

SUMMER AQUATICS CLASSES

REGISTRATION BEGINS MONDAY, APRIL 27, AT 9:00AM

CLU	MON/WED	TUE/THU	SATURDAY	SUNDAY
Session 1 Session 2 Session 3 Session 4	Jun 15 - Jul 1 Jul 6 - Jul 22 Jul 27 - Aug 12 Aug 17 - Sep 2	Jun 16 - Jul 2 Jul 7 - Jul 23 Jul 28 - Aug 13 Aug 18 - Sep 3	May 30 - Jul 11 Jul 18 - Aug 22 x x	May 31 - Jul 12 Jul 19 - Aug 23 x x
Parent and Child	9:30-9:55am C406 5:00-5:25pm C473	10:00-10:25am C511	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	9:00-9:25am C401* 10:00-10:25am C411* 11:00-11:25am C421* 3:00-3:25pm C450* 3:30-3:55pm C455* 4:00-4:25pm C461* 4:30-4:55pm C467*	9:00-9:25am C501* 10:00-10:25am C512* 11:00-11:25am C521* 3:00-3:25pm C550* 3:30-3:55pm C555* 4:00-4:25pm C561* 4:30-4:55pm C567*	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	9:30-9:55am C407* 10:30-10:55am C416* 11:30-11:55am C426* 3:30-3:55pm C456* 4:00-4:25pm C462* 4:30-4:55pm C468* 5:30-5:55pm C479*	9:30-9:55am C506* 10:30-10:55am C516* 11:30-11:55am C526* 3:30-3:55pm C556* 4:00-4:25pm C562* 4:30-4:55pm C568* 5:30-5:55pm C579*	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	9:00-9:25am C402* 10:00-10:25am C412* 11:00-11:25am C422 3:00-3:25pm C451* 4:00-4:25pm C463 5:00-5:25pm C474	9:00-9:25am C502* 10:00-10:25am C513 11:00-11:25am C522* 3:00-3:25pm C551* 4:00-4:25pm C563 5:00-5:25pm C574	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	9:30-9:55am C408 10:30-10:55am C417 11:30-11:55am C427* 3:30-3:55pm C457 4:30-4:55pm C469 5:30-5:55pm C480*	9:30-9:55am C507 10:30-10:55am C517 11:30-11:55am C527* 3:30-3:55pm C557 4:30-4:55pm C569 5:30-5:55pm C580*	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	9:00-9:25am C403 10:00-10:25am C413 3:00-3:25pm C452* 4:00-4:25pm C464 5:00-5:25pm C475	9:00-9:25am C503 10:00-10:25am C514 3:00-3:25pm C552* 4:00-4:25pm C564 5:00-5:25pm C575	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	9:30-9:55am C406* 11:00-11:25am C424 3:30-3:55pm C458* 4:30-4:55pm C470	9:30-9:55am C508* 11:00-11:25am C524 3:30-3:55pm C558* 4:30-4:55pm C570	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

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

CLU	MON/WED	TUE/THU	SATURDAY	SUNDAY
Barracudas	9:00-9:25am C404*	9:00-9:25am C504*	9:00-9:25 AM C715*	9:00-9:25 AM C815*
	10:30-10:55am C419	10:30-10:55am C519	10:00-10:25 AM C727	10:00-10:25 AM C827
	3:00-3:25pm C453*	3:00-3:25pm C553*	11:00-11:25 AM C741	11:00-11:25 AM C841
	4:00-4:25pm C465	4:00-4:25pm C565		
	5:00-5:25pm C476*	5:00-5:25pm C576*		
Sharks	10:00-10:25am C414*	9:30-9:55am C509*	10:30-10:55 AM C734*	10:30-10:55 AM C834*
	3:30-3:55pm C459*	3:30-3:55pm C559*	11:30-11:55 AM C747*	11:30-11:55 AM C847*
	5:30-5:55pm C481*	5:30-5:55pm C581*		
Adult Beginner	11:30-11:55am C428*	11:30-11:55am C528*	11:30-11:55 AM C748*	11:30-11:55 AM C848*
	5:30-5:55pm C482*	5:30-5:55pm C582*		
Catch-Up Level 1	10:30-10:55am C418*	10:30-10:55am C518*	9:30-9:55 AM C721*	9:30-9:55 AM C821*
	4:30-4:55pm C471*	4:30-4:55pm C571*	10:30-10:55 AM C735*	10:30-10:55 AM C835*
Catch-Up Level 2	11:00-11:25am C423*	11:00-11:25am C523*	10:00-10:25 AM C728*	10:00-10:25 AM C828*
	5:00-5:25pm C477*	5:00-5:25pm C577*	11:00-11:25 AM C742*	11:00-11:25 AM C842*
Private Instruction	9:00-9:25am C405	9:00-9:25am C505	9:00-9:25 AM C716	9:00-9:25 AM C816
	9:30-9:55am C410	9:30-9:55am C510	9:30-9:55 AM C722	9:30-9:55 AM C822
	10:00-10:25am C415	10:00-10:25am C515	10:00-10:25 AM C729	10:00-10:25 AM C829
	10:30-10:55am C420	10:30-10:55am C520	10:30-10:55 AM C736	10:30-10:55 AM C836
	11:00-11:25am C425	11:00-11:25am C525	11:00-11:25 AM C743	11:00-11:25 AM C843
	11:30-11:55am C429	11:30-11:55am C529	11:30-11:55 AM C749	11:30-11:55 AM C849
	3:00-3:25pm C454	3:00-3:25pm C554	12:00-12:25 PM C750	12:00-12:25 PM C850
	3:30-3:55pm C460	3:30-3:55pm C560		
	4:00-4:25pm C466	4:00-4:25pm C566		
	4:30-4:55pm C472	4:30-4:55pm C572		

