



# Swim Lesson Registration Procedures

1. **Mail-in/Internet registration:** April 9. Use the registration form on page 46.

2. **Walk-in registration:** Registration for all aquatic classes held at RLCC and May Nissen will be accepted for both swim facilities any time the pools are open during lessons and/or public swim.

- RLCC Aquatic Bld. beginning April 9.
- May Nissen Swim Center beginning May 31.

**Lesson Refunds:** Please refer to the 7 day cancellation policy on page 45

## Swim Lesson Descriptions

American Red Cross Learn-to-Swim Program.

Lesson descriptions are on the LARPD web site [www.larpd.dst.ca.us](http://www.larpd.dst.ca.us) by clicking on Class Brochures then Summer Brochure.

## Thank You Swim

**FREE SWIM for lesson participants at RLCC Pools.**

Bring your lesson registration receipt to the front desk and sign up for a special free swim from 10 am-Noon on August 19th. Children 6 years & under must be accompanied by an adult (adult admitted free).

# ROBERT LIVERMORE COMMUNITY CENTER LESSON SCHEDULE

All classes meet Monday-Friday the first week & Monday-Thursday the second week.

## Swim Lessons

\$45 for nine 25-minute classes

### Sessions

- A June 14-June 23 (8 times for \$40)
- B June 27-July 7 (8 times for \$40. No 7/4.)
- C July 11-July 21
- D July 25-Aug. 4
- E Aug. 8-Aug. 18

| Swim Classes, Times, and Activity Numbers for RLCC |           |            |            |            |
|--|-----------|------------|------------|------------|
|  | 9:30 a.m. | 10:00 a.m. | 10:30 a.m. | 11:00 a.m. |
| Parent/Child                                       |           | 61000pc    |            | 61100pc    |
| Level 2  | 69302     | 610002     | 610302     | 611002     |
| Level 3  | 69303     | 610003     | 610303     | 611003     |
| Level 4  | 69304     |            | 610304     | 611004     |
| Level 5  | 69305     |            | 610305     |            |
| Level 6  |           | 610006     |            |            |

## MAY NISSEN LESSON SCHEDULE

All classes meet Monday-Friday the first week & Monday-Thursday the second week.

## Swim Lessons

\$42 for nine 25-minute classes

### Sessions

- aa May 31-June 9 (8 times for \$38)
- A June 14-June 23 (8 times for \$38)
- B June 27-July 7 (8 times for \$38, NO 7/4)
- C July 11-July 21
- D July 25-Aug. 4
- E Aug. 8-Aug. 18

| Swim Classes, Times, and Activity Numbers for May Nissen |           |            |            |            |            |           |           |           |           |           |           |           |
|--|-----------|------------|------------|------------|------------|-----------|-----------|-----------|-----------|-----------|-----------|-----------|
|  | 9:30 a.m. | 10:00 a.m. | 10:30 a.m. | 11:15 a.m. | 11:45 a.m. | 4:15 p.m. | 4:45 p.m. | 5:15 p.m. | 5:45 p.m. | 6:15 p.m. | 6:45 p.m. | 7:15 p.m. |
| Parent/Child   |           |            |            | 41115pc    |            | 4415pc    |           | 4515pc    |           |           |           |           |
| Preschool  | 4930ps    | 41000ps    | 41030ps    | 41115ps    | 41145ps    | 4415ps    | 4445ps    | 4515ps    | 4545ps    | 4615ps    | 4645ps    | 4715ps    |
| Level 1  | 49301     | 410001     | 410301     | 411151     | 411451     | 44151     | 44451     | 45151     | 45451     | 46151     | 46451     | 47151     |
| Level 2  | 49302     | 410002     | 410302     | 411152     | 411452     | 44152     | 44452     | 45152     | 45452     | 46152     | 46452     | 47152     |
| Level 3  | 49303     | 410003     | 410303     | 411153     | 411453     |           |           | 45153     | 45453     | 46153     | 46453     |           |
| Level 4  |           | 410004     | 410304     |            | 411454     | 44154     |           |           | 45454     | 46154     |           | 47154     |
| Level 5  |           | 410005     |            | 411155     |            |           | 44455     |           | 45455     |           |           | 47155     |
| Level 6  |           |            |            |            |            |           |           | 45156     |           |           |           |           |

## Adult/Teen Swim Lessons, 13 yrs+

Beginners Welcome! Adult/Teen lessons are offered for all skill levels, from very beginner (those afraid of the water) to advanced skills. Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on instruction and encouragement provided by the instructor.

\$50 for nine 30-minute classes

### Sessions

- A June 14-June 23 (8 times for \$45)
- B June 27-July 7 (8 times for \$45, NO 7/4)
- C July 11-July 21
- D July 25-Aug. 4

### Adult/Teen Swim Lessons

|               | 9:15 a.m. | 6:45 p.m. |
|---------------|-----------|-----------|
| At RLCC       | 6915at    |           |
| At May Nissen |           | 4645at    |

SWIM LESSONS



## Private Lessons, 5 yrs+

RLCC Pool

Instruction is available on a one-to-on basis for both children and adults. Private lessons are excellent for those who want more individualized attention. Lessons are Monday-Thursday for 30 minutes each day. \$95 for four 30-minute lessons.

