

# WINTER AQUATICS CLASSES

REGISTRATION BEGINS MONDAY, DECEMBER 8 AT 9:00AM

|                           | MON/WED  | TUE/THU  | SATURDAY   | SUNDAY   |
|---------------------------|--|--|--|--|
| Session 1<br>Session 2    | Feb 18 - Mar 4 (5)<br>Mar 9 - Mar 25   | Feb 17 - Mar 5<br>Mar 10 - Mar 26  | Feb 21 - Mar 28<br>x   | Feb 22 - Mar 29<br>x   |
| <b>PARENT &amp; CHILD</b> | 11:00-11:25 AM <b>C408</b>   | 11:00-11:25 AM <b>C508</b>   | 10:00-10:25 AM <b>C723</b><br>10:30-10:55 AM <b>C730</b><br>11:00-11:25 AM <b>C737</b>                               | 10:00-10:25 AM <b>C823</b><br>10:30-10:55 AM <b>C830</b><br>11:00-11:25 AM <b>C837</b>                               |
| <b>TINY TOT SEALS</b>     | 10:30-10:55 AM <b>C406*</b><br>3:00-3:25 PM <b>C450*</b><br>4:00-4:25 PM <b>C460*</b>                              | 10:30-10:55 AM <b>C506*</b><br>3:00-3:25 PM <b>C550*</b><br>4:00-4:25 PM <b>C560*</b>                              | 9:00-9:25 AM <b>C711*</b><br>9:30-9:55 AM <b>C717*</b><br>10:00-10:25 AM <b>C724*</b><br>11:00-11:25 AM <b>C738*</b> | 9:00-9:25 AM <b>C811*</b><br>9:30-9:55 AM <b>C817*</b><br>10:00-10:25 AM <b>C824*</b><br>11:00-11:25 AM <b>C838*</b> |
| <b>POLLWOGS</b>           | 10:00-10:25 AM <b>C404*</b><br>3:30-3:55 PM <b>C455*</b><br>4:30-4:55 PM <b>C465*</b><br>5:30-5:55 PM <b>C475*</b> | 10:00-10:25 AM <b>C504*</b><br>3:30-3:55 PM <b>C555*</b><br>4:30-4:55 PM <b>C565*</b><br>5:30-5:55 PM <b>C575*</b> | 9:00-9:25 AM <b>C712*</b><br>9:30-9:55 AM <b>C718*</b><br>10:30-10:55 AM <b>C731*</b><br>11:30-11:55 AM <b>C744*</b> | 9:00-9:25 AM <b>C812*</b><br>9:30-9:55 AM <b>C818*</b><br>10:30-10:55 AM <b>C831*</b><br>11:30-11:55 AM <b>C844*</b> |
| <b>SEALS</b>              | 9:30-9:55 AM <b>C402*</b><br>3:00-3:25 PM <b>C451*</b><br>4:00-4:25 PM <b>C461</b><br>5:00-5:25 PM <b>C470*</b>    | 9:30-9:55 AM <b>C502*</b><br>3:00-3:25 PM <b>C551*</b><br>4:00-4:25 PM <b>C561</b><br>5:00-5:25 PM <b>C570*</b>    | 9:00-9:25 AM <b>C713*</b><br>10:00-10:25 AM <b>C725</b><br>11:00-11:25 AM <b>C739</b>                                | 9:00-9:25 AM <b>C813*</b><br>10:00-10:25 AM <b>C825</b><br>11:00-11:25 AM <b>C839</b>                                |
| <b>DOLPHINS</b>           | 3:30-3:55 PM <b>C456*</b><br>4:30-4:55 PM <b>C466</b><br>5:30-5:55 PM <b>C476*</b>                                 | 3:30-3:55 PM <b>C556*</b><br>4:30-4:55 PM <b>C566</b><br>5:30-5:55 PM <b>C576*</b>                                 | 9:30-9:55 AM <b>C719</b><br>10:30-10:55 AM <b>C732</b><br>11:30-11:55 AM <b>C745*</b>                                | 9:30-9:55 AM <b>C819</b><br>10:30-10:55 AM <b>C832</b><br>11:30-11:55 AM <b>C845*</b>                                |
| <b>OTTERS</b>             | 3:00-3:25 PM <b>C452*</b><br>4:00-4:25 PM <b>C462</b><br>5:00-5:25 PM <b>C471*</b>                                 | 3:00-3:25 PM <b>C552*</b><br>4:00-4:25 PM <b>C562</b><br>5:00-5:25 PM <b>C571*</b>                                 | 9:00-9:25 AM <b>C714*</b><br>10:00-10:25 AM <b>C726</b><br>11:00-11:25 AM <b>C740</b>                                | 9:00-9:25 AM <b>C814*</b><br>10:00-10:25 AM <b>C826</b><br>11:00-11:25 AM <b>C840</b>                                |
| <b>STINGRAYS</b>          | 3:30-3:55 PM <b>C457*</b><br>4:30-4:55 PM <b>C467</b>  | 3:30-3:55 PM <b>C557*</b><br>4:30-4:55 PM <b>C567</b>  | 9:30-9:55 AM <b>C720*</b><br>10:30-10:55 AM <b>C733</b><br>11:30-11:55 AM <b>C746*</b>                               | 9:30-9:55 AM <b>C820*</b><br>10:30-10:55 AM <b>C833</b><br>11:30-11:55 AM <b>C846*</b>                               |
| <b>BARRACUDAS</b>         | 3:00-3:25 PM <b>C453*</b><br>4:00-4:25 PM <b>C463</b><br>5:00-5:25 PM <b>C472*</b>                                 | 3:00-3:25 PM <b>C553*</b><br>4:00-4:25 PM <b>C563</b><br>5:00-5:25 PM <b>C572*</b>                                 | 9:00-9:25 AM <b>C715*</b><br>10:00-10:25 AM <b>C727</b><br>11:00-11:25 AM <b>C741</b>                                | 9:00-9:25 AM <b>C815*</b><br>10:00-10:25 AM <b>C827</b><br>11:00-11:25 AM <b>C841</b>                                |
| <b>SHARKS</b>             | 3:30-3:55 PM <b>C458*</b><br>5:30-5:55 PM <b>C477*</b>   | 3:30-3:55 PM <b>C558*</b><br>5:30-5:55 PM <b>C577*</b>   | 10:30-10:55 AM <b>C734*</b><br>11:30-11:55 AM <b>C747*</b>   | 10:30-10:55 AM <b>C834*</b><br>11:30-11:55 AM <b>C847*</b>   |
| <b>ADULT BEGINNER</b>     | 5:30-5:55 PM <b>C478*</b>  | 5:30-5:55 PM <b>C578*</b>  | 11:30-11:55 AM <b>C748*</b>  | 11:30-11:55 AM <b>C848*</b>  |
| <b>CATCH-UP LVL. 1</b>    | 4:30-4:55 PM <b>C468*</b>  | 4:30-4:55 PM <b>C568*</b>  | 9:30-9:55 AM <b>C721*</b><br>10:30-10:55 AM <b>C735*</b>   | 9:30-9:55 AM <b>C821*</b><br>10:30-10:55 AM <b>C835*</b>   |
| <b>CATCH-UP LVL. 2</b>    | 5:00-5:25 PM <b>C473*</b>  | 5:00-5:25 PM <b>C573*</b>  | 10:00-10:25 AM <b>C728*</b><br>11:00-11:25 AM <b>C742*</b>   | 10:00-10:25 AM <b>C828*</b><br>11:00-11:25 AM <b>C842*</b>   |

