



SUMMER AQUATICS CLASSES

COMMUNITY POOL AT CLU

100 OVERTON COURT, THOUSAND OAKS, CA | 805-241-0894



	MON/WED	TUE/THU	SATURDAY	SUNDAY
SESSION 1	Jun 17 - Jul 3	Jun 18 - Jul 2 (5)	Jun 1 - Jul 13	Jun 2 - Jul 14
SESSION 2	Jul 8 - Jul 24	Jul 9 - Jul 25	Jul 20 - Aug 24	Jul 21 - Aug 25
SESSION 3	Jul 29 - Aug 14	Jul 30 - Aug 15	x	x
SESSION 4	Aug 19 - Sep 4 (5)	Aug 20 - Sep 5	x	x
MINI SESSION	Jun 10 - Jun 13 (4)		Aug 3 - Aug 24 (4)	Aug 4 - Aug 25 (4)
PARENT AND CHILD	9:30-9:55am C406	9:30-9:55am C506	10:00-10:25am C721	10:00-10:25am C821
	11:00-11:25am C418	11:00-11:25am C518	11:00-11:25am C733	11:00-11:25am C833
	3:00-3:25pm C452	3:00-3:25pm C552		
	5:00-5:25pm C472	5:00-5:25pm C572		
TINY TOT SEALS	9:30-9:55am C404	9:30-9:55am C504	9:00-9:25am C711	9:00-9:25am C811
	10:30-10:55am C413	10:30-10:55am C513	10:00-10:25am C723	10:00-10:25am C823
	3:00-3:25pm C451	3:00-3:25pm C551	11:00-11:25am C734	11:00-11:25am C834
	4:00-4:25pm C461	4:00-4:25pm C561		
	5:00-5:25pm C471	5:00-5:25pm C571		
POLLIWOGS	9:00-9:25am C402	9:00-9:25am C502	9:30-9:55am C716	9:30-9:55am C816
	10:00-10:25am C409	10:00-10:25am C509	10:30-10:55am C727	10:30-10:55am C827
	11:30-11:55am C422	11:30-11:55am C522	11:30-11:55am C742	11:30-11:55am C842
	3:30-3:55pm C456	3:30-3:55pm C556		
	4:30-4:55pm C466	4:30-4:55pm C566		
5:30-5:55pm C476	5:30-5:55pm C576			
SEALS	9:30-9:55am C405	9:30-9:55am C505	9:00-9:25am C712	9:00-9:25am C812
	10:30-10:55am C412	10:30-10:55am C512	10:00-10:25am C722	10:00-10:25am C822
	11:30-11:55am C423	11:30-11:55am C523	11:00-11:25am C738	11:00-11:25am C838
	3:00-3:25pm C453	3:00-3:25pm C553		
	4:00-4:25pm C462	4:00-4:25pm C562		
5:00-5:25pm C473	5:00-5:25pm C573			
DOLPHINS	9:00-9:25am C401	9:00-9:25am C501	9:30-9:55am C717	9:30-9:55am C817
	10:00-10:25am C411	10:00-10:25am C511	10:30-10:55am C728	10:30-10:55am C828
	11:00-11:25am C417	11:00-11:25am C517	11:30-11:55am C740	11:30-11:55am C840
	3:30-3:55pm C457	3:30-3:55pm C557		
	4:30-4:55pm C467	4:30-4:55pm C567		
5:30-5:55pm C477	5:30-5:55pm C577			
OTTERS	9:30-9:55am C407	9:30-9:55am C507	9:00-9:25am C713	9:00-9:25am C813
	10:30-10:55am C415	10:30-10:55am C515	10:00-11:25am C726	10:00-10:25am C826
	3:00-3:25pm C454	3:00-3:25pm C554	11:00-11:25am C735	11:00-11:25am C835
	4:00-4:25pm C463	4:00-4:25pm C563		
5:00-5:25pm C474	5:00-5:25pm C574			
STINGRAYS	10:00-10:25am C410	10:00-10:25am C510	9:30-9:55am C720	9:30-9:55am C820
	11:30-11:55am C420	11:30-11:55am C520	10:30-10:55am C730	10:30-10:55am C830
	3:30-3:55pm C458	3:30-3:55pm C558	11:30-11:55am C743	11:30-11:55am C843
	4:30-4:55pm C468	4:30-4:55pm C568		
BARRACUDAS	9:00-9:25am C403	9:00-9:25am C503	9:00-9:25am C715	9:00-9:25am C815
	11:00-11:25am C419	11:00-11:25am C519	10:00-10:25am C724	10:00-10:25am C824
	4:00-4:25pm C464	4:00-4:25pm C564	11:00-11:25am C736	11:00-11:25am C836
	5:30-5:55pm C478	5:30-5:55pm C578		

