

AGUA CALIENTE AQUATIC CENTER'S 2010 SUMMER ACTIVITY GUIDE

Parent & Tot Water Classes

Ages 3 - 36 months

With parent participation, children get comfortable in the water through songs and games. Introductory water skills are taught, preparing children to transition to independent lessons.

Fridays 11am.
Mon & Wed 5pm.
Tues & Thurs 5pm.

1 day/week:
\$10 members. \$15 public.
2 days/week:
\$20 members. \$30 public.



Private and Semi-Private Lessons

4 x 20 minute lessons:
Members \$100. Public \$125.

4 x 30 minute lessons:
Members \$130. Public \$160.

4 x 30 minute
Semi-Private lessons:
Members \$85/child.
Public \$95/child.

* 2 children per semi-private lesson.

Sessions consist of 4 lessons, held Monday-Thursday.
\$60 members/session. \$72 public/session.
10% Discount: multiple child and/or multiple sessions (3+)

Group Swim Lessons Levels 1-3

Group lessons: 30 minutes.
Ages 3 & up.

Beginner swim lessons take place in our indoor 90* mineral pool. The warm water provides a comfortable environment, allowing children to focus on learning important safety skills and basic stroke technique.

Beg/Adv Stroke School

Stroke School: 45 minutes.
Ages 5 years & up.

Our Stroke School will teach children the proper techniques for freestyle, backstroke, breaststroke and butterfly. Swimmers will focus on increasing strength and endurance while refining their stroke technique. Lessons will take place in the outdoor mineral pool.

SPLASH BALL & WATER POLO CLINIC

These programs are designed to introduce the sport of water polo to children, providing basic skills and an understanding of the sport in a fun atmosphere.

Splash Ball: ages 5-9
Beginning Water Polo: ages 10-14

Tues & Thurs 10-11:30am.
Sessions I: June 15th - July 9th.
Session II: July 20th - Aug 12th.

4 week session: \$120 members. \$130 public.

SONOMA SEA DRAGONS SWIM TEAM

A USA Swimming Team for ages 5 years and up. Emphasis is on proper development of all four competitive strokes in a fun atmosphere.

Monday-Thursday.
June 1st-11th, afternoons.
June 14th-August 13th, mornings.

Summer Session: \$275
Payment can be made in 2 installments.
Multiple child discount.
\$38 USA Summer Athlete Registration Fee
required at time of sign up.

Sessions:

1. June 14 - June 17
2. June 21 - June 24
3. June 28 - July 1
4. July 5 - July 8
5. July 12 - July 15
6. July 19 - July 22
7. July 26 - July 29
8. August 2 - August 5
9. August 9 - August 12

Levels & Times

Morning:

10-10:30am	Level 1
10-10:45am	Stroke School
10:30-11am	Level 2
11-11:30am	Level 3
11-11:30am	Parent & Tot
11:30-12pm	Level 1

Afternoon:

3-3:30pm	Level 1
3-3:45pm	Stroke School
3:30-4pm	Level 2
3:45-4:30pm	Adv. Stroke
4-4:30pm	Level 3
4:30-5pm	Level 1
4:30-5:15pm	Stroke School
5-5:30pm	Parent & Tot
5:30-6pm	Level 2

call or stop by for
more details...

Register Today!

(707) 939-8833