

The California Sports Center is proud to offer a wide range of aquatics programs to suit the needs of swimmers of all ages and abilities. The Sunnyvale Swim Complex at Fremont High is an Olympic size 50 meter by 25 yard pool. The facility includes locker rooms separate from the high school, a training room for community classes and other amenities.



### Swim Lessons

Students can sign up for lessons at the Sunnyvale Swim Complex throughout the year. CSC offers semi-private (3:1 student to instructor ratio) and group (6:1 ratio) lessons. Our lesson progression allows swimmers to learn skills at a fun and comfortable pace. Each lesson is 30 minutes. Lessons are available Monday-Friday and on Saturdays.

**Spring sessions are four weeks in length and run from February through May. Summer sessions begin May 31st.**

**Morning Lessons** are available for adults and beginning level preschool age children.

**Afternoon Lessons** are available for children and adults from 3:00-7:00 pm. Eight different levels are offered for children. Beginner and intermediate classes are available for adults.

**Parent Tot Lessons** **Saturdays**  
 This class is designed to ease toddlers (ages 3 and under) into the water and prepare them for future independent lessons.

**Pre-Competitive Group ('Pre-Comp')** **Weekdays**  
 This class is for swimmers looking to develop their competitive swim skills and physical fitness. Classes are offered in the afternoons. Students must be able to swim 200 yards continuously and be familiar the four competitive strokes.

**Springboard Diving** **Weekdays/Saturdays**  
 Diving classes are available for beginner and intermediate divers. Class includes approach, dives and more.

### Water Polo

**Youth Group Water Polo** **M/Th/Sat**  
 This is a developmental program that works on individual and team skills. No experience is required to participate. This program is for swimmers 9 years and up. Participants must be able to swim 100 yards (non-stop) and tread water for 2 minutes.

**Adult Water Polo** **M/W    8:00 – 9:30 pm**  
 Adult water polo is designed for players with high school or college level experience, but everyone is welcome! Participants must be 18 years of age or older.



### Adult Lap Swim



Adults and FUHSD high school students with ID are welcome to participate. This is the City of Sunnyvale's designated lap swim center.

Monday-Friday\*: 6:00-8:00am /11:30am-1:30pm /6:00-8:00pm  
 Sat and Sun: 8:00-11:00am  
 \*Senior rates available for the 11:30am - 1:30pm lap swim

Pricing options include daily drop-in rates, 12 swim punch cards, and monthly passes. We offer Sunnyvale resident rates and non-resident rates. Swimmers purchasing monthly passes have the convenient option to use auto-debit payments.

### Adult Fitness Programs

**CSC Masters – Sunnyvale**  
 The Masters program is for swimmers who are looking for a structured workout. The team consists of a wide variety of swimmers. Coaches are on the deck for workouts.

M/W/F	8:00-9:00 am
T/Th	8:00-9:00 am (starting April 1)
M-F	11:45-1:00 pm

**Intro to Masters** **T/TH    7:00-8:00 am**  
 Intro to Masters is a class for swimmers and multi-sport athletes looking to improve their skills. Swimmers will work on interval training, drills, workout skills, etiquette and equipment use. March, April and May sessions are available.

**Water Fitness Classes** **M/W/F    10:30-11:30 am**  
 This class is an in-depth water aerobics class focusing on cardio fitness, flexibility, endurance, abdominal strengthening and overall total body fitness. Classes are held all year-rain or shine.

### American Red Cross Safety Training

CSC offers American Red Cross Lifeguard Training and CPR courses at the Sunnyvale Swim Complex. Contact the pool for more information about classes held March-June 2010.

