

REGISTRATION INFORMATION

Please sign up in advance. There are a limited number of openings per half-hour class!

CONTINUING REGISTRATION: Registration forms are available in the pool office from 4:00p to 7:00pm Tuesday and Thursday starting March 2nd and beginning June 15th during the day, from 10:00am to 1:00pm and 4:00p to 6:30pm Monday through Thursday. Participants must enroll by Wednesday 5:30pm before each session starts.

PAYMENT: Please pay by **MONEY ORDER, CHECK, OR EXACT CASH** in the Athletic Office, GA-90, from 10:00am-1:45pm and 3:30pm-5:30pm Monday through Thursday. All fees must be paid one week in advance.

REFUND POLICY: Choose your class carefully, as there are no refunds unless CCC cancels the class. Refunds will be mailed from the college to the individual.

RETURNED CHECK POLICY: Fee for returned checks is \$15.00 per check.

NOTES: The Contra Costa Community College District does not carry insurance to cover the participants' liability in the Summer Swim Program. It is recommended that the parents or guardians sign a "Consent to Medical Treatment of Minor" should the parent or guardian be absent at the time of injury.

Please be on time for your swim classes. No make-ups for missed classes. No split session registration allowed. Parking in school and Army Reserve lots is by permit only; \$2 daily ticket, purchase in yellow stands in Lot 6.



Summer Aquatic Program
Contra Costa College
2600 Mission Bell Drive
San Pablo, CA 94806

Nonprofit Organization
U.S. Postage Paid
Permit No. 47
Richmond, CA

CONTRA COSTA COLLEGE SUMMER 2010 AQUATIC PROGRAM

All good swimmers
have their beginnings...



It all starts here!

MONDAY: MARCH 16, 2010

- 50 Meter Olympic Size Pool
- Children's Instructional Pool
- Heated – 82° to 85° F
- Low Cost
- Wide Variety of Programs
- Recreational Swimming
- 38 Years of Quality Swim Instruction

Jim Ulversoy, Program Director
Contra Costa College
2600 Mission Bell Drive
San Pablo, CA 94806
www.contracosta.edu

For Registration Information
Call 510-235-7800 ext. 4204 or 4257



CONTRA COSTA COLLEGE
a premier community college right in your backyard

2010 SUMMER AQUATIC PROGRAM
Contra Costa College is part of the Contra Costa Community College District

BASIC SWIM INSTRUCTION

PLEASE NOTE THAT ALL SPECIALTY CLASSES NEED TO MEET MINIMUM ENROLLMENT TO BE OFFERED.

25-MINUTE SWIMMING LESSONS

WHO: Any person four years or older and at least 3-1/2 feet tall.

STUDENT/TEACHER RATIO: 6 to 1

COST: \$17, \$30, or \$33 for 4, 6, 7, or 8-day session.

SKILLS: All swim skills will be taught each half-hour. Beginners, and advanced swimmers

AFTERNOON

& EVENING: Sessions 1, 2, 3, 4, 9, 10, 11, 12, 13 :

4:00, 4:30, 5, 5:30, 6, 6:30

Sessions 5, 6, 7, 8:

4, 4:30, 5, 5:30, 6, 6:30

DAYTIME: Sessions 5, 6, 7, 8:

10, 10:30, 11, 11:30 a.m, 12 & 12:30 p.m.

NOTE: Day Care and Children's Preschool groups: please sign up early!

PARENT-CHILD/TODDLER SWIM SESSIONS

WHO: Children from 6 months to 4 years. Both parent and child are required to be in the water together.

COST: \$25 per pair per session

TIME: Sessions 5, 6, 7, 8: 4:30, 5:30 & 6:30 p.m.

NOTE: Regular attendance is suggested for success at this age. We will take pre-registration interest list of students and offer class when we have a required minimum of 5 students

NOTE TO DAYCARE OPERATORS

CCC Aquatics welcomes day care groups. Please call 510-235-7800 ext. 4204 for information and registration.

SPRINGBOARD DIVING

WHO Beginners, intermediate and advanced levels (must pass basic swim test to enroll).

