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 4:00 to 7:00 p.m., Tuesday and Thursday starting March 13, and beginning June 11 during the day, from 10:00 a.m. to 1:45 p.m. and 4:00 to 7:00 p.m., Monday through Thursday. Participants must enroll by Wednesday 5:30 p.m. before each session starts.

PAYMENT: Please pay by **MONEY ORDER, CHECK, OR EXACT CASH** at the Athletic Office, Monday through Thursday. All fees must be paid by the Wednesday before the session starts.

REFUND POLICY: Choose your class carefully, as there are no refunds unless the Contra Costa College Aquatic Program 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 makeups 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 2018 AQUATIC PROGRAM

"All good swimmers have their beginnings..."



It all starts here! TUESDAY • APRIL 3, 2018

- 50 Meter Olympic Size Pool
- Children's Instructional Pool
- Heated 80° F
- Low Cost
- Wide Variety of Programs
- Recreational Swimming
- 47 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 510-215-4904, 510-215-4801

The Contra Costa Community College District is committed to equal opportunity in educational programs, employment, and campus life. The District does not discriminate on the basis of age, ancestry, color, disability, gender, marital status, national origin, parental status, race, religion, sexual orientation, or veteran status in any access to and treatment in College programs, activities, and application for employment.





BASIC SWIM INSTRUCTION

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, 15: 4:00, 4:30, 5, 5:30, 6, 6:30 p.m

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 3, 4, 5, 6, 7, 8, 9 4:30, 5:30 & 6:30 p.m.
- **Note:** Regular attendance is suggested for success at this age. We will take preregistration interest list of students and offer class when we have a required minimum of 5 students

NOTE TO DAY CARE OPERATORS

The Contra Costa College Aquatics Program 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, 11:30 a.m. - 12:30 p.m. & 4:30 - 5:30 p.m.

WATER POLO

WHEN: Tuesday & Thursday

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

WHEN: Session 1: Feb. 6 - Mar. 15, Tu Th, 5:30-6:30 p.m.
 Session 2: Mar. 20 - April 26, Tu Th, 5:30-6:30 p.m.
 Session 3: May 1 - June 7, Tu Th, 5:30-6:30 p.m.
 Session 4: June 11 - July 26, Tu Th, 5:30-6:30 p.m.

Session 5: Aug. 14 - Sept. 27, Tu•Th, 5:30-6:30 p.m.

Session 6: Oct. 24 - Dec. 16, TBA, 5:30-6:30 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:
 Feb. 5 - May 24 10:00 - 11:00 a.m., 6:00 - 7:00 p.m., May 29 - June 7 4:00 - 7:00 p.m., June 11 - July 26 10:00 - 1:00 p.m., 4:00 - 7:00 p.m.
 M, Tu, W, Th M, Tu, W, Th Aug. 27 - Dec. 16 10:00 - 11:00 a.m.

 Aug. 27 - Dec. 16 10:00 - 11:00 a.m.
 M, Tu, W, Th 6:00 - 7:00 p.m.

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 available for people with different swimming speeds.

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

PUBLIC RECREATIONAL SWIMMING

Open for public recreational swimming **WHEN:** June 11 - July 26 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; 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**.

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SPORTS CAMP (Ages 8 thru 16)

10:00 a.m. - 3:30 p.m. Badminton, Baseball, Basketball, Football, Soccer, Swimming and Tennis, Session 1: June 18-21 Session 2: June 25-28 Session 3: July 9-12 Session 4; July 16-19 Call **510-215-4801** for more information.

• 2018 SUMMER SWIM PROGRAM SCHEDULE

SESSIONS	WEEKS	MONTHS	DATES	соѕт		SESSIONS	WEEKS	MONTHS	DATES	DAYS	COST		SESSIONS	WEEKS	MONTHS	DATES	COST
PM SPRING SWIM LESSONS - TU & TH						AM/PM SUMMER SWIM LESSONS							PM FALL SWIM LESSONS - TU & TH				
1	2	APRIL	3, 5, 10, 12	\$25		6	2	JUNE	11-14, 18-21	M, TU, W, TH	\$45		10	2	AUG.	14, 16, 21, 23	\$25
2	2	APRIL	17, 19, 24, 26	\$25		7	2	JUNE-JULY	25-28, 2-3	M, TU, W, TH + M, TU	\$35		11	2	AUG SEPT.	28, 30, 4, 6	\$25
3	2	MAY	1, 3, 8, 10	\$25		8	2	JULY	9-12, 16-19	M, TU, W, TH	\$45		12	2	SEPT.	11, 13, 18, 20	\$25
4	2	MAY	15, 17, 22, 24	\$25		9	2	JULY	23-26	M, TU, W, TH	\$25		13	2	SEPT OCT.	25, 27, 2, 4	\$25
5	2	MAY-JUNE	29, 31, 5, 7	\$25									14	2	ост.	9, 11, 16, 18	\$25
													15	2	OCT NOV.	24, 26, 30, 1	\$25

AM/PM SWIM LESSONS