Swim Class Prices

Private	Semi-Private	Group
\$180	\$104	\$68

THP	MON/WED	TUE/THU
Session 1 Session 2 Session 3	Jun 15 - Jul 1 Jul 6 - Jul 22 Jul 27 - Aug 12	Jun 16 - Jul 2 Jul 7 - Jul 23 Jul 28 - Aug 13
Polliwogs	10:00-10:25am 1701*	9:00-9:25am 1801*
	3:00-3:25pm 1750*	3:00-3:25pm 1850*
	5:00-5:25pm 1761*	5:00-5:25pm 1861*
Seals	11:00-11:25am 1707*	10:00-10:25am 1807*
	3:30-3:55pm 1752	3:30-3:55pm 1852
Dolphins	11:30-11:55am 1710*	10:30-10:55am 1810*
	4:00-4:25pm 1755	4:00-4:25pm 1855
	5:30-5:55pm 1765	5:30-5:55pm 1865
Otters	10:30-10:55am 1704*	9:30-9:55am 1804*
	4:30-4:55pm 1758	4:30-4:55pm 1858
Stingrays	12:00-12:25pm 1713*	11:00-11:25pm 1813*
	4:00-4:25pm 1756	4:00-4:25pm 1856
Barracudas	11:30-11:55am 1711*	10:30-10:55am 1811*
	3:30-3:55pm 1753	3:30-3:55pm 1853
Sharks	11:00-11:25am 1708*	10:00-10:25am 1808*
	4:30-4:55pm 1759*	4:30-4:55pm 1859*

SPECIALTY CLASSES

CRPD SWIM TEAM, 8-16

Must be able to swim 25 yards of all 4 competitive strokes. No class 7/4, 7/5.

Community Pool at CLU - C800

Sa	9:00-9:55am	5/30-7/11	\$92
Su	10:00-10:55am	5/31-7/12	\$92
Sa	9:00-9:55am	7/18-8/22	\$92
Su	10:00-10:55am	7/19-8/23	\$92

Thousand Oaks High School Pool - 1900

M/W	4:00-4:55pm	6/15-8/12	\$275
T/Th	9:00-9:55am	6/16-8/13	\$275
T/Th	4:00-4:55pm	6/16-8/13	\$275

Newbury Park High School Pool - 2300

Sa	9:00-9:55am	6/20-8/1	\$92
M/W	9:00-9:55am	6/15-8/12	\$275
M/W	4:00-4:55pm	6/15-8/12	\$275
T/Th	4:00-4:55pm	6/16-8/13	\$275

