AQUATICS

HERCULES SWIM CENTER

2001 Refugio Valley Road
Daytime 799-8291 / Evening 799-8296

POOL CLOSURES:

12/21-1/5/2020	Christmas Break
1/20/2020	Martin Luther King Jr. Day
2/17/2020	President's Day

LAP SWIM/WATER WALKING

Swimmers ages 14 and up can enjoy a cardio workout through swimming laps or water walking. Swimmers may be asked to share lanes (circle swim) or move to designated lap lanes as needed. Youth swimmers are ages 14-17; senior swimmers are ages 55+.

Adult	**$5/$6NR**
Youth & Senior	**$4/$5NR**
1/6/20-4/26/20	Mon-Fri 6:00-8:00pm

INDIVIDUAL SWIM PASSES

Use swim passes for Lap Swim/Water Walking, and Public Swim. These passes don't expire and are for individual use.

	10 Visit Pass	25 Visit Pass
Adult / Res	$42	$105
Adult / Non-Res	$52	$130
Youth / Res	$32	$78
Youth / Non-Res	$42	$105

GROUP SWIM LESSONS:

Learn to swim with our fun group lessons! Our patient, safety-oriented instructors will help you every step along the way. Classes are scheduled for groups of up to six participants, four classes per session, 25 minutes per class, unless otherwise noted.

Tu/Thur Fee: $67/$74NR **Sat Fee: $45/$50NR**

PRIVATE SWIM LESSONS:

Private Swim Lessons (3 years & up). One participant and one instructor. This 25 minute class will be held in either the main or play pool depending on the instructor's recommendation and available pool space.

Tu/Thur Fee: $142/$156NR **Sat Fee: $95/$105NR**

TUESDAY - THURSDAY: MAY 5 - MAY 21				
	5:00pm	5:30pm	6:00pm	6:30pm
Aqua Tot		11440-A		
Beginners	11410-A	11410-B	11410-C	11410-D
Intermediate		11420-A		11420-B
Advanced	11430-A		11430-B	
Private	11400-A		11400-B	11400-C

SATURDAY: APRIL 25 - MAY 16				
	10:00am	10:30am	11:00am	11:30am
Aqua Tot	11440-B			
Beginners	11410-E	11410-F	11410-G	11410-H
Intermediate		11420-B		11420-B
Advanced	11430-C		11430-D	
Private		11400-D	11400-E	11400-F

LIFEGUARD TRAINING

The lifeguard training course includes American Red Cross lifeguard training, CPR/Automated External Defibrillator (AED) for lifeguards, and First-aid certifications; all requirements needed to apply for a lifeguarding position. This is a blended learning class where a portion of the course work will be completed online. Instructions for the online component will be distributed to class participants one week prior to the start of class. Must attend all classes.

Prerequisites:

- Be at least 15 years of age on or before the last day of class.
- Swim 300 yards continuously
- Swim 20 yards front crawl, surface dive 7-10 feet, retrieve a 10-pound object, return to surface, swim 20 yards back to starting point with object and exit water without using ladder or steps, within 1 minute, 40 seconds.

11500-A	**2/18 - 2/21/20**	**T-F**	**10:00-5:00pm**	**$229/$275NR**
11500-B	**4/6 - 4/10/20**	**M-F**	**10:00-4:00pm**	**$229/$275NR**
11500-C	**5/23 - 5/25/20**	**S-M**	**8:30-6:00pm**	**$229/$275NR**

CPR/AED & FIRST-AID TRAINING:

This hands-on skills training prepares you to respond to first-aid, breathing and cardiac emergencies for adults through infants. It also teaches the skills and knowledge needed to provide care for victims of sudden cardiac arrest through the safe use of an automated external defibrillator (AED). Must attend entire class.

11510-A	**3/21/20**	**Sat**	**9:00-1:00pm**	**$110/$130NR**

EAST BAY SILVER DOLPHINS (EBSD) AGES 5-18

Practice times are based on your child's swimming ability; all swimmers must be able to swim or kick 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 Swimming Registration Fee: $80 (checks made payable to EBSD).

YEAR ROUND MEMBERSHIP

10/1/2019-9/30/2020 Code: 52204 A-L

Spinners	M-Th	6:30-7:00pm	$82/mo
Intermediate	M-F	5:00-6:15pm	$89/mo
Advanced	M-F	5:00-7:00pm	$99/mo

EBSD 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 times, build endurance, and focus on technique.

February Clinic:	11720-D	2/3/20 - 2/28/20
March Clinic:	11720-E	3/2/20 - 3/27/20
April Clinic:	11720-F	3/30/20 - 5/1/20

Spinners	M-Th	6:30-7:00pm	$80/mo
Intermediate	MWF	5:00-6:15pm	$80/mo
Advanced	MWF	5:00-7:00pm	$80/mo

WINTER HIGH SCHOOL CONDITIONING CLINIC

Ages 14-18

This is designed for those HS swimmers who are finished with water polo season and want to stay in shape. Come get prepared for the upcoming season by training with ASCA certified coaches. Practice early to improve your times, build endurance, and focus on technique.

November Clinic:	11720-A	11/4/2019-11/27/2019
December Clinic:	11720-B	12/2/2019-12/20/2019
January Clinic:	11720-C	1/06/2020-1/31/2020

HS Swimmers M-F 5:00-7:00pm • $100

POOL RULES & SAFETY INFORMATION

- Children 13 years & under must be accompanied by guardian 18 years or older.
- Swimsuits are required to enter the pool. No cutoff shorts, basketball shorts, or street clothes.
- Only US Coast Guard approved life vests may be worn, with adult supervision.
- No photograph or recording equipment allowed in the pool area or locker rooms.
- All persons not toilet-trained, including incontinence, must wear a swim diaper.

PRIVATE POOL RENTAL

Come have your pool party here at the Hercules Swim Center! Our facility offers two pools; our main pool has a water depth of 3½' to 13' with two diving boards, and our play pool has a beach like entry with a water depth of 0' to 3½'.

3 hour minimum	Saturdays 12-6pm
Refundable Deposit:	$360

Hourly Fees:	Resident	Non-Residents
1-50 Guests	$182	$193
51-100 Guests	$211	$221
101-150 Guests	$239	$250

Other Rental Fees:	
Decoration/Cleanup Fee (1 hr max)	$55
Insurance (1-100 Guests)	$200
Insurance (101-150 Guests)	$350
Insurance is based on market rate and is subject to change without notice. Insurance is non-refundable.	