PC1):** Introduces Basic skills including safety topics to parents and children.
- **PC Level 2 (PC2):** 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 (PA1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.
- **PA Level 2 (PA2):** Helps children gain greater independence in their skills and develop more comfort in and around water.
- **PA Level 3 (PA3):** 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 (LS1):** 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 (LS2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.
- **Level 3 (LS3):** 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 (LS4):** 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.



Classes taught by Aquatics Staff at City Gym and Pool

No Class Dates: Jan-18, Feb-15.

PARENT & CHILD LEVEL 1

172201-00	M,W	10:30 - 11am	1/11 - 2/17	\$50
172201-01	Tu,Th	10:30 - 11am	1/12 - 2/11	\$50
172201-02	Tu,Th	6 - 6:30pm	1/12 - 2/11	\$50
172201-03	M,W	10:30 - 11am	2/22 - 3/23	\$50
172201-04	Tu,Th	10:30 - 11am	2/16 - 3/17	\$50
172201-05	Tu,Th	6 - 6:30pm	2/16 - 3/17	\$50
172201-06	Sa	10 - 10:30am	1/16 - 3/19	\$50

PARENT & CHILD LEVEL 2

172202-00	M,W	11 - 11:30am	1/11 - 2/17	\$50
172202-01	Tu,Th	11 - 11:30am	1/12 - 2/11	\$50
172202-02	Tu,Th	6:30 - 7pm	1/12 - 2/11	\$50
172202-03	M,W	11 - 11:30am	2/22 - 3/23	\$50
172202-04	Tu,Th	11 - 11:30am	2/16 - 3/17	\$50
172202-05	Tu,Th	6:30 - 7pm	2/16 - 3/17	\$50
172202-06	Sa	10:30 - 11am	1/16 - 3/19	\$50

PRESCHOOL AQUATICS LEVEL 1

172203-00	M,W	9:30 - 10am	1/11 - 2/17	\$50
172203-01	M,W	2 - 2:30pm	1/11 - 2/17	\$50
172203-02	M,W	3 - 3:30pm	1/11 - 2/17	\$50
172203-03	M,W	6:30 - 7pm	1/11 - 2/17	\$50
172203-04	Tu,Th	10 - 10:30am	1/12 - 2/11	\$50
172203-05	Tu,Th	11:30am - 12pm	1/12 - 2/11	\$50
172203-06	Tu,Th	2 - 2:30pm	1/12 - 2/11	\$50
172203-07	Tu,Th	3 - 3:30pm	1/12 - 2/11	\$50
172203-08	Tu,Th	7 - 7:30pm	1/12 - 2/11	\$50
172203-09	M,W	9:30 - 10am	2/22 - 3/23	\$50
172203-10	M,W	2 - 2:30pm	2/22 - 3/23	\$50
172203-11	M,W	6:30 - 7pm	2/22 - 3/23	\$50
172203-12	Tu,Th	10 - 10:30am	2/16 - 3/17	\$50
172203-13	Tu,Th	11:30am - 12pm	2/16 - 3/17	\$50
172203-14	Tu,Th	2 - 2:30pm	2/16 - 3/17	\$50
172203-15	Sa	9 - 9:30am	1/16 - 3/19	\$50
172203-16	Sa	11 - 11:30am	1/16 - 3/19	\$50

PRESCHOOL AQUATICS LEVEL 2

172204-00	M,W	9:30 - 10am	1/11 - 2/17	\$50
172204-01	M,W	10 - 10:30am	1/11 - 2/17	\$50
172204-02	M,W	2:30 - 3pm	1/11 - 2/17	\$50
172204-03	M,W	3 - 3:30pm	1/11 - 2/17	\$50
172204-04	M,W	6:30 - 7pm	1/11 - 2/17	\$50
172204-05	Tu,Th	9:30 - 10am	1/12 - 2/11	\$50
172204-06	Tu,Th	10 - 10:30am	1/12 - 2/11	\$50
172204-07	Tu,Th	11:30am - 12pm	1/12 - 2/11	\$50