SUMMER AQUATICS CLASSES

SUMMER REGISTRATION BEGINS MONDAY, APRIL 22, 9:00AM

SHARKS	10:30-10:55am C414	10:30-10:55am C514	10:30-10:55am C729	10:30-10:55am C829
	3:30-3:55pm C459	3:30-3:55pm C559	11:30-11:55am C744	11:30-11:55am C844
ADULT BEGINNER	11:30-11:55am C421	11:30-11:55am C521	9:30-9:55am C718	9:30-9:55am C818
	4:30-4:55pm C469	4:30-4:55pm C569	10:30-10:55am C732	10:30-10:55am C832
	5:30-5:55pm C479	5:30-5:55pm C579	11:30-11:55am C741	11:30-11:55am C841
PRIVATE INSTRUCTION	9:00-9:25am C400	9:00-9:25am C500	9:00-9:25am C714	9:00-9:25am C814
	10:00-10:25am C408	10:00-10:25am C508	9:30-9:55am C719	9:30-9:55am C819
	11:00-11:25am C416	11:00-11:25am C516	10:00-10:25am C725	10:00-10:25am C825
	3:00-3:25pm C450	3:00-3:25pm C550	10:30-10:55am C731	10:30-10:55am C831
	3:30-3:55pm C455	3:30-3:55pm C555	11:00-11:25am C737	11:00-11:25am C837
	4:00-4:25pm C460	4:00-4:25pm C560	11:30-11:35am C739	11:30-11:35am C839
	4:30-4:55pm C465	4:30-4:55pm C565		
	5:00-5:25pm C470	5:00-5:25pm C570		
5:30-5:55pm C475	5:30-5:55pm C575			

Each session is 6 classes unless a holiday occurs.
Group \$65 | Semi-Private \$99 | Private \$171



NEWBURY PARK HIGH SCHOOL POOL

456 N. REINO ROAD, NEWBURY PARK, CA | 805-750-7296

	MON/WED Jun 17 - Jul 3	TUE/THU Jun 18 - Jul 2 (5)	SATURDAY Jun 15 - Jul 27	SUNDAY Jun 16 - Jul 28
SESSION 1	Jun 17 - Jul 3	Jun 18 - Jul 2 (5)	Jun 15 - Jul 27	Jun 16 - Jul 28
SESSION 2	Jul 8 - Jul 24	Jul 9 - Jul 25	x	x
SESSION 3	Jul 29 - Aug 14	Jul 30 - Aug 15	x	x
PARENT AND CHILD	11:00-11:25am 2206	11:00-11:25am 2306	10:00-10:25am 2006	11:00-11:25am 2106
	5:00-5:25pm 2266	5:00-5:25pm 2366		
TINYTOT SEALS	10:00-10:25am 2200	10:00-10:25am 2300	9:00-9:25am 2000	10:00-10:25am 2100
	11:30-11:55am 2209	11:30-11:55am 2309	10:30-10:55am 2009	11:30-11:55am 2109
	12:30-12:55pm 2215	12:30-12:55pm 2315		
	3:00-3:25pm 2250	3:00-3:25pm 2350		
	4:00-4:25pm 2258	4:00-4:25pm 2358		
POLLIWOGS	10:30-10:55am 2203	10:30-10:55am 2303	9:30-9:55am 2003	10:30-10:55am 2103
	12:00-12:25pm 2212	12:00-12:25pm 2312	11:30-11:55am 2015	12:30-12:55pm 2115
	3:30-3:55pm 2254	3:30-3:55pm 2354		
	4:30-4:55pm 2262	4:30-4:55pm 2362		
	5:30-5:55pm 2270	5:30-5:55pm 2370		
SEALS	10:00-10:25am 2201	10:00-10:25am 2301	9:00-9:25am 2001	10:00-10:25am 2101
	11:30-11:55am 2210	11:30-11:55am 2310	10:30-10:55am 2010	11:30-11:55am 2110
	3:00-3:25pm 2251	3:00-3:25pm 2351		
	4:00-4:25pm 2259	4:00-4:25pm 2359		
	5:00-5:25pm 2267	5:00-5:25pm 2367		
DOLPHINS	10:30-10:55am 2204	10:30-10:55am 2304	9:30-9:55am 2004	10:30-10:55am 2104
	12:30-12:55pm 2216	12:30-12:55pm 2316	11:30-11:55am 2016	12:30-12:55pm 2116
	3:30-3:55pm 2255	3:30-3:55pm 2355		
	4:30-4:55pm 2263	4:30-4:55pm 2363		
	5:30-5:55pm 2271	5:30-5:55pm 2371		

