

Aquatics



Hercules Swim Center

2001 Refugio Valley Road

Phone: Daytime 799-8291/Evening 799-8296

Pool Closures

12/17/16-1/2/17	Holiday Break
1/2/17-3/5/17	Pool Maintenance
1/16/17	Martin Luther King Day
2/20/17	President's Day
3/2/17	Mayor's Conference



Pool will be closed from 1/2/17-2/28/17 for plastering project.

Pool Rules & Safety Information

1. Children 9 years & under must be accompanied by a guardian 18 years or older.
2. Children 6 years & under must be supervised and within arms reach of guardian; failure to follow this rule will result in both the child and guardian being asked to leave the facility.
3. Only US Coast Guard approved life vests may be worn, with adult supervision.
4. Noodles & small diving toys are permitted during recreation swim hours. No other toys or flotation devices permitted.
5. Smoking, alcohol and glass containers are not permitted.
6. Swimsuits are required to enter the pool. No cutoff shorts, basketball shorts, or street clothes.
7. No photograph or recording equipment allowed in pool area or locker rooms.
8. NO DIAPERS are allowed. Infants must wear a waterproof/swim diaper with tight fitted elastic around each leg.
9. The City will close the pool facility if there is:
Thunder and/or lightning Heavy rain and/or hail
High winds Mechanical Failure
Environmental hazards

Pool Facts!

- Lifeguards spend more than 25 hours getting certified and trained 1 time a month, year-round to ensure that they are ready for any emergency situation.
- If you have questions or comments about our facility please feel free to talk with our Sr. Lifeguards (dressed in red).
- The Hercules Swim Center is a year-round facility that offers programs and activities for adults and children.
- Our main pool consists of 300,000 gallons of water & our play pool consists of 30,000 gallons of water.
- The Hercules Swim Center was built in 1991, making this our 25th year of operation.
- Both pools are heated when in use, at approximately 78-82 degrees.

JOIN TEAM DYNAMIC!

Making it happen together

Summer 2017 Summer Positions now available! Come join our team and make a splash as a Lifeguard/Swim Instructor. Specific qualifications may apply for each position. For more information and to apply visit www.ci.hercules.ca.us.
Don't wait, join our team now!



Aquatics

East Bay Silver Dolphins (EBS D) Ages 5-18

Practice times are based on your child's swimming ability; all swimmers must be able to swim 25 yards unassisted prior to joining the swim team. Swim practices will be held at the Community Swim Center. Coaching staff evaluate each swimmer and place them in their designated practice time.

One week trial for intermediate and advanced swimmers only.

Annual USA Registration Fee: \$80 (checks made payable to EBSD)

Year Round Membership

Code: 31493 AD-AL	1/3/17-9/29/17		
Spinners	M-Th	6:30-7:00p	\$80/mo
Intermediate	M-F	5:00-6:15p	\$86/mo
Advanced	M-F	5:00-6:30p	\$96/mo

EBS D Monthly Clinic

Come get prepared for your upcoming rec swim season by practicing with a USA swim team coached by ASCA certified coaches. Practice early to improve your swim times, build endurance, and focus on technique.

5-18 years, Main Pool			
Clinic 1: 41200-B	3/6/17-3/31/17		
Clinic 2: 41200-C	4/3/17-4/28/17		
Spinners	M/W	6:30-7:00p	\$80/mo
Intermediate	M/W/F	5:00-6:15p	\$80/mo
Advanced	M/W/F	5:00-6:30p	\$80/mo



ATTENTION EBS D SWIMMERS!

All EBSD practices will be held at the Crockett Pool from January 3, 2017 to February 28, 2017. Practice times will be the same as listed above.

Lifeguard Training

Want to become an American Red Cross Lifeguard? Learn how to respond to different aquatics emergencies, save lives, and promote water safety. Participants must pass prerequisite on first day of course: swim 300 yards of freestyle or breakstroke consecutively, retrieve a brick from 7ft of water and bring back to designated point within 1 minute and 40 seconds, & tread water for 2 minutes with legs only.

15+ years, Main Pool			
41000-A	4/3-4/6	M-Th	9:00a-4:00p \$229/\$249NR
41000-B	4/24-5/9	M/T/Th	5:00p-8:00p \$229/\$249NR

Lap Swim/Water Walking

This program is designed for swimmers ages 14 and up looking for a cardiovascular workout through swimming laps or water walking. Swimmers may be asked to circle swim or move to designated lap lanes as needed.

3/6/17-4/28/17 M-F 6:00-7:00p

Adult \$5/\$6NR
Youth/Senior \$4/\$5NR

Senior 55+/ Youth 2-17 years/ Adult 18+

Individual Swim Passes

Use swim passes for Lap Swim/Water Walking Therapy, and Public Swim hours. These passes do not expire and are for individual use.

10 Visit Swim Pass

Resident	Non-Resident
\$40 Adult/ \$30 Youth	\$50 Adult/ \$40 Youth

25 Visit Swim Pass

Resident	Non-Resident
\$100 Adult/ \$75 Youth	\$125 Adult/ \$100 Youth