172204-08	Tu,Th	12 - 12:30pm	1/12 - 2/11	\$50
172204-09	Tu,Th	2:30 - 3pm	1/12 - 2/11	\$50
172204-10	Tu,Th	3 - 3:30pm	1/12 - 2/11	\$50
172204-11	Tu,Th	7 - 7:30pm	1/12 - 2/11	\$50
172204-12	M,W	9:30 - 10am	2/22 - 3/23	\$50
172204-13	M,W	10 - 10:30am	2/22 - 3/23	\$50
172204-14	M,W	2:30 - 3pm	2/22 - 3/23	\$50
172204-15	M,W	3 - 3:30pm	2/22 - 3/23	\$50
172204-16	M,W	6:30 - 7pm	2/22 - 3/23	\$50
172204-17	Tu,Th	9:30 - 10am	2/16 - 3/17	\$50
172204-18	Tu,Th	10 - 10:30am	2/16 - 3/17	\$50
172204-19	Tu,Th	11:30am - 12pm	2/16 - 3/17	\$50
172204-20	Tu,Th	12 - 12:30pm	2/16 - 3/17	\$50
172204-21	Tu,Th	2:30 - 3pm	2/16 - 3/17	\$50
172204-22	Tu,Th	3 - 3:30pm	2/16 - 3/17	\$50
172204-23	Tu,Th	7 - 7:30pm	2/16 - 3/17	\$50
172204-24	Sa	9 - 9:30am	1/16 - 3/19	\$50
172204-25	Sa	9:30 - 10am	1/16 - 3/19	\$50
172204-26	Sa	11 - 11:30am	1/16 - 3/19	\$50
172204-27	Sa	11:30am - 12pm	1/16 - 3/19	\$50

PRESCHOOL AQUATICS LEVEL 3

172205-00	M,W	10 - 10:30am	1/11 - 2/17	\$50
172205-01	M,W	2 - 2:30pm	1/11 - 2/17	\$50
172205-02	M,W	2:30 - 3pm	1/11 - 2/17	\$50
172205-03	Tu,Th	9:30 - 10am	1/12 - 2/11	\$50
172205-04	Tu,Th	12 - 12:30pm	1/12 - 2/11	\$50
172205-05	Tu,Th	2 - 2:30pm	1/12 - 2/11	\$50
172205-06	Tu,Th	2:30 - 3pm	1/12 - 2/11	\$50
172205-07	M,W	10 - 10:30am	2/22 - 3/23	\$50
172205-08	M,W	2 - 2:30pm	2/22 - 3/23	\$50
172205-09	M,W	2:30 - 3pm	2/22 - 3/23	\$50
172205-10	M,W	3 - 3:30pm	2/22 - 3/23	\$50
172205-11	Tu,Th	9:30 - 10am	2/16 - 3/17	\$50
172205-12	Tu,Th	12 - 12:30pm	2/16 - 3/17	\$50
172205-13	Tu,Th	2 - 2:30pm	2/16 - 3/17	\$50
172205-14	Tu,Th	2:30 - 3pm	2/16 - 3/17	\$50
172205-15	Tu,Th	3 - 3:30pm	2/16 - 3/17	\$50
172205-16	Tu,Th	7 - 7:30pm	2/16 - 3/17	\$50
172205-17	Sa	9:30 - 10am	1/16 - 3/19	\$50
172205-18	Sa	11:30am - 12pm	1/16 - 3/19	\$50

Classes taught by Aquatics Staff at City Gym and Pool

Continued from previous page. No Class Dates: Jan-18, Feb-15.

LEARN-TO-SWIM LEVEL 1

172206-00	M,W	3:30 - 4pm	1/11 - 2/17	\$50
172206-01	Tu,Th	3:30 - 4pm	1/12 - 2/11	\$50
172206-02	M,W	3:30 - 4pm	2/22 - 3/23	\$50
172206-03	Tu,Th	3:30 - 4pm	2/16 - 3/17	\$50
172206-04	Sa	8 - 8:30am	1/16 - 3/19	\$50
172206-05	Sa	12 - 12:30pm	1/16 - 3/19	\$50

LEARN-TO-SWIM LEVEL 2

172207-00	M,W	4 - 4:30pm	1/11 - 2/17	\$50
172207-01	Tu,Th	4 - 4:30pm	1/12 - 2/11	\$50
172207-02	Tu,Th	4:30 - 5pm	1/12 - 2/11	\$50
172207-03	M,W	4 - 4:30pm	2/22 - 3/23	\$50
172207-04	Tu,Th	4 - 4:30pm	2/16 - 3/17	\$50
172207-05	Sa	8:30 - 9am	1/16 - 3/19	\$50
172207-06	Sa	12 - 12:30pm	1/16 - 3/19	\$50

LEARN-TO-SWIM LEVEL 3

172208-00	M,W	4:30 - 5pm	1/11 - 2/17	\$50
172208-01	Tu,Th	5 - 5:30pm	1/12 - 2/11	\$50
172208-02	M,W	4:30 - 5pm	2/22 - 3/23	\$50
172208-03	Tu,Th	4:30 - 5pm	2/16 - 3/17	\$50
172208-04	Tu,Th	5 - 5:30pm	2/16 - 3/17	\$50
172208-05	Sa	12:30 - 1pm	1/16 - 3/19	\$50