REGISTER ONLINE
WWW.CRPD.ORG/REG

SUMMER AQUATICS CLASSES

SUMMER REGISTRATION BEGINS MONDAY, APRIL 22, 9:00AM

OTTERS	11:00-11:25am 2207	11:00-11:25am 2307	10:00-10:25am 2007	11:00-11:25am 2107
	3:00-3:25pm 2252	3:00-3:25pm 2352	11:00-11:25am 2012	12:00-12:25pm 2112
	4:00-4:25pm 2260	4:00-4:25pm 2360		
	5:00-5:25pm 2268	5:00-5:25pm 2368		
STINGRAYS	11:30-11:55am 2211	11:30-11:55am 2311	10:30-10:55am 2011	11:30-11:55am 2111
	4:30-4:55pm 2264	4:30-4:55pm 2364		
BARRACUDAS	12:00-12:25pm 2213	12:00-12:25pm 2313	11:00-11:25am 2013	12:00-12:25pm 2113
	5:00-5:25pm 2269	5:00-5:25pm 2369		
SHARKS	10:30-10:55am 2205	10:30-10:55am 2305	9:30-9:55am 2005	10:30-10:55am 2105
	3:30-3:55pm 2256	3:30-3:55pm 2356		
ADULT BEGINNER	12:30-12:55pm 2217	12:30-12:55pm 2317	11:30-11:55am 2017	12:30-12:55pm 2117
	5:30-5:55pm 2272	5:30-5:55pm 2372		
PRIVATE INSTRUCTION	10:00-10:25am 2202	10:00-10:25am 2302	9:00-9:25am 2002	10:00-10:25am 2102
	11:00-11:25am 2208	11:00-11:25am 2308	10:00-10:25am 2008	11:00-11:25am 2108
	12:00-12:25pm 2214	12:00-12:25pm 2314	11:00-11:25am 2014	12:00-12:25pm 2114
	3:00-3:25pm 2253	3:00-3:25pm 2353		
	3:30-3:55pm 2257	3:30-3:55pm 2357		
	4:00-4:25pm 2261	4:00-4:25pm 2361		
	4:30-4:55pm 2265	4:30-4:55pm 2365		
5:30-5:55pm 2273	5:30-5:55pm 2373			

JUNIOR LIFEGUARDS

Junior Lifeguarding is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes, and skills for future lifeguards. See prerequisites online before registering. **Ages 11-14**

3407 10:00-2:00pm **M-Th 7/15 - 7/18 \$235**

CRPD SWIM TEAM

The CRPD Swim Team prepares 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 for all athletes. **Ages 8-16**

LOCATION: Community Pool at CLU

C800 9:00-9:55am **Sa** 6/1 - 7/13 **\$86**
C800 9:00-9:55am **Su** 6/2 - 7/14 **\$86**
C800 9:00-9:55am **Sa** 7/20 - 8/24 **\$86**
C800 9:00-9:55am **Su** 7/21 - 8/25 **\$86**

LOCATION: Newbury Park High School Pool

3403 10:00-10:55am **M/W** 6/17 - 8/14 **\$257**
3403 4:00-4:55pm **T/Th** 6/18 - 8/15 **\$257**

LOCATION: Thousand Oaks High School Pool

3404 10:00-10:55am **T/Th** 6/18 - 8/15 **\$257**
3404 4:00-4:55pm **M/W** 6/17 - 8/14 **\$257**

THOUSAND OAKS HIGH SCHOOL POOL



2323 N. MOORPARK ROAD
 THOUSAND OAKS, CA | 805-496-8564

	MON/WED	TUE/THU
SESSION 1	Jun 17 - Jul 3	Jun 18 - Jul 2 (5)
SESSION 2	Jul 8 - Jul 24	Jul 9 - Jul 25
SESSION 3	Jul 29 - Aug 14	Jul 30 - Aug 15
POLLWOGS	10:00-10:25am 1700	10:00-10:25am 1800
	11:30-11:55am 1709	11:30-11:55am 1809
	3:00-3:25pm 1750	3:00-3:25pm 1850
	4:00-4:25pm 1758	4:00-4:25pm 1858
	5:00-5:25pm 1766	5:00-5:25pm 1866
SEALS	10:30-10:55am 1703	10:30-10:55am 1803
	12:00-12:25pm 1712	12:00-12:25pm 1812
	3:30-3:55pm 1754	3:30-3:55pm 1854
	4:30-4:55pm 1762	4:30-4:55pm 1862
	5:30-5:55pm 1770	5:30-5:55pm 1870