### Private Swim Lessons, Activity Numbers, Times

|                   | 6/6-6/9 | 6/14-6/17 (T-F) | 6/20-6/23 | 6/27-6/30 | 7/11-7/14 | 7/18-7/21 | 7/25-7/28 | 8/1-8/4 | 8/8-8/11 | 8/15-8/18 |
|-------------------|---------|-----------------|-----------|-----------|-----------|-----------|-----------|---------|----------|-----------|
| 9:50-10:20 am     |         | 69503           | 69504     | 69505     | 69507     | 69508     | 69509     | 695010  | 695011   | 695012    |
| 10:25-10:55 am    |         | 610253          | 610254    | 610255    | 610257    | 610258    | 610259    | 6102510 | 6102511  | 6102512   |
| 11:35 am-12:05 pm |         | 611353          | 611354    | 611355    | 611357    | 611358    | 611359    | 6113510 | 6113511  | 6113512   |
| 12:10-12:40 pm    |         | 612103          | 612104    | 612105    | 612107    | 612108    | 612109    | 6121010 | 6121011  | 6121012   |
| 3:15-3:45 pm      | 63152   | 63153           | 63154     | 63155     | 63157     | 63158     | 63159     | 631510  | 631511   | 631512    |
| 4:20-4:50 pm      | 64202   | 64203           | 64204     | 64205     | 64207     | 64208     | 64209     | 642010  | 642011   | 642012    |
| 4:55-5:25 pm      | 64552   | 64553           | 64554     | 64555     | 64557     | 64558     | 64559     | 645510  | 645511   | 645512    |
| 5:30-6 pm         | 65302   | 65303           | 65304     | 65305     | 65307     | 65308     | 65309     | 653010  | 653011   | 653012    |
| 6:05-6:35 pm      |         |                 | 66054     | 66055     | 66057     | 66058     | 66059     | 660510  | 660511   | 660512    |
| 6:40-7:10 pm      |         |                 | 66404     | 66405     | 66407     | 66408     | 66409     | 664010  | 664011   | 664012    |

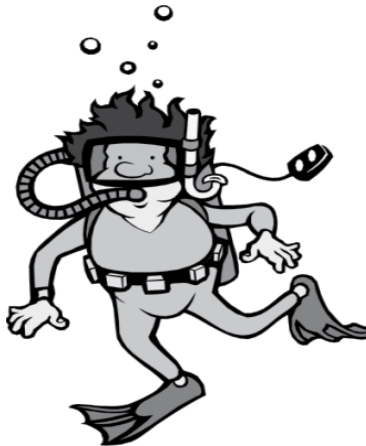
### Dive N Trips Presents Seal Team Kids Scuba Camp, 8-12 yrs.

Institute of Diving Technology Staff

RLCC Pool

Learn about oceans and it's critters, use diver hand signals, practice special diving skills, map and explore a wreck, discover tips and tricks only Seal Team Diver's know. You will become a certified PADI AWARE Kid and a PADI Seal Team Member. All SCUBA equipment is provided.

6816 M-F 10 am-Noon 6/20-6/24 \$220



### Splashball, 6-10 yrs.

May Nissen Swim Center

Splashball is a "T-ball" version of water polo designed to introduce the sport of water polo to boys and girls. This fun, dynamic class will give basic skills and understanding of the sport of water polo in a recreational format while providing social development through participation in a team sport. No class 7/4.

6987 M-Th 4-5 pm 6/27-7/7 \$75  
6987 M-Th 4-5 pm 7/11-7/21 \$85

### Water Exercise

These classes are for men and women of all ages. The following exercise programs use water as resistance to displace 90 percent of your body weight, thus eliminating stress on the joints. These classes will help you develop increased flexibility, cardiovascular fitness, and muscle tone in a most refreshing way.

### Deep Water

### Exercise

A non-impact intense aerobic exercise class which challenges your cardiovascular endurance, develops muscle strength, endurance and flexibility. Participants should feel comfortable in deep water. Floatation equipment and hand buoys used in this class will be provided. Limited to 20.

### Shallow Water Exercise

A low impact water exercise class which can help build cardiovascular endurance, strength and flexibility. No swimming ability required.