\*(Asterisk) Semi-Private Instruction for one or more sessions.

Community Pool at CLU, 100 Overton Court, Thousand Oaks, 91360  
805-241-0894 | [aquatics@crpd.org](mailto:aquatics@crpd.org) | [www.crpd.org/reg](http://www.crpd.org/reg)



**MON/WED**

**TUE/THU**

**SATURDAY**

**SUNDAY**

**PRIVATE INSTRUCTION**

|                |             |
|----------------|-------------|
| 9:00-9:25 AM   | <b>C401</b> |
| 9:30-9:55 AM   | <b>C403</b> |
| 10:00-10:25 AM | <b>C405</b> |
| 10:30-10:55 AM | <b>C407</b> |
| 11:00-11:25 AM | <b>C409</b> |
| 11:30-11:55 AM | <b>C411</b> |
| 3:00-3:25 PM   | <b>C454</b> |
| 3:30-3:55 PM   | <b>C459</b> |
| 4:00-4:25 PM   | <b>C464</b> |
| 4:30-4:55 PM   | <b>C469</b> |
| 5:00-5:25 PM   | <b>C474</b> |
| 5:30-5:55 PM   | <b>C479</b> |

|                |             |
|----------------|-------------|
| 9:00-9:25 AM   | <b>C501</b> |
| 9:30-9:55 AM   | <b>C503</b> |
| 10:00-10:25 AM | <b>C505</b> |
| 10:30-10:55 AM | <b>C507</b> |
| 11:00-11:25 AM | <b>C509</b> |
| 11:30-11:55 AM | <b>C511</b> |
| 3:00-3:25 PM   | <b>C554</b> |
| 3:30-3:55 PM   | <b>C559</b> |
| 4:00-4:25 PM   | <b>C564</b> |
| 4:30-4:55 PM   | <b>C569</b> |
| 5:00-5:25 PM   | <b>C574</b> |
| 5:30-5:55 PM   | <b>C579</b> |

