

# AQUATICS/SWIM LESSONS

AQUATICS/COMMUNITY POOL AT CLU, 100 Overton Court, Thousand Oaks, CA 91360 • Phone: 805-241-0894

E-mail: [aquatics@crpd.org](mailto:aquatics@crpd.org) • POOL CONDITION (RAIN) INFORMATION: 805-381-1237

Office Hours: Monday-Friday 9:00am-5:00pm



@ConejoRPDswim

Aquatics Supervisor: Dee Pearson • Aquatics Coordinator: Xavier Volgenau

[www.crpds.org/aquatics](http://www.crpds.org/aquatics)

## REMINDER FOR PARENTS

Participants for classes that do not meet minimum enrollment (75% full) will be contacted with options to convert class into a semi-private instruction, private instruction, or move to another time slot.

For children less than age five who are just learning to swim, a minimum of two sessions of repeated lessons is recommended. Please alert the instructor before the first class if there are any special needs or other situations that may help us enhance your child's learning experience.

Classes are taught by American Red Cross certified and trained instructors.

Due to high demand and adjustment to class there are no make-ups allowed unless noted or canceled by CRPD.

## GROUP LEVELS

*The completion of a class below does not guarantee advancement to the next level. Classes below are either offered as a Semi-Private Instruction (2 participants to one instructor) or Group Instruction (4 or more participants).*

### PARENT AND CHILD Age 6 mos-3 yrs

Introduces participants and their guardians to an aquatic environment. Learn skills to help parents practice with their child through songs, toys, and games. Practice movements on front and back, changing positions, and submerging in an up-and-down pattern.

Group instruction only.



### OTTERS Age 5-10 yrs

Builds on skills from Dolphins, emphasizes strength, endurance, and coordination of freestyle. Introduces backstroke, breaststroke, and treading water. Participants should be comfortable swimming at the surface of the water for at least 15 yards with rhythmic breathing then roll into a back float unassisted. Semi-private instruction and group instruction offered.



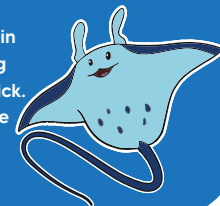
### TINY TOT SEALS Age 2.5-3.5 yrs

Recommend at least one session of Parent/Child. Work on movement along the wall, blowing bubbles, breath-holding, kicking, floating, arm strokes, and under water exploration. Participants should be comfortable in shallow water and can follow verbal cues. Semi-Private instruction only.



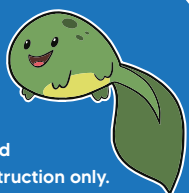
### STINGRAYS Age 5-12 yrs

Builds on skills from Otters, with extended instruction in the coordination of freestyle, backstroke, and treading water. Introduces the breaststroke and the butterfly kick. Participants must be able to swim 25-yards of freestyle (with side breathing) and backstroke. Semi-private instruction and group instruction offered.



### POLLIWOGS Age 3.5-5 yrs

Builds on skills from Tiny Tots, moving into deeper water. Improve arm/leg movements, gliding, and floating. Introduces swimming with assistance with an emphasis on underwater exploration. Participants must be able to hang on the wall without letting go, follow verbal directions, and blow bubbles at the surface of the water. Semi-private instruction only.



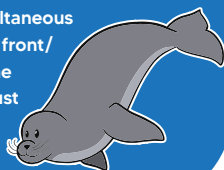
### BARRACUDAS Age 6-12 yrs

Builds on skills from Stingrays, with extended instruction in the coordination of breaststroke and butterfly. Focuses on endurance, stroke development, starts, and finishes. Introduces intervals, flip turns, and circle swimming. Participants must be able to swim 50-yards of freestyle (with side breathing), backstroke and breaststroke. Semi-private instruction and group instruction offered.



### SEALS Age 4-7 yrs

Builds on skills from Polliwogs, continuing work on simultaneous leg/arm movements, improving floating, and gliding on front/back with limited assistance. Introduces swimming at the surface of the water without assistance. Participants must be able to submerge their head fully under water. Semi-private instruction and group instruction offered.



