

# AQUATICS

The City of Huntington Beach is pleased to offer a complete fall swim program. Our program is designed to meet a variety of swimming needs. Whether it is learning new swimming techniques, or recreational enjoyment of the water, we have something for everybody.

Our swim instructors are certified American Red Cross Water Safety Instructors and lifeguards. The swim courses follow the American Red Cross standards. Classes are offered to age six months through adult and teach skills from water adjustment through life-guarding techniques. Classes consist of ten lessons unless otherwise specified.



American Red Cross

## CITY GYM AND POOL

Register online beginning 9 am March 8 at [hbsands.org](http://hbsands.org) or register in person at the City Gym and Pool during normal business hours.

**OFFICE HOURS:** M-Th 9 am-9 pm  
Fri 9 am-8 pm  
Sat 9 am-1 pm

## NEED ADDITIONAL HELP OR HAVE QUESTIONS?

Knowledgeable staff will be available at the City Gym and Pool to assist you with questions about aquatic programs. You can find out more information about swim levels or have your child tested for appropriate swim level placement. City Gym staff can also help you set up an online account so you will be prepared to register online.

**SWIM LEVEL TESTING:** Have your child tested for swim level placement. Please call the City Gym and Pool, at 714-960-8884, to schedule an appointment.

1-1:30 pm Saturdays Feb. 27, March 12

**SENIOR CITIZEN SWIM:** Senior citizens have a special afternoon all to themselves at the City Gym and Pool. Come and enjoy the heated pool.

1:30-3 pm City Gym Pool Friday \$2

## SWIM LEVELS

### PARENT AND CHILD (PC) 6 mos to about 3 years:

Parents and children learn together through two fun-filled levels to increase children's comfort in the water and build a foundation of basic aquatic and water safety skills.

- **PC Level 1 (PC1):** Introduces Basic skills including safety topics to parents and children.
- **PC Level 2 (PC2):** Builds on the skills introduced in level 1, with participants improving these skills and learning more advanced skills.

### PRESCHOOL AQUATICS (PA) About 4 to 5 years:

Three fun, age-appropriate levels teach basic aquatic safety and survival skills to increase children's comfort level in and around the water.

- **PA Level 1 (PA1):** Orients children to the aquatic environment and helps them gain basic aquatics skills.
- **PA Level 2 (PA2):** Helps children gain greater independence in their skills and develop more comfort in and around water.
- **PA Level 3 (PA3):** Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

### LEARN-TO-SWIM (LS) About 6 years through adult:

Six progressive levels help swimmers of varying ages and abilities develop their water safety, survival and swim skills.

- **Level 1 (LS1):** Introduction to Water Skills: Ages 6 and up. Builds confidence and develops safety skills in and around water for children with little or no prior swim instruction.
- **Level 2 (LS2):** Fundamental Aquatic Skills: Ages 6 and up. Students are introduced to the front and back crawl.
- **Level 3 (LS3):** Stroke Development: Must hold level 2 certificate or be able to perform at the equivalent skill level. Students refine the front and back crawl and are introduced to the butterfly-kick.
- **Level 4 (LS4):** Stroke Improvement: Must hold level 3 certificate or be able to perform at the equivalent skill level. Students will be introduced to the breast stroke, elementary backstroke and butterfly.
- **Exceptional Swim:** Designed for participants with any disability. This is a supervised non-instruction swim time.
- **Adult Lessons:** Adults will improve swimming skills and learn new skills.



# Spring Private Swim Lessons 2017

Location: City Gym and Pool Ages: 3 years to Adult

For swimmers who desire more individual attention, the Community Services Department offers private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week on the listed day. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions.