Boys & Girls, Ages 8-18

\$33 per 2-week session.

COST

WHEN Sessions 4, 5, 6, 7, 8

11 a.m. - 12 p.m. & 3:30 - 4:30 p.m.



WATER POLO

WHEN Monday, Tuesday, Thursday 4-6 p.m.

WHO 13-18 years old: 4 - 6 p.m.

8 - 13 years old: 5:30-6:30pm

WHEN Session 1: Mar 31 - May 21, Tu-Th

Session 2: May 25 - July 29, Tu-Th

Session 3: Aug. 24 - Oct. 21, Tu-Th

Session 4: Oct. 25 - Dec. 16, M-W

We will take an interest list of students and offer classes when we have 6 or more students. Students will be notified when class dates are scheduled.

COST

\$35

2009 SUMMER SWIM PROGRAM

SESSIONS	WEEKS	MONTHS	DATES	DAYS	TIMES	COST
1	2	MARCH	16, 18, 23, 25	T TH	PM	\$17
2	2	MAR-APR	30, 1, 13, 15	T TH	PM	\$17
3	3	APRIL	20, 22, 27, 29, 4, 6	T TH	PM	\$25
4	3	MAY	11, 13, 18, 20, 25, 27	T TH	PM	\$25
5	2	JUNE	1-3, 7-10	T W TH, M T W TH	PM	\$30
6	2	JUNE	14-14, 21-24	M T W TH	AM & PM	\$33
7	2	JUNE-JULY	28-1, 6-8	M T W TH	AM & PM	\$30
8	2	JULY	12-15, 19-22	M T W TH	AM & PM	\$33
9	1	JULY	26-29	M T W TH	AM & PM	\$17
10	3	AUG-SEPT	24-26, 31-2, 7-9	T TH	PM	\$25
11	3	SEPT	14-16, 21-23, 28-30	T TH	PM	\$25
12	3	OCT	5-7, 12-14, 19-21	T TH	PM	\$25
13	3	OCT-NOV	25-26, 1-3, 8-10	M W	PM	\$25

ADULT LAP SWIM

TIME: Sessions 1 - 4, 6:00 - 7:00 p.m.

Sessions 5 - 9, 10:00 - 1:00 p.m., 4:00 - 7:00 p.m.

Sessions 10 - 13 6:00 - 7:00 p.m.

Monday-Thursday

COST: \$2.00 each time.

Lap Swim Card: \$20 for 10 swims

Water temperature averages 82° F. Lanes may have to be shared at any time. Slow, medium, and fast lanes are for people with different swimming speeds.

PUBLIC RECREATIONAL SWIMMING

Open for public recreational swimming

WHEN: June 14 - July 29

Monday - Thursday; 1:45-3:15 p.m.

COST: \$20 for 10 card punch or a day pass for \$2 per person.

NO cut-off pants or shirts are allowed in the water. Swim suits only.

The pool will be *closed Sunday & Monday, July 4 & 5.*

Basic rules of water safety and behavior will be enforced during swimming period. The college, for safety reasons, has a minimum height requirement of three feet, six inches (42") for youngsters unattended by someone 18 years old and in swimming attire.

Lifeguards are on duty during pool hours. Our pool has an average temperature of 82° F.

SUMMER AND FALL SWIM TEAM

Age Group Competitive

6 & under; 7-8; 9-10: 11-12; 11-12; 13-14; 15-18

Please contact Program Director for more information and cost at 510-235-7800 ext. 4204 or 4257

MONDAY May 10th to July 29th: 4 - 5:30

ALL AGES: 5-6, 7-8, 4:00 - 4:45 p.m., 4:45 - 5:30 p.m.
9-10-11-12, 4:00 - 5:15 p.m., 4:45 - 5:30 p.m.
13-14, 15-18 4:00 - 5:30 p.m.

FALL: M - Th Aug 23rd - Dec 16th

5-6, 7-8, 4:00 - 4:45 p.m.

9-10, 11-12, 4:00 - 5:15 p.m.

13-14, 15-18 4:00 - 5:30 p.m.