



Physical Address is: Sunnyvale Swim Complex; Fremont High School  
 1283 Sunnyvale-Saratoga Rd., Sunnyvale, 94087  
 Phone: 408-732-2257; FAX: 408-732-7058

Corporate Office: 838 Malone Rd, San Jose, CA, 95125; phone 408-269-2777

## 2012 Fee Schedule (dp - 11/29/11)

### Sunnyvale Swim Complex at Fremont High School

### Effective January 1 through December 31, 2012

*\*Residents will be required to show proof of residency with each new purchase for resident rates*

#### Adult Programs

Lap swim lanes required within the agreement between the CSC and City of Sunnyvale will be maintained during the lap swim times.

<u>Drop in</u>	<u>Resident Rates per person</u>	<u>Non-Resident Rates</u>
Lap Swim	\$6.00 per swim	\$8.00 per swim
Water Exercise Classes	\$10.00 per swim	\$11.00 per swim
Masters Swim Program	\$10.00 per swim	\$11.00 per swim
Adult Water Polo	\$16.00 per swim	\$16.00 per swim
<u>Punch Passes</u>		
Lap Swim 12 Pass	\$52.00	\$62.00
Senior Rate (55+yrs)	\$32.00 (mid-day only; M-F)	\$42.00 (mid-day only; M-F)
Fitness Swim 12 Pass*	\$64.00	\$74.00
Senior Fitness Pass	\$44.00	\$54.00

\*Includes: (Water Exercise Classes; Masters, Podium)

#### Session/Monthly Passes

Lap Swim	\$50.00	\$60.00
CSC Masters Swimmers*	\$57.00 monthly	\$67.00
*Swimmers must be registered with Pacific Masters.		
Adult Monthly Water Fitness	\$57.00	\$67.00
Adult Water Polo	\$154.00 based on 8 weeks	\$154.00 based on 8 weeks

CSC Masters can pay monthly dues or auto-debit. Registration will determine the need and desire for coached workout time and additional lanes for training. Lap swimmers can pay auto-debit to save time at check-in.

#### Adult Coached Programs-specific

Intro to Masters	\$73.00	\$83.00
Podium Program	\$64.00 (fitness pass)	\$74.00 (fitness pass)
Adult Technique Clinics	\$TBD per session	\$TBD per session

## Recreational Swim

### Summer Open Swim

	<u>Resident Rates per person</u>	<u>Non Resident Rates per person</u>
Individual Drop in	\$3.00	\$4.00
Punch Pass (10 swims)	\$25.00	\$35.00 (before June 1)
Group Open Swim Rate	negotiable	negotiable
*Family Swim	\$12.00 per family	\$14.00 per family

\*Family swim days/times will be offered mid-August and September on Sundays. Times TBA.

## Lessons

In 2012, CSC will continue to offer lessons to the public with a wider variety and signup opportunities all year. Group and semi-private lessons will be offered Monday through Saturday. Lessons will include a focus on aspects of important aquatic safety components and be enhanced by CSC's personalized approach to improved swim strokes for competitive development. CSC will offer Sunday lessons starting in April.

Lessons will be defined within two seasons – the school year (September-May- fees accommodate four week monthly sessions) and the summer (June-August- fees accommodate two weeks sessions).

	<u>Resident Rates per person</u> <i>(per month – 4 weeks in a month)</i>
<b>September-May</b>	
Group Lessons	\$58.00 per month (4 lessons)
Semi-Private Lessons	\$66.00 per month (4 lessons)
Saturdays are as listed above throughout the year.	

<b>June-August</b> <i>(two week sessions)</i>	<u>M/W/F (6 lessons)</u>	<u>Tu/Th (4 lessons)</u>	<u>M-F (10 lessons)</u>
Semi-private (Level 1-3)	\$86.00	\$66.00	\$131.00
Group Lessons (Level 4-6)	\$81.00	\$58.00	\$121.00

\*All rates listed for lessons are resident rates. Non-residents will pay \$10 more per signup.

**ParentTot Class**                      \$33/\$43                      (T/TH)

## Youth Programs

Age Group (youth) water polo	\$154.00 based on 8 weeks per session (non-residents +\$10)
Age Group USA Diving	Session Based (non-residents +\$10)
Pre-Competitive (monthly)	\$85.00 depending on level (non-residents +\$10)

## Other

CSC will continue to offer opportunities for private lessons and group use when it can be scheduled in or around all regular activities. This includes one time and regular uses.

	<u>Resident Rates per person</u>	<u>Non Resident Rates per person</u>
One time exclusive use.	\$1500.00/day - water only.	\$1750.00/day - water only.
Monthly Group Use Fees	\$11-15/hour/lane for short course (negotiable)	
Summer Camps	\$TBD	\$TBD
Lifeguard Training	\$TBD	
Private Lessons	Sign up at the office. Prices TBD	

## Program Descriptions (as of January 2012)

CSC offers a variety of aquatics programs for all ages and abilities at the Sunnyvale Swim Complex at Fremont High School. Residents are required to show appropriate proof of Sunnyvale residency with each purchase (two forms of I.D.) Without this proof, non-resident rates must be paid. There are no refunds once fees are paid.

Safety is of the utmost importance to all CSC staff. Programs or individuals, as noted, may require testing for proof of swim proficiency. Proficiency will be determined by CSC managers or designated staff. CSC also reserves the right to refuse admission to the pool to any individual or group that CSC determines is a hazard to the safety of others or themselves. Violations by individuals or groups of written and posted policies will not be tolerated. CSC reserves the right to refuse service to any individual or group.