SPRING 2017

## Session 1 Schedule

CLASS #	TIME	DAY	DATES
272214-00	3:20pm	F	4/7-5/5
272214-01	3:20pm	F	4/7-5/5
272214-02	3:20pm	F	4/7-5/5
272214-03	3:40pm	F	4/7-5/5
272214-04	3:40pm	F	4/7-5/5
272214-05	3:40pm	F	4/7-5/5
272214-06	4:00pm	F	4/7-5/5
272214-07	4:00pm	F	4/7-5/5
272214-08	4:00pm	F	4/7-5/5
272214-09	4:20pm	F	4/7-5/5
272214-10	4:20pm	F	4/7-5/5
272214-11	4:20pm	F	4/7-5/5
272214-12	4:40pm	F	4/7-5/5
272214-13	4:40pm	F	4/7-5/5
272214-14	4:40pm	F	4/7-5/5
272214-15	5:00pm	F	4/7-5/5
272214-16	5:00pm	F	4/7-5/5
272214-17	5:00pm	F	4/7-5/5
272214-18	5:05pm	M	3/27-4/24
272214-19	5:05pm	M	3/27-4/24
272214-20	5:05pm	W	3/29-4/26
272214-21	5:05pm	W	5/6-6/3

## Session 2 Schedule

CLASS #	TIME	DAY	DATES
272214-22	3:20pm	F	5/12-6/9
272214-23	3:20pm	F	5/12-6/9
272214-24	3:20pm	F	5/12-6/9
272214-25	3:40pm	F	5/12-6/9
272214-26	3:40pm	F	5/12-6/9
272214-27	3:40pm	F	5/12-6/9
272214-28	4:00pm	F	5/12-6/9
272214-29	4:00pm	F	5/12-6/9
272214-30	4:00pm	F	5/12-6/9
272214-31	4:20pm	F	5/12-6/9
272214-32	4:20pm	F	5/12-6/9
272214-33	4:20pm	F	5/12-6/9
272214-34	4:40pm	F	5/12-6/9
272214-35	4:40pm	F	5/12-6/9
272214-36	4:40pm	F	5/12-6/9
272214-37	5:00pm	F	5/12-6/9
272214-38	5:00pm	F	5/12-6/9
272214-39	5:00pm	F	5/12-6/9
272214-40	5:05pm	M	5/1-6/5
272214-41	5:05pm	M	5/1-6/5
272214-42	5:05pm	W	5/3-5/31
272214-43	5:05pm	W	5/3-5/31

### PRIVATE LESSONS Fee \$75

Private lessons will be taught with 1 to 1 participant to instructor ratio.

- OR -

### SMALL GROUP LESSONS Fee \$85

Available with maximum 2 students per instructor.



# Spring 2017 – City Gym Swim Schedule

Fees: \$55 per 10-class session – All swim lessons are one half hour.  
All classes held at the City Gym and Pool – 1600 Palm Ave.