SUMMER AQUATICS CLASSES

SUMMER REGISTRATION BEGINS MONDAY, APRIL 22, 9:00AM

DOLPHINS	11:00-11:25am	1706	11:00-11:25am	1806
	12:30-12:55pm	1715	12:30-12:55pm	1815
	3:00-3:25pm	1751	3:00-3:25pm	1851
	4:00-4:25pm	1759	4:00-4:25pm	1859
	5:00-5:25pm	1767	5:00-5:25pm	1867
OTTERS	10:00-10:25am	1701	10:00-10:25am	1801
	12:00-12:25pm	1713	12:00-12:25pm	1813
	3:30-3:55pm	1755	3:30-3:55pm	1855
	4:30-4:55pm	1763	4:30-4:55pm	1863
	5:30-5:55pm	1771	5:30-5:55pm	1871
STINGRAYS	10:30-10:55am	1704	10:30-10:55am	1804
	3:00-3:25pm	1752	3:00-3:25pm	1852
	5:00-5:25pm	1768	5:00-5:25pm	1868
BARRACUDAS	11:00-11:25am	1707	11:00-11:25am	1807
	3:30-3:55pm	1756	3:30-3:55pm	1856
	5:30-5:55pm	1772	5:30-5:55pm	1872
SHARKS	11:30-11:55am	1710	11:30-11:55am	1810
	4:30-4:55pm	1764	4:30-4:55pm	1864
ADULT BEGINNER	12:30-12:55pm	1716	12:30-12:55pm	1816
	4:00-4:25pm	1760	4:00-4:25pm	1860
PRIVATE INSTRUCTION	10:00-10:25am	1702	10:00-10:25am	1802
	10:30-10:55am	1705	10:30-10:55am	1805
	11:00-11:25am	1708	11:00-11:25am	1808
	11:30-11:55am	1711	11:30-11:55am	1811
	12:00-12:25pm	1714	12:00-12:25pm	1814
	12:30-12:55pm	1717	12:30-12:55pm	1817
	3:00-3:25pm	1753	3:00-3:25pm	1853
	3:30-3:55pm	1757	3:30-3:55pm	1857
	4:00-4:25pm	1761	4:00-4:25pm	1861
	4:30-4:55pm	1765	4:30-4:55pm	1865
	5:00-5:25pm	1769	5:00-5:25pm	1869
	5:30-5:55pm	1773	5:30-5:55pm	1873



SPECIALTY CLASSES

SPRINGBOARD DIVING

Introduces fundamentals of springboard diving. All participants must be able to swim 25-yards freestyle and perform a head first dive from the deck. **Ages 7+**

LOCATION: **Community Pool at CLU**

3409	1:15-2:30pm	T/Th	6/7 - 7/2	\$154
3409	1:15-2:30pm	T/Th	7/9 - 7/25	\$185
3409	1:15-2:30pm	T/Th	7/30 - 8/15	\$185

SWIM CLASS PRICES

Each session is 6 classes unless a holiday occurs.
Group \$65 | Semi-Private \$99 | Private \$171

WATER AEROBICS DEEP WATER

Use the power of water resistance and your body to exercise suspended in 5 feet of water with the help of a flotation belt. **Ages 18+**

LOCATION: **Community Pool at CLU**

C802	10:00-10:55am	M	6/10 - 6/24	\$43
C802	10:00-10:55am	M	7/1 - 7/29	\$71
C802	10:00-10:55am	M	8/5 - 8/26	\$57

NOODLE AEROBICS SHALLOW WATER

Explore the versatility of a pool noodle while improving core, strength, flexibility, balance, range of motion and proper form. Gentle on the joints and ideal for arthritis. **Ages 18+**

LOCATION: **Community Pool at CLU**

C802	11:00-11:55am	M	6/10 - 6/24	\$43
C802	11:00-11:55am	M	7/1 - 7/29	\$71
C802	11:00-11:55am	M	8/5 - 8/26	\$57

WATER AEROBICS SHALLOW WATER

The class utilizes different exercises and routines in shallow water coupled with mild aerobics, all at the pace and comfort level of everyone. **Ages 18+**

