



HERCULES SWIM CENTER

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

POOL CLOSURES:

5/25/20 Memorial Day
7/4/20 Independence 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

1/6-6/5 M-F 6pm-8pm
6/8-8/14 M-F 9:30am-12:50pm & 7:15pm-9pm
6/13-8/15 Sat 11am-1pm

*Dates and times subject to change. No lap swim on the following dates: 5/25, 6/10, 6/24, 6/27, 7/4.

INDIVIDUAL SWIM PASSES

Use swim passes for Lap Swim/Water Walking and Public Swim hours. These passes do not expire and are for individual use only. Passes cannot be shared.

10 VISIT PASS	
Resident	Non-Resident
\$42 Adult/ \$32 Youth & Senior	\$52 Adult/ \$42 Youth & Senior
25 VISIT PASS	
Resident	Non-Resident
\$105 Adult/ \$78 Youth & Senior	\$130 Adult/ \$105 Youth & Senior

RECREATION SWIM

6/8-8/15 Mon-Sat 1:00pm-4:00pm

Adult \$6/\$7NR
Youth/Senior \$5/\$6NR
1 & Under FREE
Senior 55+/Youth 1-17 years

FAMILY SWIM PASSES

The family swim pass is good for a family of four (4) to enjoy unlimited visits during public swim this summer. This pass is valid from 6/8/20 - 8/15/20 during public swim hours only. This pass may not be used during Lap Swim/Water Walking.

Family of 4	\$200/\$250NR
Additional Member	\$25 (per person)

POOL RULES AND 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.



AQUATICS

LIFEGUARD TRAINING:

The lifeguard training course includes American Red Cross lifeguard training, CPR/Automated External Defibrillator (AED) for the professional rescuer, and First-aid certifications; all requirements needed to apply for a lifeguarding position.

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.

Certification Requirements:

- Must attend all classes
- Must complete all homework
- Must demonstrate competency in all required skills & activities
- Must demonstrate competency in final skill scenarios
- Correctly answer at 80% of the questions correctly in the final exams

Dates: 4/6-4/10 M-F 10am-4pm 11500-B
5/23-5/25 Sat-Mon 8:30am-6pm 11500-C

Fees: \$229/\$249NR

SPRING 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.

Group Tu/Thur Fee: \$67/\$74NR Sat Fee: \$45/\$50NR
Private Tu/Thur Fee: \$142/\$156NR Sat Fee: \$95/\$105NR

SATURDAY: APRIL 25 - MAY 16

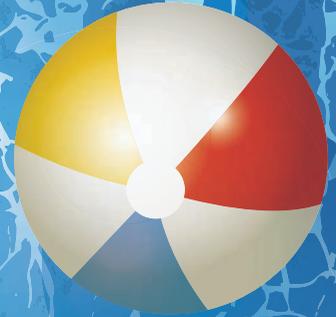
	10:00am	10:30am	11:00am	11:30am
Aqua Tot	11440-B			
Beginners	11410-E	11410-F	11410-G	11410-H
Intermediate		11420-B		11420-B
Advanced	11430-C		11430-D	
Private		11400-D	11400-E	11400-F

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

POOL PARTIES

Rental applications along with full payment must be submitted in person at the Recreation Office 45 days prior to the event date.



PRIVATE POOL RENTAL

3 hour minimum	Sundays	12:00-6:00pm
Refundable Deposit		\$360
Hourly Fees	Residents	Non-Residents
1-50 Guests	\$182	\$193
51-100 Guests	\$211	\$221
101-150 Guests	\$239	\$250
Decoration/Cleanup Fee (1 hr max)		\$50 per hour
*Insurance (1-100 guests) non-refundable		\$200
*Insurance (101-150 guests) non-refundable		\$350
<small>*Insurance is based on market rate and is subject to change without notice.</small>		

RECREATION SWIM PARTY

6/15-8/17	Saturdays	1:00-4:00pm
Includes admission for 10 guests and 2 tables		
Rental Fee	\$190	
Refundable Deposit	\$75	
Extra Guest Entrance	Adult/Senior	Youth/Senior
Residents	\$6	\$5
Non-Resident	\$7	\$6

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, eight classes per session, 25 minutes per class, unless otherwise noted.

Fee: \$89/\$98NR
***Evening Session 1 & 2:** \$78/\$86NR

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.

Fees: \$189/\$208NR
***Evening Session 1 & 2:** \$165/\$182NR

SEMI-PRIVATE SWIM LESSONS

Two participants with one instructor (3 years & up). This class is held in either the main or play pool depending on the instructor's recommendation and available pool space.

Fees: \$134/\$147NR
***Evening Session 1 & 2:** \$117/\$129NR



SUMMER SWIM LESSONS

SESSION 1: JUNE 8 - 18 MONDAY - THURSDAY *NO EVENING LESSONS ON 6/10											
	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM	7:00 PM
Aqua Tot		21440-AA			21440-AB		21440-AC		21440-AD		
Beginners	21410-AA	21410-AB	21410-AC	21410-AD	21410-AE	21410-AF	21410-AG	21410-AH	21410-AI	21410-AJ	21410-AK
Intermediate	21420-AA		21420-AB		21420-AC	21420-AD	21420-AE		21420-AF	21420-AG	
Advanced		21430-AA		21430-AB				21430-AC			21430-AD
Private	21400-AA	21400-AB	21400-AC	21400-AD	21400-AE	21400-AF	21400-AG	21400-AH	21400-AI	21400-AJ	21400-AK
Semi-Private	21450-AA	21450-AB		21450-AC		21450-AD		21450-AE		21450-AF	21450-AG