Time	Mon/Wed 3/27 - 4/26	Tues/Thurs 3/28 - 4/27	Mon/Wed 5/1 - 5/31	Tues/Thurs 5/9 - 6/8	Saturday 4/1 - 6/3
8:00 am					LS 1- 227706-04
8:30 am					LS 2- 272207-05
9:00 am					PA L1- 272203-15 PA L2- 272204-24
9:30 am	PA L1- 272203-00 PA L2- 272204-00	PA L2- 272204-05 PA L3- 272205-03	PA L1- 272203-09 PA L2- 272204-12	PA L2- 272204-17 PA L3- 272205-11	PA L2- 272204-25 PA L3- 272205-17
10:00 am	PA L2- 272204-01 PA L3- 272205-00	PA L1- 272203-04 PA L2- 272204-06	PA L2-272204-13 PA L3- 272205-07	PA L1- 272203-12 PA L2- 272204-18	PC L1- 272201-06
10:30 am	PC L1- 272201-00	PC L1- 272201-01	PC L1- 272201-03	PC L1- 272201-04	PC L2- 272202-06
11:00 am	PC L2- 272202-00	PC L2- 272202-01	PC L2- 272202-03	PC L2- 272202-04	PA L1-272203-16 PA L2- 272204-26
11:30 am		PA L1- 272203-05 PA L2- 272204-07		PA L1- 272203-13 PA L2- 272204-19	PA L2-272204-27 PA L3- 272205-18
Noon		PA L2- 272204-08 PA L3- 272205-04		PA L2-272204-20 PA L3- 272205-12	LS 1- 227706-05 LS 2- 272207-06
12:30 pm					LS 3- 272208-05 LS 4-272209-04
2:00 pm	PA L1- 272203-01 PA L3- 272205-01	PA L1- 272203-06 PA L3- 272205-05	PA L1- 272203-10 PA L3- 272205-08	PA L1- 272203-14 PA L3-272205-13	
2:30 pm	PA L2- 272204-02 PA L3- 272205-02	PA L2- 272204-09 PA L3- 272205-06	PA L2- 272204-14 PA L3- 272205-09	PA L2- 272204-21 PA L3- 272205-14	
3:00 pm	PA L1- 272203-02 PA L2-272204-03	PA L1- 272203-07 PA L2- 272204-10	PA L2- 272204-15 PA L3- 272205-10	PA L2- 272204-22 PA L3- 272205-15	
3:30 pm	LS 1- 227706-00	LS 1- 227706-01	LS 1- 227706-02	LS 1- 227706-03	
4:00 pm	LS 2-272207-00	LS 2- 272207-01	LS 2- 272207-03	LS 2- 272207-04	
4:30 pm	LS 3- 272208-00	LS 2-272207-02	LS 3- 272208-02	LS 3 - 272208-03	
5:00 pm	Private Lessons (See Schedule)	LS 4- 272209-01	Private Lessons (See Schedule)	LS 3- 272208-04 LS 4-272209-02	
5:30 pm		PC L1- 272201-02		LS 4- 272209-03	
6:00 pm		PC L2- 272202-02		PC L1- 272201-05	
6:30 pm	PA L1- 272203-03 PA L2- 272204-04	PA L1- 272203-08 PA L2- 272204-11	PA L1- 272203-11 PA L2- 272204-16	PC L2- 272202-05	
7:00 pm	<b>Rec Swim \$2</b>	PA L1-372203-08 PA L2-372204-11	<b>Rec Swim \$2</b>	PA L2- 272204-23 PA L3- 272205-16	
7:30 pm		372213-00 Exceptional Swim \$18		372213-01 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	272212-00 Adult Lessons	Adult Swim \$2 8-8:30 PM	272212-01 Adult Lessons	



# Summer Private Swim Lessons 2017

**Location: City Gym and Pool    Ages: 3 years to Adult**

For swimmers who desire more individual attention, the Community Services Department offers private swim lessons. Private swim lessons will consist of five (5), fifteen (15) minute swim classes, held once a week on the listed day. Classes will be held at the City Gym and Pool and will be taught to the desired level. Please see the private swim schedule below or contact the City Gym and Pool at (714) 960-8884 with any questions.

**SUMMER 2017**

## Session 1 Schedule

CLASS #	TIME	DAY	DATES
372214-00	3:20pm	F	6/23-7/21
372214-01	3:20pm	F	6/23-7/21
372214-02	3:20pm	F	6/23-7/21
372214-03	3:40pm	F	6/23-7/21
372214-04	3:40pm	F	6/23-7/21
372214-05	3:40pm	F	6/23-7/21
372214-06	4:00pm	F	6/23-7/21
372214-07	4:00pm	F	6/23-7/21
372214-08	4:00pm	F	6/23-7/21
372214-09	4:20pm	F	6/23-7/21
372214-10	4:20pm	F	6/23-7/21
372214-11	4:20pm	F	6/23-7/21
372214-12	4:40pm	F	6/23-7/21
372214-13	4:40pm	F	6/23-7/21
372214-14	4:40pm	F	6/23-7/21
372214-15	5:00pm	F	6/23-7/21
372214-16	5:00pm	F	6/23-7/21
372214-17	5:00pm	F	6/23-7/21
372214-18	5:05pm	M	6/19-7/17
372214-19	5:05pm	M	6/19-7/17
372214-20	5:05pm	W	6/21 -7/19
372214-21	5:05pm	W	6/21-7/19

