Swim Lessons

REGISTRATION INFORMATION
Follow the registration **dates** & **procedures** listed on page 29 & use the Registration Form on page 30.

Group Swim Lessons

Our friendly and experienced instructors provide group swim lessons for ages 6 months to adult, from the beginner to the advanced swimmer. Students are tested on the first day of class and assigned to the appropriate class for the remainder of the session. A maximum of 40 students will be accepted per class time, per session. Additional students will be placed on a waiting list and will be notified when a space becomes available. Class times are subject to change. In the event of extremely cold weather, classes may be cancelled. Please note that flotation devices (lifejackets, waterwings, etc.) are not permitted.

STEP 1: SELECT A SESSION

Weekday Group Lessons
$50 Residents, $61 Non-Residents
Each class meets Monday-Friday for 2 weeks

Session I .....June 25-July 6
Session II .....July 9-20
Session III.....July 23-August 3
Session IV.....August 6-17

Schedule subject to change. For most accurate info please call (310) 253-6680. No class July 4th.

STEP 2: SELECT TIME

Morning	Afternoon
10:00-10:30 am	3:15-3:45 pm
10:40-11:10 am	3:55-4:25 pm
11:20-11:50 am	4:35-5:05 pm

Parent and Me lessons (age 6 mo-3 yr) are only offered at 3:15 pm. Adult lessons (age 14 & up) are only offered 4:35 pm.

STEP 3: PAY THE FEE

Complete the Registration Form on page 29 and turn it in with your payment to the Registration Office or Pool Cashier's Office.

About Swimming Levels...

The following listing of the various swimming levels offered for instruction is provided for your information only. Instructors will determine the appropriate class level for each student and place them on the first day of each session.

Parent and Me (6mo-3yr)
This class is designed as an introduction to the water, with emphasis on fun and safety. Under the guidance of an instructor, parents will help their children work on water adjustment, breath control, and swimming readiness skills. An adult must accompany the child into the water daily.
Note: This class is only offered at 3:15 pm Mon-Fri

Tadpoles (3-5yr)
An introduction to the water for the first time or reluctant swimmer. Fun and safety are emphasized while learning basic swimming skills.

Starfish (3-5yr)
For young swimmers that are comfortable and willing to put their face in the water and demonstrate an assisted float. Also learn the fundamentals of the front and back crawl.

Squid (3-5yr)
For young swimmers who can the front crawl and backstroke. There will be a maximum of 6 children per instructor ratio for Tadpoles, Starfish, and Squid

Level 1: Polliwog (6 & up)
This is an introduction to the water. Class time will be spent on water adjustment, floating, kicking, arm stroke, and water safety.
Prerequisites: None

Level 2: Minnow (6 & up)
Students learn the fundamentals of front crawl, turning over while floating, backstroke, and water safety.
Prerequisites: Level 1 card or equivalent skills.

Level 3: Shark (6 & up)
Concentration is placed on the refinement and perfection of the front and back crawl, and gaining endurance while swimming. Students will work on elementary backstroke, front dives, treading water, and safety skills.
Prerequisites: Level 2 card or equivalent skills.

Level 4: Flying Fish (6 & up)
Emphasis is placed on the refinement and endurance of skills learned in previous levels while learning breastroke and sidestroke kicks. Students need to be comfortable in deep water, and have the ability to swim multiple lengths of the pool.
Prerequisite: Level 3 card or equivalent skills. There will be a maximum of 8 children per instructor ratio for level 1 through 4.

Level 5 & 6: Advanced Swimmer (6 & up)
Students continue to work on front and back crawl and elementary backstroke, and will learn breastroke, sidestroke, Butterfly kick, spring board diving, open turns, and safety skills. Students may swim up to 20 lengths of the pool in deep water during one class period.
Prerequisite: Level 4 or 5 card or equivalent skills.