JUNIOR LIFEGUARDS, 11-14

Community Pool at CLU - C205

M-Th	10:00-2:00pm	6/29-7/2	\$245
M-Th	10:00-2:00pm	8/3-8/6	\$245

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

THP	MON/WED	TUE/THU
Adult Beginner	12:00-12:25pm 1714* 5:00-5:25pm 1762*	11:00-11:25pm 1814* 5:00-5:25pm 1862*
Catch-Up Level 1	10:00-10:25am 1702* 5:00-5:25pm 1763*	9:00-9:25am 1802* 5:00-5:25pm 1863*
Catch-Up Level 2	10:30-10:55am 1705* 5:30-5:55pm 1766*	9:30-9:55am 1805* 5:30-5:55pm 1866*
Private Instruction	10:00-10:25am 1703	9:00-9:25am 1803
	10:30-10:55am 1706	9:30-9:55am 1806
	11:00-11:25am 1709	10:00-10:25am 1809
	11:30-11:55am 1712	10:30-10:55am 1812
	12:00-12:25pm 1715	11:00-11:25am 1815
	12:30-12:55pm 1716	11:30-11:55am 1816
	3:00-3:25pm 1751	3:00-3:25pm 1851
	3:30-3:55pm 1754	3:30-3:55pm 1854
	4:00-4:25pm 1757	4:00-4:25pm 1857
	4:30-4:55pm 1760	4:30-4:55pm 1860
5:00-5:25pm 1764	5:00-5:25pm 1864	
5:30-5:55pm 1767	5:30-5:55pm 1867	

AQUATIC SUMMER FUN CAMP, 8-12
Must be able to swim 25 yards comfortably without rest.
Community Pool at CLU - C809

M-Th	8:30-12:30pm	6/15-6/18	\$245
M-Th	8:30-12:30pm	6/22-6/25	\$245
M-Th	8:30-12:30pm	7/13-7/16	\$245
M-Th	8:30-12:30pm	7/20-7/23	\$245

Newbury Park High School Pool - 2302

M-Th	9:00-1:00pm	7/6-7/9	\$245
M-Th	9:00-1:00pm	7/27-7/30	\$245

SPRINGBOARD DIVING, 8-18
Must be able to swim 25 yards comfortably and dive from the wall.
Community Pool at CLU - C806

Su	1:00-2:30pm	5/31-7/12	\$156
Su	1:00-2:30pm	7/19-8/23	\$156

NPP	MON/WED	TUE/THU	SATURDAY
Session 1 Session 2 Session 3	Jun 15 - Jul 1 Jul 6 - Jul 22 Jul 27 - Aug 12	Jun 16 - Jul 2 Jul 7 - Jul 23 Jul 28 - Aug 13	Jun 20 - Aug 1 x x
Parent and Child	10:00-10:25am 2108 5:00-5:25pm 2170	10:00-10:25am 2208 5:00-5:25pm 2270	10:00-10:25am 2008
Tiny Tot Seals	9:00-9:25am 2100* 11:00-11:25am 2116* 3:00-3:25pm 2150* 4:00-4:25pm 2160*	9:00-9:25am 2200* 11:00-11:25am 2216* 3:00-3:25pm 2250* 4:00-4:25pm 2260*	9:00-9:25am 2000* 11:00-11:25am 2016*
Polliwogs	9:30-9:55am 2104* 10:30-10:55am 2112* 3:30-3:55pm 2155* 4:30-4:55pm 2165* 5:30-5:55pm 2175*	9:30-9:55am 2204* 10:30-10:55am 2212* 3:30-3:55pm 2255* 4:30-4:55pm 2265* 5:30-5:55pm 2275*	9:30-9:55am 2004* 10:30-10:55am 2012*
Seals	9:00-9:25am 2101* 11:00-11:25am 2117 3:00-3:25pm 2151* 4:00-4:25pm 2161 5:00-5:25pm 2171	9:00-9:25am 2201* 11:00-11:25am 2217 3:00-3:25pm 2251* 4:00-4:25pm 2261 5:00-5:25pm 2271	9:00-9:25am 2001* 11:00-11:25am 2017
Dolphins	9:30-9:55am 2105 10:30-10:55am 2113 3:30-3:55pm 2156* 4:30-4:55pm 2166 5:30-5:55pm 2176*	9:30-9:55am 2205 10:30-10:55am 2213 3:30-3:55pm 2256* 4:30-4:55pm 2266 5:30-5:55pm 2276*	9:30-9:55am 2005* 10:30-10:55am 2013
Otters	9:00-9:25am 2102* 10:00-10:25am 2109 3:00-3:25pm 2152* 4:00-4:25pm 2162 5:00-5:25pm 2172	9:00-9:25am 2202* 10:00-10:25am 2209 3:00-3:25pm 2252* 4:00-4:25pm 2262 5:00-5:25pm 2272	9:00-9:25am 2002* 10:00-10:25am 2009