LOCATION: **Community Pool at CLU**

C804	10:00-10:55am	W	6/5 - 6/26	\$57
C804	10:00-10:55am	F	6/7 - 6/28	\$57
C804	10:00-10:55am	W	7/3 - 7/31	\$71
C804	10:00-10:55am	F	7/5 - 7/26	\$57
C804	10:00-10:55am	W	8/7 - 8/28	\$57
C804	10:00-10:55am	F	8/2 - 8/30	\$71
C804	6:00-6:55pm	T	7/23-8/20	\$71
C804	6:00-6:55pm	Th	7/25-8/22	\$71

SUMMER AQUATICS CLASSES

SUMMER REGISTRATION BEGINS MONDAY, APRIL 22, 9:00AM

STROKE TECHNIQUE AND WORKOUT

Improve stroke technique, endurance, and confidence in the water. Learn how to swim faster with less effort in a small group setting at your own pace. **Ages 14+**

LOCATION: **Community Pool at CLU**

C805	9:00-9:55am	M/W	6/17 - 7/3	\$86
C805	9:00-9:55am	M/W	7/8 - 7/24	\$86
C805	9:00-9:55am	M/W	7/29 - 8/14	\$86
C805	9:00-9:55am	M/W	8/19 - 9/4	\$72

LOCATION: **Newbury Park High School Pool**

3413	5:00-5:55pm	T/Th	6/18 - 7/2	\$72
3413	5:00-5:55pm	T/Th	7/9 - 7/25	\$86
3413	5:00-5:55pm	T/Th	7/30 - 8/15	\$86

AQUATIC SUMMER FUN CAMP

Receive daily swim instruction in all four competitive strokes. Introduction to the sport of Water Polo and Jr. Lifeguard skills included. Take daily hikes, play interactive games, and end the day in the pool. Participants must be able to swim 25 yards (one length of a competitive pool) unassisted and without rest. **Ages 8-12**

LOCATION: **Community Pool at CLU**

3415	8:30-12:30pm	M-Th	6/24 - 6/27	\$226
3415	8:30-12:30pm	M-Th	7/8 - 7/11	\$226
3415	8:30-12:30pm	M-Th	7/29 - 8/1	\$226
3415	8:30-12:30pm	M-Th	8/5 - 8/8	\$226

LOCATION: **Newbury Park High School Pool**

3415	8:30-12:30pm	M-Th	7/22 - 7/25	\$226
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INTRO TO WATER POLO CAMP

This class offers an introductory lesson into the sport of water polo. No previous water polo experience is needed. Must be able to swim 50-yards (2 laps) freestyle. **Ages 8-16**

LOCATION: **Thousand Oaks High School Pool**

3405	5:00-5:55pm	M/W	6/17 - 7/3	\$86
3405	5:00-5:55pm	M/W	7/8 - 7/24	\$86
3405	5:00-5:55pm	M/W	7/29 - 8/14	\$86

WATER POLO CONDITIONING

Refine your water polo fundamentals (eggbeater, dribbling, ball control, body positioning, ball handling, and swim conditioning). Athletes must have 1 season of water polo to join. **Ages 8-14**

LOCATION: **Community Pool at CLU**

C801	5:00-5:55pm	M/W	4/29 - 5/15	\$86
C801	5:00-5:55pm	M/W	5/20-6/5	\$72
C801	5:00-5:55pm	M/W	6/10-6/26	\$86

SUNDAY SUNSET SWIM

Join us on three warm summer Sundays for an evening swim. Bring your favorite float and take your chance on the **AFLEX INFLATABLE OBSTACLE COURSE (ages 5-14 only)** as you watch the sunset.

LOCATION: **Community Pool at CLU**

3402	5:00-8:00pm	Su	Jun 30	\$5
3402	5:00-8:00pm	Su	Jul 28	\$5
3402	5:00-8:00pm	Su	Aug 25	\$5

REGISTER ONLINE
WWW.CRPD.ORG/REG

FUN FRIDAY SWIM

A fun recreational experience for children while offering parents a convenient drop-off option. This weekly camp combines the joy of swimming with exciting games, creative crafts, and tasty snacks. **Ages 6-12**

LOCATION: **Community Pool at CLU**

3401	12:30-3:30pm	F	Jun 21	\$20
3401	12:30-3:30pm	F	Jun 28	\$20
3401	12:30-3:30pm	F	Jul 12	\$20
3401	12:30-3:30pm	F	Jul 19	\$20
3401	12:30-3:30pm	F	Jul 26	\$20

