

FALL/WINTER AQUATICS CLASSES

REGISTRATION BEGINS MONDAY, OCTOBER 20 AT 9:00AM

	MON/WED	TUE/THU	SATURDAY	SUNDAY
Session 1 Session 2 Session 3	Dec 8 - Dec 17 (4) Jan 5 - Jan 21 Jan 26 - Feb 11	Dec 9 - Dec 18 (4) Jan 6 - Jan 22 Jan 27 - Feb 12	Jan 3 - Feb 7 x x	Jan 4 - Feb 8 x x
PARENT & CHILD	Available March 2026	Available March 2026	10:00-10:25 AM C723 10:30-10:55 AM C730 11:00-11:25 AM C737	10:00-10:25 AM C823 10:30-10:55 AM C830 11:00-11:25 AM C837
TINY TOT SEALS	3:00-3:25 PM C450 4:00-4:25 PM C460	3:00-3:25 PM C550 4:00-4:25 PM C560	9:00-9:25 AM C711 9:30-9:55 AM C717 10:00-10:25 AM C724 11:00-11:25 AM C738	9:00-9:25 AM C811 9:30-9:55 AM C817 10:00-10:25 AM C824 11:00-11:25 AM C838
POLLIWOGS	3:30-3:55 PM C455 4:30-4:55 PM C465 5:30-5:55 PM C475	3:30-3:55 PM C555 4:30-4:55 PM C565 5:30-5:55 PM C575	9:00-9:25 AM C712 9:30-9:55 AM C718 10:30-10:55 AM C731 11:30-11:55 AM C744	9:00-9:25 AM C812 9:30-9:55 AM C818 10:30-10:55 AM C831 11:30-11:55 AM C844
SEALS	3:00-3:25 PM C451 4:00-4:25 PM C461 5:00-5:25 PM C470	3:00-3:25 PM C551 4:00-4:25 PM C561 5:00-5:25 PM C570	9:00-9:25 AM C713 10:00-10:25 AM C725 11:00-11:25 AM C739	9:00-9:25 AM C813 10:00-10:25 AM C825 11:00-11:25 AM C839
DOLPHINS	3:30-3:55 PM C456 4:30-4:55 PM C466 5:30-5:55 PM C476	3:30-3:55 PM C556 4:30-4:55 PM C566 5:30-5:55 PM C576	9:30-9:55 AM C719 10:30-10:55 AM C732 11:30-11:55 AM C745	9:30-9:55 AM C819 10:30-10:55 AM C832 11:30-11:55 AM C845
OTTERS	3:00-3:25 PM C452 4:00-4:25 PM C462 5:00-5:25 PM C471	3:00-3:25 PM C552 4:00-4:25 PM C562 5:00-5:25 PM C571	9:00-9:25 AM C714 10:00-10:25 AM C726 11:00-11:25 AM C740	9:00-9:25 AM C814 10:00-10:25 AM C826 11:00-11:25 AM C840
STINGRAYS	3:30-3:55 PM C457 4:30-4:55 PM C467	3:30-3:55 PM C557 4:30-4:55 PM C567	9:30-9:55 AM C720 10:30-10:55 AM C733 11:30-11:55 AM C746	9:30-9:55 AM C820 10:30-10:55 AM C833 11:30-11:55 AM C846
BARRACUDAS	3:00-3:25 PM C453 4:00-4:25 PM C463 5:00-5:25 PM C472	3:00-3:25 PM C553 4:00-4:25 PM C563 5:00-5:25 PM C572	9:00-9:25 AM C715 10:00-10:25 AM C727 11:00-11:25 AM C741	9:00-9:25 AM C815 10:00-10:25 AM C827 11:00-11:25 AM C841
SHARKS	3:30-3:55 PM C458 5:30-5:55 PM C477	3:30-3:55 PM C558 5:30-5:55 PM C577	10:30-10:55 AM C734 11:30-11:55 AM C747	10:30-10:55 AM C834 11:30-11:55 AM C847
ADULT BEGINNER	5:30-5:55 PM C478	5:30-5:55 PM C578	11:30-11:55 AM C748	11:30-11:55 AM C848
CATCH-UP LVL. 1	4:30-4:55 PM C468	4:30-4:55 PM C568	9:30-9:55 AM C721 10:30-10:55 AM C735	9:30-9:55 AM C821 10:30-10:55 AM C835
CATCH-UP LVL. 2	5:00-5:25 PM C473	5:00-5:25 PM C573	10:00-10:25 AM C728 11:00-11:25 AM C742	10:00-10:25 AM C828 11:00-11:25 AM C842