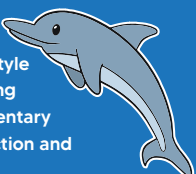
### SHARKS Age 10-14 yrs

Participants in this course are ready for the Swim Team and need stroke refinement and endurance training. Should be able to comfortably swim 50- yards each off all four competitive strokes (freestyle, backstroke, breaststroke, and butterfly). This class is not offered every season. Semi-Private instruction only.



### DOLPHINS Age 4-8 yrs

Builds on skills from Seals, continuing to swim without assistance at the surface of the water. Focuses on freestyle arm/leg movements with rhythmic breathing and floating at the surface of the water unassisted. Introduces elementary backstroke and survival swimming. Semi-private instruction and group instruction offered.



### PRIVATE INSTRUCTION Age 10-14 yrs

One participant to one instructor, designed around the individual's swimming ability, needs, and level. All private instructions can be converted into semi-private instruction if both participants are around the same swimming ability. Private Instructions are limited and fill quickly. For any cancellations, we call off the waitlist.



# AQUATICS/SPECIALTY CLASSES

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	MONDAY/WEDNESDAY		TUESDAY/THURSDAY		SATURDAY		SUNDAY	
SESSION 1	Dec 4 - Dec 20		Dec 5 - Dec 21		Jan 6 - Feb 10		Jan 7 - Feb 11	
SESSION 2	Jan 8 - Jan 24		Jan 9 - Jan 25					
SESSION 3	Jan 29 - Feb 14		Jan 30 - Feb 15					
	Time	Class #	Time	Class #	Time	Class #	Time	Class #
PARENT & CHILD	10:00-10:25am	C410	10:00-10:25am	C510	10:00-10:25am	C819	10:00-10:25am	C858
					11:00-11:25am	C829	11:00-11:25am	C868
TINY TOT SEALS	10:30-10:55am	C404	10:30-10:55am	C504	9:00-9:25am	C811	9:00-9:25am	C850
	3:00-3:25pm	C450	3:00-3:25pm	C550	10:30-10:55am	C824	10:30-10:55am	C863
	4:30-4:55pm	C462	4:30-4:55pm	C562	11:30-11:55am	C836	11:30-11:55am	C875
POLLIWOGS	11:00-11:25am	C406	11:00-11:25am	C506	9:30-9:55am	C815	9:30-9:55am	C854
	3:00-3:25pm	C451	3:00-3:25pm	C551	10:30-10:55am	C827	10:30-10:55am	C866
	4:00-4:25pm	C458	4:00-4:25pm	C558	11:00-11:25am	C830	11:00-11:25am	C869
	5:00-5:25pm	C466	5:00-5:25pm	C566	11:30-11:55am	C837	11:30-11:55am	C876
SEALS	10:00-10:25am	C402	10:00-10:25am	C502	9:00-9:25am	C812	9:00-9:25am	C851
	3:30-3:55pm	C454	3:30-3:55pm	C554	10:00-10:25am	C820	10:00-10:25am	C859
	4:30-4:55pm	C463	4:30-4:55pm	C563	11:30-11:55am	C834	11:30-11:55am	C873
	5:30-5:55pm	C470	5:30-5:55pm	C570				
DOLPHINS	11:30-11:55am	C408	11:30-11:55am	C508	9:30-9:55am	C816	9:30-9:55am	C855
	3:00-3:25pm	C452	3:00-3:25pm	C552	10:30-10:55am	C825	10:30-10:55am	C864
	4:00-4:25pm	C459	4:00-4:25pm	C559	11:30-11:55am	C835	11:30-11:55am	C874
	5:30-5:55pm	C471	5:30-5:55pm	C571				
OTTERS	3:30-3:55pm	C455	3:30-3:55pm	C555	9:00-9:25am	C813	9:00-9:25am	C852
	4:30-4:55pm	C464	4:30-4:55pm	C564	10:00-10:25am	C821	10:00-10:25am	C860
	5:00-5:25pm	C467	5:00-5:25pm	C567	11:00-11:25am	C831	11:00-11:25am	C870
STINGRAYS	3:30-3:55pm	C456	3:30-3:55pm	C556	9:30-9:55am	C817	9:30-9:55am	C856
	5:30-5:55pm	C472	5:30-5:55pm	C572	10:30-10:55am	C826	10:30-10:55am	C865
					11:00-11:25am	C832	11:00-11:25am	C871
BARRACUDA/ SHARKS	4:00-4:25pm	C460	4:00-4:25pm	C560	10:00-10:25am	C822	10:00-10:25am	C861
	5:00-5:25pm	C468	5:00-5:25pm	C568				
PRIVATE INSTRUCTION	9:00-9:25am	C400	9:00-9:25am	C500	9:00-9:25am	C814	9:00-9:25am	C853
	9:30-9:55am	C401	9:30-9:55am	C501	9:30-9:55am	C818	9:30-9:55am	C857
	10:00-10:25am	C403	10:00-10:25am	C503	10:00-10:25am	C823	10:00-10:25am	C862
	10:30-10:55am	C405	10:30-10:55am	C505	10:30-10:55am	C828	10:30-10:55am	C867
	11:00-11:25am	C407	11:00-11:25am	C507	11:00-11:25am	C833	11:00-11:25am	C872
	11:30-11:55am	C409	11:30-11:55am	C509	11:30-11:55am	C838	11:30-11:55am	C877
	3:00-3:25pm	C453	3:00-3:25pm	C553	<b>6 LESSONS PER SESSION</b> Group Instruction - \$63 Semi-Private Instruction - \$96 Private Instruction - \$163			
	3:30-3:55pm	C457	3:30-3:55pm	C557				
	4:00-4:25pm	C461	4:00-4:25pm	C561				
	4:30-4:55pm	C465	4:30-4:55pm	C565				
	5:00-5:25pm	C469	5:00-5:25pm	C569				
	5:30-5:55pm	C473	5:30-5:55pm	C573				