|                |             |
|----------------|-------------|
| 9:00-9:25 AM   | <b>C716</b> |
| 9:30-9:55 AM   | <b>C722</b> |
| 10:00-10:25 AM | <b>C729</b> |
| 10:30-10:55 AM | <b>C736</b> |
| 11:00-11:25 AM | <b>C743</b> |
| 11:30-11:55 AM | <b>C749</b> |
| 12:00-12:25 PM | <b>C750</b> |

|                |             |
|----------------|-------------|
| 9:00-9:25 AM   | <b>C816</b> |
| 9:30-9:55 AM   | <b>C822</b> |
| 10:00-10:25 AM | <b>C829</b> |
| 10:30-10:55 AM | <b>C836</b> |
| 11:00-11:25 AM | <b>C843</b> |
| 11:30-11:55 AM | <b>C849</b> |
| 12:00-12:25 PM | <b>C850</b> |

**SWIM CLASS PRICING**

|              |              |             |
|--------------|--------------|-------------|
| PRIVATE      | SEMI-PRIVATE | Group       |
| <b>\$176</b> | <b>\$102</b> | <b>\$67</b> |

**CRPD SWIM TEAM**

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

|                  |                |             |           |       |
|------------------|----------------|-------------|-----------|-------|
| <b>C800.1261</b> | 9:00-9:55 AM   | <b>Sa</b>   | 2/21-3/28 | \$90  |
| <b>C800.1262</b> | 10:00-10:55 AM | <b>Su</b>   | 2/22-3/29 | \$90  |
| <b>C800.1263</b> | 5:00-5:55 PM   | <b>M/W</b>  | 2/18-3/25 | \$180 |
| <b>C800.1264</b> | 5:00-5:55 PM   | <b>T/Th</b> | 2/17-3/26 | \$180 |

**HOMESCHOOL SWIM CLUB**

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

|                  |                |          |           |      |
|------------------|----------------|----------|-----------|------|
| <b>C803.1261</b> | 10:00-10:55 AM | <b>M</b> | 2/23-3/30 | \$90 |
|------------------|----------------|----------|-----------|------|

**SPRINGBOARD DIVING**

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

|                  |             |           |           |       |
|------------------|-------------|-----------|-----------|-------|
| <b>C806.1261</b> | 1:00-2:30PM | <b>Su</b> | 2/22-3/29 | \$156 |
|------------------|-------------|-----------|-----------|-------|

**STROKE TECHNIQUE & WORKOUT**

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

|                  |              |            |          |      |
|------------------|--------------|------------|----------|------|
| <b>C805.1261</b> | 9:00-9:55 AM | <b>M/W</b> | 2/18-3/4 | \$75 |
| <b>C805.1262</b> | 9:00-9:55 AM | <b>M/W</b> | 3/9-3/25 | \$90 |

**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+**

|                  |                |          |          |      |
|------------------|----------------|----------|----------|------|
| <b>C802.1261</b> | 10:00-10:55 AM | <b>M</b> | 3/2-3/30 | \$71 |
|------------------|----------------|----------|----------|------|

**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+**

|                  |                |          |          |      |
|------------------|----------------|----------|----------|------|
| <b>C802.1262</b> | 11:00-11:55 AM | <b>M</b> | 3/2-3/30 | \$71 |
|------------------|----------------|----------|----------|------|

**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+**

|                  |                |          |          |      |
|------------------|----------------|----------|----------|------|
| <b>C804.1261</b> | 10:00-10:55 AM | <b>W</b> | 3/4-3/25 | \$57 |
| <b>C804.1262</b> | 10:00-10:55 AM | <b>F</b> | 3/6-3/27 | \$57 |



**LIFEGUARD TRAINING**

Training for new Lifeguards. Includes CPR/AED for the Professional Rescuer. **Ages 15+**

**CLASS ID: C200**



**LIFEGUARD RECERTIFICATION**

Training for current Lifeguards with expiring certifications. **Ages 16+**

**CLASS ID: C201**



**CPR/FA/AED TRAINING**

Stand alone CPR, First Aid, and AED training for parents and professionals. **Ages 14+**

**CLASS ID: C202**



**WATER SAFETY INSTRUCTOR**

Learn to better instruct others in basic swimming and stroke refinement. **Ages 15+**

**CLASS ID: C203**



**LIFEGUARDING INSTRUCTOR**

Become a leader and train others in Lifeguarding. Three years experience required. **Ages 18+**

**CLASS ID: C204**

**FREE SWIM EVALS**

**SATURDAY, MARCH 21**  
**10:00 - 12:00PM**