

SPRING AQUATICS CLASSES



REGISTRATION BEGINS MONDAY, MARCH 2 AT 9:00AM

	MON/WED	TUE/THU	SATURDAY	SUNDAY
Session 1 Session 2 Session 3	Mar 30 – Apr 22 Apr 27 – May 13 May 18 – Jun 3 (5)	Mar 31 – Apr 23 Apr 28 – May 14 May 19 – Jun 4	Apr 11 – May 16 x x	Apr 12 – May 17 x x
PARENT & CHILD	11:00–11:25 AM C408	11:00–11:25 AM C508	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	10:30–10:55 AM C406* 3:00–3:25 PM C450* 4:00–4:25 PM C460*	10:30–10:55 AM C506* 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*
POLLINGOS	10:00–10:25 AM C404* 3:30–3:55 PM C455* 4:30–4:55 PM C465* 5:30–5:55 PM C475*	10:00–10:25 AM C504* 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	9:30–9:55 AM C402* 3:00–3:25 PM C451* 4:00–4:25 PM C461 5:00–5:25 PM C470	9:30–9:55 AM C502* 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	11:30–11:55 AM C410* 3:30–3:55 PM C457* 4:30–4:55 PM C467	11:30–11:55 AM C510* 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*

***(Asterisk)** Semi-Private Instruction, 2 participants to 1 instructor, for one or more sessions.

MON/WED

TUE/THU

SATURDAY

SUNDAY

PRIVATE INSTRUCTION

9:00-9:25 AM	C401
9:30-9:55 AM	C403
10:00-10:25 AM	C405
10:30-10:55 AM	C407
11:00-11:25 AM	C409
11:30-11:55 AM	C411
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	C503
10:00-10:25 AM	C505
10:30-10:55 AM	C507
11:00-11:25 AM	C509
11:30-11:55 AM	C511
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
12:00-12:25 PM	C750

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
12:00-12:25 PM	C850



SWIM CLASS PRICING

PRIVATE	SEMI-PRIVATE	Group
\$180	\$104	\$68

CRPD SWIM TEAM

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

C800.2261	9:00-9:55 AM	Sa	4/11-5/16	\$92
C800.2262	10:00-10:55 AM	Su	4/12-5/17	\$92
C800.2263	5:00-5:55 PM	M/W	3/30-6/3	\$275
C800.2264	5:00-5:55 PM	T/Th	3/31-6/4	\$275

HOMESCHOOL SWIM CLUB

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

C803.2261	10:00-10:55 AM	M	4/13-6/1	\$105
-----------	----------------	---	----------	-------

SPRINGBOARD DIVING

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

C806.2261	1:00-2:30PM	Su	4/12-5/17	\$156
-----------	-------------	----	-----------	-------

BEACH JUNIOR GUARD PREP

A clinic designed to help participants prepare for Beach Junior Lifeguard try-outs this summer; **Ages 8-15**

C807.2261	9:00-10:00 AM	M-Th	4/6-4/9	\$60
C807.2262	12:30-2:30 PM	Sa	4/25	\$35
C807.2263	12:30-2:30 PM	Su	5/10	\$35

JUNIOR LIFEGUARDS

Please review the Junior Lifeguarding prerequisites online before enrolling in this course; **Ages 11-14**

C808.2261	10:00-2:00 PM	M-Th	4/6-4/9	\$240
-----------	---------------	------	---------	-------

DON'T KNOW YOUR CHILD'S SWIM LEVEL?

FREE SWIM EVALUATIONS AVAILABLE!



Community Pool at CLU
100 Overton Court, Thousand Oaks

STROKE TECHNIQUE & WORKOUT

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

C805.2261	9:00-9:55 AM	M/W	3/30-4/22	\$120
C805.2262	9:00-9:55 AM	M/W	4/27-5/13	\$90
C805.2263	9:00-9:55 AM	M/W	5/18-6/3	\$75

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+**

C802.2261	10:00-10:55 AM	M	4/6-4/27	\$57
C802.2263	10:00-10:55 AM	M	5/4-5/18	\$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+**

C802.2262	11:00-11:55 AM	M	4/6-4/27	\$57
C802.2264	11:00-11:55 AM	M	5/4-5/18	\$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 18+**

C804.2261	10:00-10:55 AM	W	4/1-4/29	\$71
C804.2262	10:00-10:55 AM	F	4/3-4/25	\$57
C804.2263	10:00-10:55 AM	W	5/6-5/20	\$43
C804.2264	10:00-10:55 AM	F	5/1-5/29	\$57

AQUATICS VOLUNTEER PROGRAM



APPLY HERE!



VOLUNTEERS WHO LOG 140 OR MORE HOURS ARE ELIGIBLE FOR SPONSORED LIFEGUARD TRAINING!