## Session 2 Schedule

CLASS #	TIME	DAY	DATES
372214-22	3:20pm	F	7/28-8/25
372214-23	3:20pm	F	7/28-8/25
372214-24	3:20pm	F	7/28-8/25
372214-25	3:40pm	F	7/28-8/25
372214-26	3:40pm	F	7/28-8/25
372214-27	3:40pm	F	7/28-8/25
372214-28	4:00pm	F	7/28-8/25
372214-29	4:00pm	F	7/28-8/25
372214-30	4:00pm	F	7/28-8/25
372214-31	4:20pm	F	7/28-8/25
372214-32	4:20pm	F	7/28-8/25
372214-33	4:20pm	F	7/28-8/25
372214-34	4:40pm	F	7/28-8/25
372214-35	4:40pm	F	7/28-8/25
372214-36	4:40pm	F	7/28-8/25
372214-37	5:00pm	F	7/28-8/25
372214-38	5:00pm	F	7/28-8/25
372214-39	5:00pm	F	7/28-8/25
372214-40	5:05pm	M	7/24-8/21
372214-41	5:05pm	M	7/24-8/21
372214-42	5:05pm	W	7/26-8/23
372214-43	5:05pm	W	7/26-8/23

**PRIVATE LESSONS**  
Fee \$75

Private lessons will be taught with 1 to 1 participant to instructor ratio.

- OR -

**SMALL GROUP LESSONS**  
Fee \$85

Available with maximum 2 students per instructor.



# Summer 2017 – City Gym Swim Schedule

Fees: \$55 per 10-class session – All swim lessons are one half hour.  
All classes held at the City Gym and Pool – 1600 Palm Ave. **No Classes July 4th.**

Time	Mon/Wed 6/26 - 7/26	Tues/Thurs 6/27 - 8/01	Mon/Wed 7/31 - 8/30	Tues/Thurs 8/03 - 8/31	Saturday 7/01 - 9/02
8:00 am					LS 1-327706-04
8:30 am					LS 2-372207-05
9:00 am					PA L1-372203-15 PA L2-372204-24
9:30 am	PA L1-372203-00 PA L2-372204-00	PA L2-372204-05 PA L3-372205-03	PA L1-372203-09 PA L2-372204-12	PA L2-372204-17 PA L3-372205-11	PA L2-372204-25 PA L3-372205-17
10:00 am	PA L2-372204-01 PA L3-372205-00	PA L1-372203-04 PA L2-372204-06	PA L2-372204-13 PA L3-372205-07	PA L1-372203-12 PA L2-372204-18	PC L1-372201-06
10:30 am	PC L1-372201-00	PC L1-372201-01	PC L1-372201-03	PC L1-372201-04	PC L2-372202-06
11:00 am	PC L2-372202-00	PC L2-372202-01	PC L2-372202-03	PC L2-372202-04	PA L1-372203-16 PA L2-372204-26
11:30 am		PA L1-372203-05 PA L2-372204-07		PA L1-372203-13 PA L2-372204-19	PA L2-372204-27 PA L3-372205-18
Noon		PA L2-372204-08 PA L3-372205-04		PA L2-372204-20 PA L3-372205-12	LS 1-327706-05 LS 2-372207-06
12:30 pm					LS 3-372208-05 LS 4-372209-04
2:00 pm	PA L1-372203-01 PA L3-372205-01	PA L1-372203-06 PA L3-372205-05	PA L1-372203-10 PA L3-372205-08	PA L1-372203-14 PA L3-372205-13	
2:30 pm	PA L2-372204-02 PA L3-372205-02	PA L2-372204-09 PA L3-372205-06	PA L2-372204-14 PA L3-372205-09	PA L2-372204-21 PA L3-372205-14	
3:00 pm	PA L1-372203-02 PA L2-372204-03	PA L1-372203-07 PA L2-372204-10	PA L2-372204-15 PA L3-372205-10	PA L2-372204-22 PA L3-372205-15	
3:30 pm	LS 1-327706-00	LS 1-327706-01	LS 1-327706-02	LS 1-327706-03	
4:00 pm	LS 2-372207-00	LS 2-372207-01	LS 2-372207-03	LS 2-372207-04	
4:30 pm	LS 3-372208-00	LS 2-372207-02	LS 3-372208-02	LS 3-372208-03	
5:00 pm	Private Lessons (See Schedule)	LS 3-372208-01 LS 4-372209-00	Private Lessons (See Schedule)	LS 3-372208-04 LS 4-372209-02	
5:30 pm		LS 4-372209-01		LS 4-372209-03	
6:00 pm		PC L1-372201-02		PC L1-372201-05	
6:30 pm	PA L1-372203-03 PA L2-372204-04	PC L2-372202-02	PA L1-372203-11 PA L2-372204-16	PC L2-372202-05	
7:00 pm	<b>Rec Swim \$2</b>	PA L1-372203-08 PA L2-372204-11	<b>Rec Swim \$2</b>	PA L2-372204-23 PA L3-372205-16	
7:30 pm		372213-00 Exceptional Swim \$18		372213-01 Exceptional Swim \$18	
8:00 pm	Adult Swim \$2 8-8:30 PM	372212-00 Adult Lessons	Adult Swim \$2 8-8:30 PM	372212-01 Adult Lessons	