Community Pool at CLU, 100 Overton Court, Thousand Oaks, 91360
805-241-0894 | aquatics@crpd.org | www.crpd.org/reg

MON/WED

TUE/THU

SATURDAY

SUNDAY

PRIVATE INSTRUCTION

9:00-9:25 AM	C401
9:30-9:55 AM	C402
10:00-10:25 AM	C403
10:30-10:55 AM	C404
11:00-11:25 AM	C405
11:30-11:55 AM	C406
3:00-3:25 PM	C454
3:30-3:55 PM	C459
4:00-4:25 PM	C464
4:30-4:55 PM	C469
5:00-5:25 PM	C474
5:30-5:55 PM	C479

9:00-9:25 AM	C501
9:30-9:55 AM	C502
10:00-10:25 AM	C503
10:30-10:55 AM	C504
11:00-11:25 AM	C505
11:30-11:55 AM	C506
3:00-3:25 PM	C554
3:30-3:55 PM	C559
4:00-4:25 PM	C564
4:30-4:55 PM	C569
5:00-5:25 PM	C574
5:30-5:55 PM	C579

9:00-9:25 AM	C716
9:30-9:55 AM	C722
10:00-10:25 AM	C729
10:30-10:55 AM	C736
11:00-11:25 AM	C743
11:30-11:55 AM	C749

9:00-9:25 AM	C816
9:30-9:55 AM	C822
10:00-10:25 AM	C829
10:30-10:55 AM	C836
11:00-11:25 AM	C843
11:30-11:55 AM	C849

SWIM CLASS PRICING

PRIVATE	SEMI-PRIVATE	Group
\$176	\$102	\$67

CRPD SWIM TEAM

A novice swim team focused workouts on speed, endurance, strokes, and conditioning, tailored by age and ability; **Ages 8-16**

C800.5251	9:00-9:55 AM	Sa	1/3-2/7	\$90
C800.5252	10:00-10:55 AM	Su	1/4-2/8	\$90
C800.5253	5:00-5:55 PM	M/W	1/5-2/11	\$180
C800.5254	5:00-5:55 PM	T/Th	1/6-2/12	\$180

HOMESCHOOL SWIM TEAM

A novice swim team for homeschoolers focused workouts on endurance, strokes, and conditioning; **Ages 8-16**

C803.5251	10:00-10:55 AM	M	1/5-2/9	\$90
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WATER AEROBICS - DEEP WATER

Exercise in 5' of water using resistance and a flotation belt. Low-impact, joint-friendly, and paced at your own level; **Ages 18+**

C802.5251	10:00-10:55 AM	M	12/8-12/15	\$30
C802.5253	10:00-10:55 AM	M	1/5-1/26	\$57
C802.5255	10:00-10:55 AM	M	2/2-2/23	\$43

NOODLE AEROBICS - SHALLOW WATER

Use a pool noodle to improve core strength, flexibility, and balance with low-impact exercises from yoga, Pilates, and more; **Ages 18+**

C802.5252	11:00-11:55 AM	M	12/8-12/15	\$30
C802.5254	11:00-11:55 AM	M	1/5-1/26	\$57
C802.5256	11:00-11:55 AM	M	2/2-2/23	\$43

WATER AEROBICS - SHALLOW WATER

Chest-deep water workout with mild aerobics for all skill levels. No swimming needed, at your own pace and comfort level; **Ages 8-16**

C804.5251	10:00-10:55 AM	W	12/10-12/17	\$30
C804.5252	10:00-10:55 AM	F	12/12-12/19	\$30
C804.5253	10:00-10:55 AM	W	1/7-1/28	\$57
C804.5254	10:00-10:55 AM	F	1/9-1/30	\$57
C804.5255	10:00-10:55 AM	W	2/4-2/25	\$57
C804.5256	10:00-10:55 AM	F	2/6-2/27	\$57

STROKE TECHNIQUE & WORKOUT

Improve stroke technique, endurance, and confidence with an experienced instructor in a small group, at your own pace; **Ages 14+**

C805.5252	9:00-9:55 AM	M/W	1/5-1/21	\$90
C805.5253	9:00-9:55 AM	M/W	1/26-2/11	\$90

SPRINGBOARD DIVING

This class is for confident swimmers who are ready to learn the basics of springboard diving; **Ages 8-18**

3409.5251	1:00-2:30PM	Su	1/4-2/8	\$156
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Community Pool at CLU, 100 Overton Court, Thousand Oaks

POLAR BEAR PLUNGE

Saturday, December 27, 2025 | Event begins at 9:00 AM



1.5 mile hike followed by a cold plunge!
Register online at crpd.org/reg
Class ID 1108