Adults (14 & up)
Learn to swim in a safe, comfortable atmosphere with other adults. It's never too late to learn to swim!
Note: This class is only offered at 4:35 pm Mon-Fri. There will be a maximum of 12 swimmers per instructor ratio for level 5 thru 6 & Adult.

Specialty Classes & Programs

Guard Start-Junior Lifeguard

$130 Resident, $141 Non-Resident 4 weeks

Guard Start is a Red Cross Junior Lifeguard program. Students must be 11-14 years of age to participate. Student should be proficient in the front and back crawl, holding their breath submerged under water, and retrieving objects from the bottom of the pool. Passing students will be certified in Guard Start CPR, First Aid and Water Safety Instructor Aid.

No.	Day	Dates	Time	Location
2003	T-Th	6/25-7/19	12:30-1:30 pm	Municipal Pool
2004	T-Th	7/24-8/16	12:30-1:30 pm	Municipal Pool

Centaur Club Water Polo

$265 Residents, $276 Non-Residents 6 weeks

This program offers a competitive learning environment for athletes interested in improving their knowledge, skills, and overall confidence in the sport of water polo. We will emphasis our training on the following three areas: fundamentals (passing, shooting, body positioning), water polo IQ (positioning, offense, defense, shot clock), and leg conditioning (treading). No previous water polo experience is required; however this is a disciplined program that will take your water polo skills to the next level. We hope you take part in our program and have fun becoming a better water polo player.

Instructor: Nestor Dordoni Jr.

No.	Day	Dates	Time	Location
2006	M/W/F	6/25-8/3	1:00-3:30 pm	Municipal Pool

Aqua Fit Water Aerobics

$8/class or $70/4-week pass

Seniors: $7/class; $65/4-week pass

This class is great for all fitness levels. Emphasis is on total body toning and conditioning through water resistance.

Instructor: Allyson Bailey

Note: Starting 6/22 the T/Th class will meet 6:30-7:30 thru August. Monthly class pass good for only 2 months. All fees are paid directly at the pool. Schedule may change.

Day	Dates	Time	Location
T/Th	Starts 6/26	6:45-7:45 pm	Municipal Pool
Sat	Starts 6/23	9:30-10:30 am	Municipal Pool

Deep Water Aerobics

$9/class; $133/4-week pass (T/W/Th/Sat)

Seniors: $128/4-week pass (T/W/Th/Sat)

This class is for the above-average exerciser who seeks a fun and challenging cardio workout. Buoyan-cy devices will be used to create a safe and well-balanced body exercise.

Instructor: Allyson Bailey

Note: Monthly class pass good for only 2 months. All fees are paid directly at the pool. Schedule may change.

Day	Dates	Time	Location
Wed	Starts 6/27	7:45-8:45 pm	Municipal Pool
Sat	Starts 6/23	11:00 am-12:00 pm	Municipal Pool

Specialty Classes & Programs (Cont.)

Adult Exercise Class

$2 Adults, $1 Seniors and persons with disabilities
$20 Lap Pass for Adults (18 and over)
$10 Lap Pass for Seniors and persons with disabilities

Note: All fees are paid directly at the pool. Schedule may change. Fees are subject to change.

Day	Dates	Time	Location
M-F	Ongoing	10:00-11:00 am	Municipal Pool

Pool Rental

Pool Rental

The Culver City Plunge is available for rental to groups, organizations or private parties. Fees for renting the Plunge include rental and lifeguard fees. The Culver City Municipal Plunge is located at 4175 Overland Avenue. Phone: (310) 253-6680.