LEARN-TO-SWIM LEVEL 4

172209-00	Tu,Th	5 - 5:30pm	1/12 - 2/11	\$50
172209-01	Tu,Th	5:30 - 6pm	1/12 - 2/11	\$50
172209-02	Tu,Th	5 - 5:30pm	2/16 - 3/17	\$50
172209-03	Tu,Th	5:30 - 6pm	2/16 - 3/17	\$50
172209-04	Sa	12:30 - 1pm	1/16 - 3/19	\$50

ADULT SWIM LESSONS

172212-00	Tu,Th	8 - 8:30pm	1/12 - 2/11	\$50
172212-01	Tu,Th	8 - 8:30pm	2/16 - 3/17	\$50

EXCEPTIONAL SWIM LESSONS

172213-00	Tu,Th	7:30 - 8pm	1/12 - 2/11	\$18
172213-01	Tu,Th	7:30 - 8pm	2/16 - 3/17	\$18



Winter 2016 – Private Swim Lessons

City Gym and Pool, 3 years to Adult

Private swim lessons are for students and parents who desire more individual attention. These 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.

CLASS #	DAY	TIME	DATES
172214-00	F	3:20 - 3:35pm	1/15 - 2/12
172214-01	F	3:20 - 3:35pm	1/15 - 2/12
172214-02	F	3:20 - 3:35pm	1/15 - 2/12
172214-03	F	3:40 - 3:55pm	1/15 - 2/12
172214-04	F	3:40 - 3:55pm	1/15 - 2/12
172214-05	F	3:40 - 3:55pm	1/15 - 2/12
172214-06	F	4 - 4:15pm	1/15 - 2/12
172214-07	F	4 - 4:15pm	1/15 - 2/12
172214-08	F	4 - 4:15pm	1/15 - 2/12
172214-09	F	4:20 - 4:35pm	1/15 - 2/12
172214-10	F	4:20 - 4:35pm	1/15 - 2/12
172214-11	F	4:20 - 4:35pm	1/15 - 2/12
172214-12	F	4:40 - 4:55pm	1/15 - 2/12
172214-13	F	4:40 - 4:55pm	1/15 - 2/12
172214-14	F	4:40 - 4:55pm	1/15 - 2/12
172214-15	F	5 - 5:15pm	1/15 - 2/12
172214-16	F	5 - 5:15pm	1/15 - 2/12
172214-17	F	5 - 5:15pm	1/15 - 2/12
172214-18	F	3:20 - 3:35pm	2/19 - 3/18
172214-19	F	3:20 - 3:35pm	2/19 - 3/18
172214-20	F	3:20 - 3:35pm	2/19 - 3/18
172214-21	F	3:40 - 3:55pm	2/19 - 3/18
172214-22	F	3:40 - 3:55pm	2/19 - 3/18
172214-23	F	3:40 - 3:55pm	2/19 - 3/18
172214-24	F	4 - 4:15pm	2/19 - 3/18
172214-25	F	4 - 4:15pm	2/19 - 3/18
172214-26	F	4 - 4:15pm	2/19 - 3/18
172214-27	F	4:20 - 4:35pm	2/19 - 3/18
172214-28	F	4:20 - 4:35pm	2/19 - 3/18
172214-29	F	4:20 - 4:35pm	2/19 - 3/18
172214-30	F	4:40 - 4:55pm	2/19 - 3/18
172214-31	F	4:40 - 4:55pm	2/19 - 3/18
172214-32	F	4:40 - 4:55pm	2/19 - 3/18
172214-33	F	5 - 5:15pm	2/19 - 3/18
172214-34	F	5 - 5:15pm	2/19 - 3/18
172214-35	F	5 - 5:15pm	2/19 - 3/18
172214-36	M	5:05 - 5:20pm	1/11 - 2/15
172214-37	M	5:05 - 5:20pm	1/11 - 2/15
172214-38	W	5:05 - 5:20pm	1/13 - 2/10
172214-39	W	5:05 - 5:20pm	1/13 - 2/10
172214-40	M	5:05 - 5:20pm	2/22 - 3/21
172214-41	M	5:05 - 5:20pm	2/22 - 3/21
172214-42	W	5:05 - 5:20pm	2/17 - 3/16
172214-43	W	5:05 - 5:20pm	2/17 - 3/16

PRIVATE LESSONS

Fee \$75

Private lessons will be taught with 1 to 1 participant to instructor ratio.

SMALL GROUP LESSONS

Fee \$85

Available with maximum 2 students per instructor.