**LARPD reserves the right to cancel classes due to low participation.**  
No class 6/13, 7/4, 7/30

| 6/14-9/30                                       |              |
|---|--------------|
| Deep Water Exercise                             |              |
| Days  | Times        |
| MWF   | 7:30-8:25 am |
| MWF   | 9-9:55 am    |
| MW  | 5:30-6:25    |
| Sat   | 7:45-8:40 am |
| Shallow Water Exercise                          |              |
| At May Nissen Swim Center                       |              |
| TTh   | 8:30-9:25 am |
| Aqua Zumba at RLCC Pool                         |              |
| F   | 5:30-6:25    |
| Drop-in fee \$7 per class                       |              |
| Punch Cards                                     |              |
| \$60 for 10 classes                             |              |
| \$115 for 20 classes                            |              |
| \$170 for 30 classes                            |              |
| No class on the following days: 6/13, 7/4, 7/30 |              |

## USWP-LARPD Water Polo Team

LARPD has a United States Water Polo team, governed by USWP, which encourages high standards of play and good sportsmanship. As a USWP Club team, all practices and competitions will be sanctioned, requiring all participants to be currently registered with USWP. Membership is \$55. Become a member at [www.usawaterpolo.org](http://www.usawaterpolo.org). No practice on 6/9, 6/10. Drop-in fee is \$15.

### • 12 & Under Water Polo Team

RLCC Pool

This team is designed for boys and girls 10-12 years who want to learn how the game is played. Scrimmages and weekend tournaments are being arranged.

6981 MWF 4-5:30 pm 5/23-7/29 \$265

### • 12-14 yrs. Water Polo Team

RLCC Pool

This program is designed for boys and girls who want to learn how the game is played. Scrimmages and weekend tournaments are being arranged.

6982 TThF 4-5:30 pm 5/24-7/29 \$265

### • 15 & Up Girls Water Polo Team

RLCC Pool

Go beyond the basics. Improve your conditioning. Develop team skills. Scrimmages and weekend tournaments are being arranged.

6984 TThF 5:30-7:15 pm 5/24-7/29 \$265

### • 15 & Up Boys Water Polo Team

RLCC Pool

Go beyond the basics. Improve your conditioning. Develop team skills. Scrimmages and weekend tournaments are being arranged.

6983 TThF 7:15-9 pm 5/24-7/29 \$265

## Water Polo Conditioning, 14-18 yrs.

Get in shape for the start of High School Water Polo at RLCC Pool.

|      |       |     |        |          |      |
|------|-------|-----|--------|----------|------|
| 6985 | Girls | M-F | 5-7 pm | 8/8-8/12 | \$30 |
| 6986 | Boys  | M-F | 7-9 pm | 8/8-8/12 | \$30 |

## GuardStart: Lifeguarding Tomorrow, 11-14 yrs.

RLCC Pool

American Red Cross GuardStart Lifeguarding Tomorrow program is a program designed to build a foundation of knowledge, attitudes and skills for future lifeguards. This foundation consists of five categories: Prevention, Fitness, Response, Leadership and Professionalism. The GuardStart program will introduce participants to the basic responsibilities of a lifeguard, along with communication and decision-making skills.

**Prerequisites:** Must be able to swim 25 yards comfortably, tread water for 1 minute, submerge and swim a distance of 10 feet underwater. Bring clothes to run and swim in along with water, a snack, and a lunch. Upon successful completion of the GuardStart course, all participants have the opportunity to apply for a volunteer aide position. Basic volunteer duties include assisting in the swim lesson program and shadow guarding with a trained lifeguard during recreational swim. 8 classes

6977 M-F 9 am-3:15 pm 6/14-6/23 \$200

## Lifeguard Training, 15 yrs.+

RLCC Pool

The American Red Cross Lifeguard Training Course teaches its students the skills and knowledge needed to prevent and respond to aquatic emergencies in the swimming pool environment. Victim recognition, surveillance and equipment-based rescues are emphasized. Certifications received upon successful completion: CPR for the Professional Rescuer-valid 1 year, Lifeguarding & First Aid-valid for 3 years. Prerequisites: Participants must be **15 years of age** by the end of the course and pass the pre-course swim test. Fee includes books and materials. **Attendance at all classes required for certification.**

6975 M-F 1-4 pm 6/14-6/24 \$175

### GIFT CERTIFICATE

LARPD offers Gift Certificates for any amount. These can be used for classes, camps, parties, rentals, swim passes & more.

Livermore Area Recreation & Park District

## Hot Line Number

(925) 373-5702



Press 1 - Field Conditions  
 Press 2 - Teen Activities  
 Press 3 - Special Events  
 Press 4 - Aquatic Updates  
 Press 5 - Senior Activities

|   |               |                         |  |
|---|---------------|-------------------------|--|
|  |               | <b>GIFT CERTIFICATE</b> |  |
|   |               | Date _____              |  |
| Presented to:   |               | _____                   |  |
| From:   |               | _____                   |  |
| Amount \$   |               | _____                   |  |
| # _____   | Expires _____ | Signature _____         |  |

## Refund Policy

Please choose your activities very carefully. If you must cancel your registration, we require 7 (seven) days before the first meeting of that class. You may request either a credit or a refund check (less a \$5 service charge) PER class/camp. **Any cancellation received less than 7 (seven) days prior to the start date will not receive a refund/credit.** Call 373-5700 for a refund. No emails please.