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## AQUATICS

**CRPD SWIM TEAM, Age 8-16** Prepare athletes for competition by focusing on speed, endurance, refining strokes, and physical conditioning. Workouts are structured by age and ability providing workouts in a fun and collaborative social setting. No workout 2/19.

C800.5231	Sa	9:00-9:55am	\$171	1/6-3/30	12 wks
C800.5232	Su	9:00-9:55am	\$171	1/7-3/31	12 wks
C800.5233	M/W	4:00-4:55pm	\$342	1/8-3/27	12 wks
C800.5234	T/Th	4:00-4:55pm	\$342	1/9-3/28	12 wks
C800.5235	M-Th	4:00-4:55pm	\$171	11/4-11/21	3 wks

**WATER AEROBIC WORKOUT – DEEP WATER, Age 16+** Use water resistance and your body to exercise suspended in 5 feet of water with the help of a provided flotation belt. Go at your own pace, low impact on joints. Location: Community Pool at CLU.

C802.4235	M	10:00-10:55am	\$57	11/6-11/27	4 wks
C802.5231	M	10:00-10:55am	\$43	12/4-12/18	3 wks
C802.5233	M	10:00-10:55am	\$57	1/8-1/29	4 wks

 Languages: English, French

**NOODLE AEROBIC WORKOUT – SHALLOW WATER, Age 16+** Explore the versatility of a pool noodle while improving core, strength, flexibility, balance, range of motion and proper form. Exercise in shallow water with movements from yoga, Pilates, ballet, and more. Gentle on joints, ideal for participants with arthritis.

C802.4236	M	11:00-11:55am	\$57	11/6-11/27	4 wks
C802.5232	M	11:00-11:55am	\$43	12/4-12/18	3 wks
C802.5234	M	11:00-11:55am	\$57	1/8-1/29	4 wks

 Languages: English, French

**HOMESCHOOL SWIM TEAM, Age 9-18** Meet other homeschool families in our non-competitive youth swim team! Prepare athletes for competition by focusing on speed, endurance, refining strokes, and physical conditioning. Workouts are structured by age and ability providing workouts in a fun and collaborative social setting. No workout 2/19.

