

## 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 6:00 p.m., Tuesday and Thursday starting March 26, and beginning June 10 during the day from 10:00 a.m. to 1:45 p.m., and 4:00 to 6:00 p.m., Monday through Thursday. Participants must enroll by Wednesday 5:30 p.m. before each session starts.

**PAYMENT:** Please pay by **MONEY ORDER 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 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 1. \$25.00 for Summer Parking Pass.

Summer entrance to the pool will be by Lot 8, next to the Football field. Park on Mission Bell Drive or Lot 1.

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.



**CONTRA  
COSTA  
COLLEGE**  
2600 Mission Bell Drive  
San Pablo, CA 94806

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



**CONTRA COSTA COLLEGE**

# SUMMER 2019 AQUATIC PROGRAM

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



***It all starts here!***

**TUESDAY • APRIL 2, 2019**

- 50 Meter Olympic Size Pool
- Children's Instructional Pool
- Heated – 80° F
- Low Cost
- Wide Variety of Programs
- Recreational Swimming
- 48 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*

**2019  
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

**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 pre-registration 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:** Beginner, 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. & 5:30 - 6:30 p.m.

## WATER POLO

**WHEN:** Tuesday and Thursday

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

**WHEN: Session 1:** Feb. 12 - Mar. 14, T-TH, 5:30-6:30 p.m.

**Session 2:** Mar. 19 - April 26, T-TH, 5:30-6:30 p.m.

**Session 3:** April 30 - June 6, T-TH, 5:30-6:30 p.m.

**Session 4:** June 10 - July 25, T-TH, 5:30-6:30 p.m.

**Session 5:** Aug. 10 - Sept. 25, T-TH, 5:30-6:30 p.m.

**Session 6:** Oct. 1 - Nov. 7, 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. 4 - May 23 10:00 - 11:00 a.m., M, Tu, W, Th, F  
6:00 - 7:00 p.m., Tu, Th

May 28 - June 6 4:00 - 7:00 p.m., Tu, Th

June 10 - July 25 10:00 - 1:00 p.m. M, Tu, W, Th

4:00 - 7:00 p.m. M, Tu, W, Th

Aug. 10 - Dec. 13 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.

## PUBLIC RECREATIONAL SWIMMING

Open for public recreational swimming

**WHEN:** June 10 - July 25

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.

### 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 17 - 20

**Session 2:** June 24 - 27

**Session 3:** July 8 - 11

**Session 4:** July 15 - 18

Call 510-215-4801 for more information.

# • 2019 SUMMER SWIM PROGRAM SCHEDULE •

PM SPRING SWIM LESSONS - TU & TH					AM/PM SUMMER SWIM LESSONS							PM FALL SWIM LESSONS - TU & TH				
SESSIONS	WEEKS	MONTHS	DATES	COST	SESSIONS	WEEKS	MONTHS	DATES	DAYS	COST	SESSIONS	WEEKS	MONTHS	DATES	COST	
1	2	APRIL	2, 4, 9, 11	\$26	6	2	JUNE	10-13, 17-20	M, TU, W, TH	\$47	10	2	AUG.	13, 15, 20, 22	\$26	
2	2	APRIL	16, 18, 23, 25	\$26	7	2	JUNE-JULY	24-27, 1-3	M, TU, W, TH + M, T, W	\$41	11	2	AUG. - SEPT.	27, 29, 3, 5	\$26	
3	2	APRIL-MAY	30, 2, 7, 9	\$26	8	2	JULY	8-11, 15-18	M, TU, W, TH	\$47	12	2	SEPT.	10, 12, 17, 19	\$26	
4	2	MAY	14, 16, 21, 23	\$26	9	1	JULY	22-25	M, TU, W, TH	\$26	13	2	SEPT. - OCT.	24, 26, 1, 3	\$26	
5	2	MAY-JUNE	28, 30, 4, 6	\$26							14	2	OCT.	8, 10, 15, 17	\$26	
											15	2	OCT.	22, 24, 29, 31	\$26	