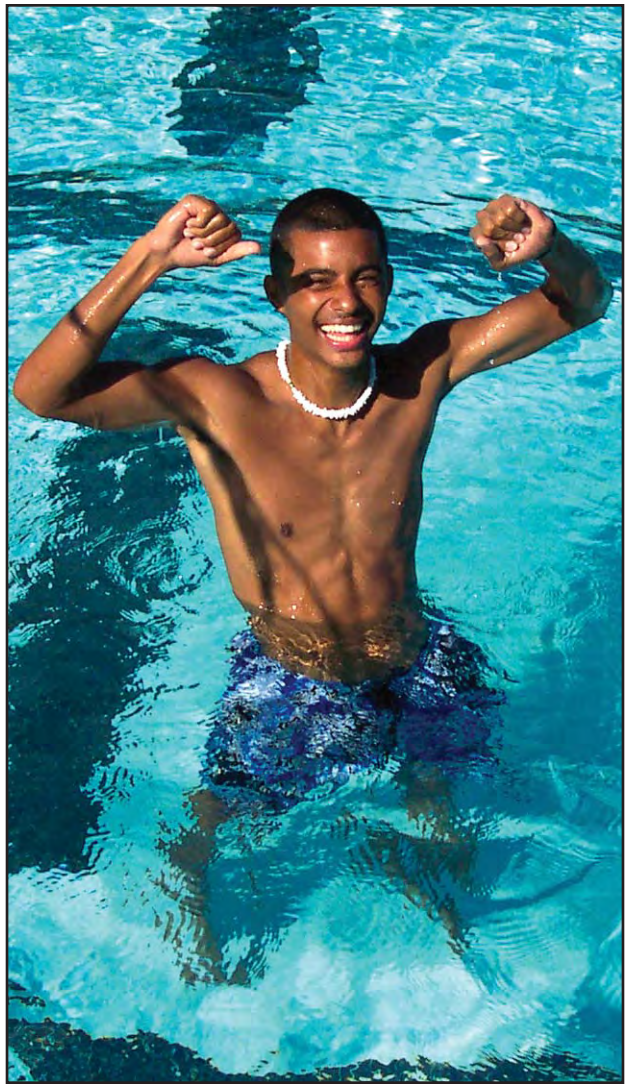
Pool Rental Fees (Entire Pool)

Non-Profit, Resident	$114/hr
Non-Profit, Non-Resident	$127/hr
Private Party, Resident	$152/hr
Private Party, Non-Resident	$169/hr
Private Commercial, Resident	$191/hr
Private Commercial, Non-Resident	$212/hr

Staff Fees: $20.00 per hour/per staff (The City will determine the number of Lifeguards necessary for your function).

Insurance: A $1,000,000 liability policy is required for each rental. The City of Culver City must be named as an additional insured.

Pool Rental Procedure: Contact the pool to determine if you date is available. Fill out a reservation form. Once approved a contract will be finalized. A certificate of insurance will be required.



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Recreation Swim

Lap Swim

$4 Adults (18 & Older)
$2.50 Seniors & persons with disabilities
Passes (15 visits): $35 Residents, $50 Non-Residents; $20 for Resident Seniors & persons with disabilities; $25 for Non-Res. Seniors & persons with disabilities.

Note: Starts 6/25. Lap swim times are subject to change and fees are paid directly at the pool.

Day	Time	Course
M-F	6:00-10:00 am	Long Course
M-Th	12:30-2:45 pm	Short Course
M-F	7:30-8:30 pm	Short Course
Sat	7:00-9:00 am	Long Course
Sat	9:30 am-3:00 pm	Short Course
Sun	12:15-3:00 pm	Long Course

Recreation Swimming

$4 Adults (18 & Older)
$2.50 Seniors, children & persons with disabilities
Youth Pass (15 visits) $20 Resident, $25 Non-Resident

Drop in for some great water fun!

Note: Starts 6/25. Drop in for some great water fun! All fees are paid directly at the pool. All visitors must pay to enter the pool area. Schedule subject to change.

Prerequisites: Each child must be tall enough to stand with their head above water to enter the pool unaccompanied.

Day	Time	Location
M-F	12:30-2:45 pm	Municipal Pool
M/F	7:30-8:30 pm	Municipal Pool
Sun	12:15 pm-3:00 pm	Municipal Pool