

## REGISTRATION INFORMATION

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

**CONTINUING REGISTRATION:** Registration forms are available the pool office from 4:00p to 7:00pm Tues-day and Thursday starting March 29th and beginning June 13th during the day, from 10:00am to 1:45pm and 4:00p to 6:30pm Monday through Thursday. Participants must enroll by Wednesday 5:30pm before each session starts.

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

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

**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 lots is by permit only;** \$3.00 daily ticket, purchase in yellow stands in Lot 6. \$25.00 for Summer Parking Pass.



# CONTRA COSTA COLLEGE SUMMER 2016 AQUATIC PROGRAM

*"All good swimmers  
have their beginnings..."*



*It all starts here!*  
**TUESDAY • APRIL 5, 2016**

- 50 Meter Olympic Size Pool
- Children's Instructional Pool
- Heated – 80° F
- Low Cost
- Wide Variety of Programs
- Recreational Swimming
- 45 Years of Quality Swim Instruction

Jim Ulversoy, Program Director  
Contra Costa College  
2600 Mission Bell Drive  
San Pablo, CA 94806  
[www.contracosta.edu](http://www.contracosta.edu)

For Registration Information  
Call 510-215-4904, 510-215-4801

# 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

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

**AFTERNOON & EVENING:** Sessions 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14:  
4:00, 4:30, 5, 5:30, 6, 6:30

**DAYTIME:** Sessions 6, 7, 8, 9  
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.

**TIME:** Sessions 6, 7, 8, 9 • 4:30, 5:30 & 6:00 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 510-215-4904 for information and registration.

## SPRINGBOARD DIVING

**WHO:** Beginners, intermediate and advanced levels (must pass basic swim test to enroll).  
Boys & Girls, Ages 8-18

**WHEN:** Sessions 6, 7, 8, 9, 11 a.m. - 12 p.m. & 3:30 - 4:30 p.m.



## WATER POLO

**WHEN:** Monday, Tuesday, Thursday

**WHO:** Boys & Girls 6-8, 8-13, 13-18

**WHEN:** Session 1: April 11 - May 26, Tu-Th, 6:00-7:00 p.m.

Session 2: May 30 - July 28, Tu-Th, 6:00-7:00 p.m.

Session 3: Aug. 16 - Oct. 20, Tu-Th, 6:00-7:00 p.m.

Session 4: Oct. 25 - Dec. 15, M-W, 5:00-6:00 p.m.

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.

## ADULT LAP SWIM

**TIME:** May 3 - June 2 4:00 - 7:00 p.m.,  
Tuesday & Thursday

June 13 - July 28 10:00 a.m. - 1:00 p.m.

4:00-7:00 p.m.

Monday, Wednesday, Thursday

**COST:** \$2.00 each time; Lap Swim Card: \$20 for 10 swims  
Water temperature averages 80° 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 13 - July 28

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.*

Basic rules of water safety and behavior will be enforced during swimming period.

## SUMMER AND FALL SWIM CAMP

**Age Group Competitive**

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

Please contact Program Director for more information on practice times & cost at 510-215-4904 or 510-215-4801.

## SPORTS CAMP (Ages 8 thru 16)

10:00am - 3:30pm

Badminton, Baseball, Basketball, Football,

Soccer, Swimming and Tennis,

Session 1: June 20-23

Session 2: June 27-30

Session 3: July 11-14

Session 4: July 18-21

Call 510-215-4801 for more information.

# • 2016 SUMMER SWIM PROGRAM SCHEDULE •

## P.M. SPRING SWIM LESSONS

## AM/PM SWIM LESSONS

## PM FALL SWIM LESSONS

SESSIONS	WEEKS	MONTHS	DATES	COST	SESSIONS	WEEKS	MONTHS	DATES		COST	SESSIONS	WEEKS	MONTHS	DATES	COST
					6	2	JUNE	13-16, 20-23	MTWTH	\$42					
					7	2	JUNE-JULY	27-30, 5-7	MTWTH	\$37					
					8	2	JULY	11-14, 18-21	MTWTH	\$42					
PM SPRING SWIM LESSONS					9	2	JULY	25-28	MTWTH	\$22	PM SPRING SWIM LESSONS				
1	2	APRIL	5, 7, 12, 14	\$22							10	2	AUG.	16, 18, 23, 25	\$22
2	2	APRIL	19, 21, 26, 28	\$22							11	2	AUG. - SEPT.	30, 1, 6, 8	\$22
3	2	MAY	3, 5, 10, 12	\$22							12	2	SEPT.	13, 15, 20, 22	\$22
4	2	MAY	17, 19, 24, 26	\$22							13	2	SEPT. - OCT.	27, 29, 4, 6	\$22
5	2	MAY-JUNE	31, 2, 7, 9	\$22							14	2	OCT.	11, 13, 18, 20	\$22

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