SESSION 2: JUNE 22 - JULY 2 MONDAY - THURSDAY * NO EVENING LESSONS ON 6/24											
	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM	7:00 PM
Aqua Tot		21440-BA			21440-BB		21440-BC		21440-BD		
Beginners	21410-BA	21410-BB	21410-BC	21410-BD	21410-BE	21410-BF	21410-BG	21410-BH	21410-BI	21410-BJ	21410-BK
Intermediate	21420-BA		21420-BB		21420-BC	21420-BD	21420-BE		21420-BF	21420-BG	
Advanced			21430-BA	21430-BB				21430-BC			21430-BD
Private	21400-BA	21400-BB	21400-BC	21400-BD	21400-BE	21400-BF	21400-BG	21400-BH	21400-BI	21400-BJ	21400-BK
Semi-Private	21450-BA	21450-BB		21450-BC		21450-BD		21450-BE		21450-BF	21450-BG

AQUATICS

SESSION 3: JULY 6 - 16 MONDAY - THURSDAY

	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM	7:00 PM
Aqua Tot		21440-CA			21440-CB		21440-CC		21440-CD		
Beginners	21410-CA	21410-CB	21410-CC	21410-CD	21410-CE	21410-CF	21410-CG	21410-CH	21410-CI	21410-CJ	21410-CK
Intermediate	21420-CA		21420-CB		21420-CC	21420-CD	21420-CE		21420-CF	21420-CG	
Advanced		21430-CA		21430-CB				21430-CC			21430-CD
Private	21400-CA	21400-CB	21400-CC	21400-CD	21400-CE	21400-CF	21400-CG	21400-CH	21400-CI	21400-CJ	21400-CK
Semi-Private	21450-CA	21450-CB		21450-CC		21450-CD		21450-CE		21450-CF	21450-CG

SESSION 4: JULY 20 - 30 MONDAY - THURSDAY

	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM	7:00 PM
Aqua Tot		21440-DA			21440-DB		21440-DC		21440-DD		
Beginners	21410-DA	21410-DB	21410-DC	21410-DD	21410-DE	21410-DF	21410-DG	21410-DH	21410-DI	21410-DJ	21410-DK
Intermediate	21420-DA		21420-DB		21420-DC	21420-DD	21420-DE		21420-DF	21420-DG	
Advanced		21430-DA		21430-DB				21430-DC			21430-DD
Private	21400-DA	21400-DB	21400-DC	21400-DD	21400-DE	21400-DF	21400-DG	21400-DH	21400-DI	21400-DJ	21400-DK
Semi-Private	21450-DA	21450-DB		21450-DC		21450-DD		21450-DE		21450-DF	21450-DG

SESSION 5: AUGUST 3 -13 MONDAY - THURSDAY

	9:30 AM	10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 PM	5:00 PM	5:30 PM	6:00 PM	6:30 PM	7:00 PM
Aqua Tot		21440-EA			21440-EB		21440-EC		21440-ED		
Beginners	21410-EA	21410-EB	21410-EC	21410-ED	21410-EE	21410-EF	21410-EG	21410-EH	21410-EI	21410-EJ	21410-EK
Intermediate	21420-EA		21420-EB		21420-EC	21420-ED	21420-EE		21420-EF	21420-EG	
Advanced		21430-EA		21430-EB				21430-EC			21430-ED
Private	21400-EA	21400-EB	21400-EC	21400-ED	21400-EE	21400-EF	21400-EG	21400-EH	21400-EI	21400-EJ	21400-EK
Semi-Private	21450-EA	21450-EB		21450-EC		21450-ED		21450-EE		21450-EF	21450-EG



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 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: 52204-F-L	10/7/19-9/25/20		
Spinners	M-Th	6:30-7pm	\$82/mo
Intermediate	M-F	5-6:15pm	\$89/mo
Advanced	M-F	5-7pm	\$99/mo

Summer Membership

Code: 52204-M	5/26/20 - 8/28/20		
Spinners	M-Th	6:30-7pm	\$304
Intermediate	M-F	5-6:15pm	\$304
Advanced	M-F	5-7pm	\$304



PIRANHAS SWIM TEAM

Ages 5-18

The Hercules Piranhas is a recreational swim team that swims during the Spring and Summer months. The team emphasizes teamwork, dedication, and fun for children 5 to 18 years of age. All swimmers participate in practices, clinics, invitational meets, and team events. Practice times are determined by our coaching staff and will be assessed based on your child's swimming ability rather than age, this helps each child individually and to utilize our pool time/space effectively.

Code: 21000-A	Swim Team Fees	
1 Swimmer	\$395	
2 Swimmers	\$680	
3 Swimmers	\$936	
4 Swimmers	\$1,138	
5 Swimmers	\$1,284	

There is a \$200 refundable deposit per family made payable to Hercules Piranhas Swim Team (postdated to 8/17/20).

Practice dates/times			
Spring: 5/1-6/5	Beginners	M-TH	6:30-7pm
	Intermediate	M-F	7-8pm
	Advanced	M-F	5-6:30pm
*Minimum 21 Swimmers			

Summer: 6/8-8/7	Beginners	M-F	6:30-7:15pm
	Intermediate	M-F	7:15-8:45pm
	Advanced	M-F	7-9pm
*Minimum 85 Swimmers			