C803.2231	M	10:00-10:55am	\$157	1/8-3/25	11 wks
C803.2232	W	10:00-10:55am	\$171	1/10-3/27	12 wks

**WATER AEROBIC WORKOUT – SHALLOW WATER, Age 16+** Exercises are in water that is chest deep and no swimming skills are needed to participate. Utilize different exercises and routines coupled with mild aerobics, all at the pace and comfort level of everyone. This full body aerobic water workout is for all skill levels!

C804.4235	W	10:00-10:55am	\$57	11/1-11/29	4 wks
C804.5231	W	10:00-10:55am	\$43	12/6-12/20	3 wks
C804.5233	W	10:00-10:55am	\$57	1/10-1/31	4 wks

 Languages: English, French, Spanish

**WATER WALKERS WORKOUT – SHALLOW WATER, Age 16+** Conventional workouts using the power of water and your body as you walk and jog. Low impact exercises are done in shallow water, no swimming skills needed. Improve flexibility, range of motion, strength, muscle tone and cardiovascular endurance while using resistance of water to cushion feet, knees and back.

C804.4236	F	10:00-10:55am	\$57	11/3-12/21	4 wks
C804.5232	F	10:00-10:55am	\$57	12/1-12/22	4 wks
C804.5234	F	10:00-10:55am	\$57	1/5-1/26	4 wks

 Languages: English, French, Spanish

**STROKE TECHNIQUE TRAINING AND WORKOUT, Age 14+** This class offers swimmers improved stroke technique, endurance, and confidence in the water. Instructed by experienced and seasoned swim instructors. Learn how to swim faster with less effort in a small group setting at your own pace.

C805.4233	M/W	9:00-9:55am	\$86	10/23-11/8	3 wks
C805.4234	M/W	9:00-9:55am	\$72	11/13-11/29	3 wks
C805.5231	M/W	9:00-9:55am	\$86	12/4-12/20	3 wks
C805.5232	M/W	9:00-9:55am	\$86	1/8-1/24	3 wks
C805.5233	M/W	9:00-9:55am	\$86	1/29-2/14	3 wks

## LAP RESERVATIONS & REC SWIM HOURS

Visit [www.crp.org/aquatics](http://www.crp.org/aquatics) for hours and information.



### ADMISSION FEE

Lap Swim: Online Reservations / Walk-Ins\* - \$4

Rec Swim: \$4 entrance fee

\*Walk-Ins are subject to availability.

### HOW TO BOOK LAP LANE

1. Visit [crpd.org/aquatics](http://crpd.org/aquatics) or scan the code.
2. Click "Book a Lap Lane" and click on availability calendar.
3. Select facility, date and time and click Reserve on available slot.

## WANT TO BECOME A LIFEGUARD OR SWIM INSTRUCTOR? CRPD AQUATICS HIRES YEAR-ROUND!



**First step is Lifeguard Training!**

**Use Class ID C806 to see more details about our upcoming Lifeguard Training!**  
Scan the QR code or visit [crpd.org/reg](http://crpd.org/reg).



### VOLUNTEER RECOGNITION



**ALEX PREM**

Alex has been a long time program participant at the Community Pool at CLU, and still participates in the Adult Stroke Technique and Training Workout. This summer, Alex helped out with the very popular Aquatics Summer Fun Camp, as volunteer counselor and photographer. His photos taken during the camp will be used for fliers and social media ads, as well as class photos on the website and future brochures. The camp participants were very excited to see him each day, and we are so happy that he chose our program for his first work experience, and appreciate all of his hard work this summer!

CRPD AQUATICS PRESENTS

## POLAR BEAR PLUNGE



**SATURDAY  
DECEMBER 30  
9:00-11:00 AM**

Run and swim for fun in this CHILLING event!

**COMMUNITY POOL AT CAL LUTHERAN  
100 N Overton Court, Thousand Oaks**

**\$10 Registration Fee**

**Register for Class #1108.5231 at  
[crpd.org/reg](http://crpd.org/reg) or call 805.421.089**