

# Water Fun & Fitness

All activities are \$4.00 per session  
(\$3.00 with swim pass)

June 18<sup>th</sup> - August 10<sup>th</sup>



## FUN SWIM

Recreational swim open to the public.  
Children age 10 & under, or non-swimmers,  
MUST be accompanied by an adult swimmer.  
Monday & Thursday 1 p.m. – 5 p.m.

## MORNING WATER AEROBICS

Invigorating, low-impact water exercise.  
Monday, Tuesday, Thursday, Friday  
7:00 – 7:45 a.m.

## LAP SWIMMING

50 minute sessions, Six divided lanes.  
Max. 3 swimmers per lane. Circle swimming  
format; lane sharing is required.

### Morning Lap Swim

Monday through Friday, 8:00 a.m.

### Evening Lap Swim

Monday & Thursday Evenings  
5:30 p.m. or 6:30 p.m.

All offerings subject to change without notice.

## SAVE MONEY! BUY A SWIM PASS

10 admissions - \$30.00

Use for all water fitness and recreational swim  
sessions. Purchase at pool or community center.

Community Pool is located at YV High School  
7600 Sage Ave (entrance on Onaga Trail)

## SWIM CLASS LEVELS

The descriptions below provide an overview of the  
class levels. When registering children for swim lessons,  
place them in a level where they will learn, but is not  
unrealistic.

**TADPOLES:** 6 months to 3 years old; parent/guardian  
participation in the water is required. Objective is not to  
get children swimming on their own but to acquaint  
them with the water. Class include songs, water play,  
and activities. Lessons are 30 minutes.

**GUPPIES:** Ages 3-4, and 5 year olds who have not yet  
mastered horizontal floating skills. Taught in 2 ft.  
shallows; instructor will help students feel comfortable  
in the water and gain knowledge on how to swim.  
Parent accompaniment is possible, please contact  
Aquatics Manager prior to the first class. Skills taught  
include moving in the water, basic breath control and  
submerging face, beginning arm movement, supported  
floating and kicking, safety rules, reaching assists, and  
life jacket use.

**STINGRAYS:** Beginning swimmers ages 5 and up; must  
have mastered horizontal floating skills & comfortable  
putting face in the water. Primary swimming skills are  
taught including submerging head to retrieve objects,  
unsupported floating and gliding, flutter kick, breathing  
techniques, water entries and exploring deeper water  
with support.

**BARRACUDAS:** Beginner Plus swimmers ages 5 and up  
or passed Stingrays. Bridging the gap between Stingrays  
and Dolphins, Barracudas develop strength, endurance,  
and stroke efficiency to swim in deeper water and gain  
the confidence necessary to be successful as they  
progress to intermediate and advanced levels.

**DOLPHINS:** Intermediate swimmers ages 5 and up or  
passed Barracudas; must be comfortable in 12 ft. deep  
water. Instruction in basic stroke technique including  
front/back crawl and backstroke, basic diving and  
gliding, bobbing and treading water.

**SHARKS:** Advanced swimmers ages 5 and up, or passed  
Dolphins; must be comfortable in deep water and able  
to submerge to 12 ft. Instruction in proper swim  
techniques and stroke skills with proper mechanics.

# Town of Yucca Valley

# 2018 Aquatics Program

- Swim Lessons
- Water Fitness
- Recreational Swim
- Registration & Testing Information



Community Services Department  
(760) 369-7211

[www.yucca-valley.org](http://www.yucca-valley.org)

# Swim Lesson Registration

\$48.00 per session

Registration opens on  
**June 4, 2018 at 12:00 p.m.**  
 with two ways to register:

### Online

Save time, register online! Create your free online account at

[www.yucca-valley.org](http://www.yucca-valley.org)

Click on RECREATION in the red box on our homepage then click on Program Registration.

Set up your account today!

### In Person

At the Community Center, office hours are Monday through Thursday from 12:00 p.m. to 5:00 p.m.

Registration will also be accepted at the pool office beginning on June 18, 2018. Classes will remain open until filled.

Withdrawals/refunds: Withdrawal requests must be received at least 10 days before the first day of the session. Withdrawals/refunds are not available once the session begins.

## Skills Testing Schedule

Aquatics staff will be available at the pool during the following times for skills testing.  
 (Testing only, NO registration on these dates.)

### **Saturday, June 2**

9:00 am – 12:00 pm

### **Saturday, June 9**

2:00 pm – 4:00 pm

...and anytime the pool is open during the regular swim season.

# Swim Lessons and Schedule

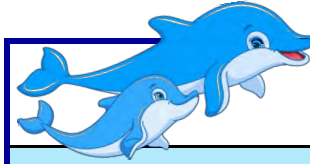
## Children's Learn-to-Swim Classes

Monday-Thursday, (2-week sessions, 8 lessons) \$48 per session

Water testing recommended if new to the Town of Yucca Valley's Learn-to-Swim program.

See class descriptions for required skills; the Town reserves the right to reassign participants who do not meet class level requirements. Classes are 40 min. of instruction (Tadpoles 30 min). Make-ups on Friday for canceled classes or holidays.

**See reverse side for class descriptions.**



		<b>Tadpoles</b> 6 - 36 months	<b>Guppies</b> 3- 5 yrs old	<b>Stingrays</b> 5 yrs & up beginner	<b>Barracudas</b> 5 yrs & up beginner plus	<b>Dolphins</b> 5 yrs & up intermediate	<b>Sharks</b> 5 yrs & up advanced
<b>Session 1</b> June 18-28	9:00am		X	X		X	X
	9:45am		X	X	X		X
	10:30am	X	X	X	X		
	11:15am		X	X		X	X
	12:00pm	X	X	X	X		
<b>Session 2</b> July 2-12 (no class 7/4, to be held on 7/6)	9:00am		X	X	X	X	X
	9:45am		X	X	X	X	X
	10:30am	X	X	X	X		
	11:15am	X	X	X	X		
	12:00pm		X	X		X	X
<b>Session 3</b> July 16-26	9:00am		X	X	X	X	X
	9:45am		X	X	X	X	X
	10:30am	X	X	X	X		
	11:15am		X	X		X	X
	12:00pm	X	X	X	X		
<b>Session 4</b> July 30-Aug 9	9:00am		X	X	X	X	X
	9:45am		X	X	X	X	X
	10:30am	X	X	X	X		
	11:15am	X	X	X	X		
	12:00pm		X	X		X	X