SUMMER FAMILY SWIM PASS
Valid May 23 - Sep 7



\$250

FUN FRIDAY SWIM
Rec swim drop-off with a dedicated lifeguard.
12:30-3:30pm

Jun 26	Jul 24
Jul 10	Jul 31
Jul 17	Aug 7



C808

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

NPP	MON/WED	TUE/THU	SATURDAY
Stingrays	11:00-11:25am 2118 3:30-3:55pm 2157* 4:30-4:55pm 2167	11:00-11:25am 2218 3:30-3:55pm 2257* 4:30-4:55pm 2267	10:30-10:55am 2014
Barracudas	10:30-10:55am 2114 3:00-3:25pm 2153* 5:00-5:25pm 2173	10:30-10:55am 2214 3:00-3:25pm 2253* 5:00-5:25pm 2273	11:00-11:25am 2018
Sharks	10:00-10:25am 2110* 3:30-3:55pm 2158* 5:30-5:55pm 2177*	10:00-10:25am 2210* 3:30-3:55pm 2258* 5:30-5:55pm 2277*	11:30-11:55am 2020*
Adult Beginner	11:30-11:55am 2121* 5:30-5:55pm 2178*	11:30-11:55am 2221* 5:30-5:55pm 2278*	11:30-11:55am 2021*
Catch-Up Level 1	9:00-9:25am 2106* 4:00-4:25pm 2163*	9:00-9:25am 2206* 4:00-4:25pm 2263*	9:30-9:55am 2006*
Catch-Up Level 2	11:30-11:55am 2120* 4:30-4:55pm 2168*	11:30-11:55am 2220* 4:30-4:55pm 2268*	10:00-10:25am 2010*
Private Instruction	9:00-9:25am 2103 9:30-9:55am 2107 10:00-10:25am 2111 10:30-10:55am 2115 11:00-11:25am 2119 11:30-11:55am 2122 3:00-3:25pm 2154 3:30-3:55pm 2159 4:00-4:25pm 2164 4:30-4:55pm 2169 5:00-5:25pm 2174 5:30-5:55pm 2179	9:00-9:25am 2203 9:30-9:55am 2207 10:00-10:25am 2211 10:30-10:55am 2215 11:00-11:25am 2219 11:30-11:55am 2222 3:00-3:25pm 2254 3:30-3:55pm 2259 4:00-4:25pm 2264 4:30-4:55pm 2269 5:00-5:25pm 2274 5:30-5:55pm 2279	9:00-9:25am 2003 9:30-9:55am 2007 10:00-10:25am 2011 10:30-10:55am 2015 11:00-11:25am 2019 11:30-11:55am 2022

SUMMER LAP SWIM PASS

Only valid at the high school pools. One lap swimmer per entry.



\$150

LIFEGUARD TRAINING



C200

LIFEGUARD RECERTIFICATION



C201

WATER SAFETY INSTRUCTOR



C202

WATER AEROBICS - DEEP WATER, 16+

Low-impact & joint-friendly exercise in 5' depth with resistance and flotation belt.

Community Pool at CLU - C802

M	10:00-10:55am	6/1-6/29	\$72
M	10:00-10:55am	7/13-7/27	\$43
M	10:00-10:55am	8/3-8/31	\$72

WATER AEROBICS - SHALLOW, 16+

Chest-deep water aerobics for all levels. Move at your own pace & comfort.

Community Pool at CLU - C804

W	10:00-10:55am	6/3-6/24	\$57
F	10:00-10:55am	6/5-6/26	\$57
W	10:00-10:55am	7/1-7/29	\$72
F	10:00-10:55am	7/3-7/31	\$72
T	6:00-6:55pm	7/21-8/11	\$57
Th	6:00-6:55pm	7/23-8/13	\$57
W	10:00-10:55am	8/5-8/26	\$57
F	10:00-10:55am	8/7-8/28	\$57

NOODLE AEROBICS - SHALLOW, 16+

Boost core strength, flexibility, and balance using a pool noodle.

Community Pool at CLU - C802

M	11:00-11:55am	6/1-6/29	\$72
M	11:00-11:55am	7/13-7/27	\$43
M	11:00-11:55am	8/3-8/31	\$72

INTRO TO WATER POLO, 8-16

No experience needed. Must be able to swim 50 yards freestyle comfortably.

Thousand Oaks High School Pool - 1901

M/W	5:00-5:55pm	6/15-7/1	\$90
M/W	5:00-5:55pm	7/6-7/22	\$90

Newbury Park High School Pool - 2301

T/Th	5:00-5:55pm	6/16-7/2	\$90
T/Th	5:00-5:55pm	7/7-7/23	\$90

STROKE TECHNIQUE & WORKOUT, 14+

Community Pool at CLU - C805

M/W	9:00-9:55am	6/15-7/1	\$90
M/W	9:00-9:55am	7/6-7/22	\$90
M/W	9:00-9:55am	7/27-8/12	\$90