**CITY OF HUNTINGTON BEACH**  
714-374-1501 or [juniorguard.com](http://juniorguard.com)



# 2017 Junior Lifeguard Program

## For Boys And Girls 9-17 Years Of Age

### PURPOSE OF THE PROGRAM

To acquaint the youth of our community with the experience of ocean swimming and its hazards, while exposing them to an environment that will teach them courtesy, respect, discipline, sound morals, and good sportsmanship.

Ocean and beach safety, lifesaving techniques, procedures for bodysurfing, body boarding, board surfing, development of swimming skills, competition with other Jr. Lifeguard programs, volleyball, and miscellaneous beach games, activities, field trips and ecology.

### PROGRAM SCHEDULE

- **Monday-Friday, June 26 - August 17, 2017**
  - Morning Session                      8:30 AM to 12:00 Noon
  - Afternoon Session                      1:00 PM to 4:30 PM



### REQUIREMENTS

- **Open to boys and girls ages 9-17 (as of July 1, 2017).**

Applicants must possess a basic swimming ability to be able to pass the following prerequisite exams:

#### DIVISIONS

A = 14-17 years old  
B = 12-13 years old  
C = 9-11 years old

#### "A" DIVISION

- Swim 100 yards in 1:45 or less
- Tread water for five minutes
- Swim under water for 10 yards

#### "B" AND "C" DIVISION

- Swim 100 yards in 1:50 or less
- Tread water for five minutes
- Swim under water for 10 yards

**NOTE:** The "C" Division participants will be eligible for the program if you pass with a time requirement of 1:51-2:00, but will be enrolled in the PM session only, regardless of siblings.

### TRYOUTS

- **Cabana Club, 8141 Atlanta Avenue, Huntington Beach, 92646**
  - April: 8, and 29th 2017                      – 8:00 AM to 12:00 Noon
  - May 10, and June 7\*\*, 2017                      – 6:30 PM to 8:30 P.M.
  - May 21, 2017                                      – 8:00 AM to 12:00 Noon

\*\* The June 7th tryout is for the PM session only for the "C" and "B" divisions. "A" division applicants are eligible for the AM or PM session for this date.

**For more information on the program you can find it at [juniorguard.com](http://juniorguard.com), or call 714-374 1501.**