### Scheduled Pool Programs

#### **Adult Lap Swim.**

Designated lap hours and lanes for participants ages 16 and up, students with current school ID from any school within the Fremont Union School District as well as Sunnyvale residents with a current high school ID from any other high school. During the peak hours, lanes may be designated by speed. Lap swim will typically share the pool and locker rooms with other programs.

An appropriate number of lanes will be made available for other programs during lap swim, including the masters program and groups. The lap swim schedule includes mornings, afternoons, evenings and weekends. The pool is typically set up short course during the school year. In the summer, the pool is typically long course in the mornings and short course in the afternoons and evenings.

Times available are:	Monday-Friday	6:00-8:00 am	(minimum 4 SC lanes)
		11:30-1:30 pm	(minimum 4 SC lanes)
		6:00-8:00 pm	(minimum 6 SC lanes)
	Saturday/Sunday	8:00-11:00 am	(minimum 6 SC lanes)

\*SC is short course (25 yard lanes)                      LC is long course (50 meter lanes)

There is a Senior Rate Punch Card for the mid-day swim hours, 11:30am-1:30pm. Seniors will be defined as 55 years and older with proper ID to prove the age.

### Adult Fitness Programs

**Masters Swim Program:** CSC Masters-Sunnyvale is an organized team which offers workouts, social events and competitions for adults ages 18 and over. Coached times are scheduled and posted, with additional lap swim hours available to members. A drop-in option is available for visiting swimmers. Lanes available will depend on the average number of participants per month. Participants must be registered with Pacific Masters.

### **Intro to Masters Program**

The Intro to Master's class is geared towards swimmers are looking to participate in a masters program. The class focuses on basic conditioning, workout structure, stroke technique work and familiarization with equipment and terminology. Classes are generally held two days a week for a four week period.

### **Podium Swim Program**

This program is geared towards swimmers who wish to improve their swimming with a triathlon focus. This program is held on Wednesday evenings, and is coached by CSC staff.

### **Technique Group/Clinics**

Clinics or technique workouts will be held throughout the year. Days and times of these clinics or workouts will be posted. The program offers stroke technique workouts to swimmers looking to improve their swimming. Clinics for aquatics programs such as water polo, diving and other more may be available in 2012.

**Adult water polo:** Water polo for adults is available Monday and Thursday evenings from 8:00-9:30pm. Scrimmages are held in the deep end of the pool and are typically played in a 25 meter course. Occasionally the 30 meter course is opened pending other planned uses or district use.

**Water Exercise Classes:** Classes are available on Mondays, Wednesdays, and Fridays from 10:15-11:15 am. Saturday classes will be offered from May-September. Classes are held in the shallow and deep end, depending on the schedule that is designed by the instructor.

### **Swim Lessons (Youth and Adult)**

Swim lessons will have two seasons – School Year and Summer. We will continue to offer semi-private (3:1 student/teacher ratio) and group lessons (6:1 student/teacher ratio) during each of the seasons. Semi-private lessons are offered for all persons designated to fit into the beginning lessons – defined as Clownfish, Sea Turtle, Sea Star 1, Sea Star 2, and Sea Horse 1. Group lessons will be offered to all persons designated to fit into the intermediate and advanced levels– defined as Sea Horse 2, Stingray and Shark. Parent-tot (Sea Anemone) classes will be held at an 8:1 ratio.

September-May (School Year): Monthly swim classes are available one to five days per week. Ratios will not exceed 6:1 for group lessons and 3:1 for semi-private lessons. The monthly fee is determined based on the number of days attended each week. Each month is 4 weeks as defined by the CSC Attendance Calendar. Saturday's sessions available in as four week sessions (may be adjusted to three due to special events or holidays.)

June-August (Summer Sessions): Session-based summer swim classes offered only Monday through Friday for two-week sessions for a total of 10 possible classes each session. Ratios will not exceed 6:1 for group lessons and 3:1 for semi-private lessons. Lessons are available in the mornings and afternoons.

### **Other Youth Programs**

#### **Pre-Comp**

The pre-competitive program will be held at an 8:1 ratio. Classes for pre-comp are available on Mondays/Wednesdays and Saturdays. CSC recommends SUNN Swim Team when participants seek a competitive swim program.

### **Diving – Recreational and Competitive**

Spring board diving classes are available during the spring, summer and fall months. CSC also offers a competitive diving program that participates in local dive meets. During a defined winter session, the competitive diving team participates in a ‘dryland’ conditioning and trampoline program at a CSC gymnastics location.

### **Youth Water Polo**

The youth water program is for youth ages 9-14, who are able to swim 200 yards and tread water for one minute. CSC offers beginner and intermediate programs over an average of 8 week sessions.

### **Summer Swim Camps**

These are the best! Summer camps are available for children ages 6-14 years of age. Camps include crafts, games, aquatics instruction, organized games and activities and open swim time. Camp participants are provided a healthy snack in the mornings, but they bring their own bag lunch.

Camp options available are:

Half Day Morning	9:00 am-12:30 pm
Full Day	9:00 am - 4:00 pm

### **Recreational Swim**

#### **AKA: “Open Swim”**

This is designated swim times for recreational pool use by all individuals and families – resident or non-resident. Users must be able to pass a swim test to use the deep end of the pool, but otherwise they enjoy the pool. Swimmers 11 and under must be accompanied by an adult who must enter and stay at the facility during the entire time. Non-swimmers must be accompanied by an adult at all times while in the pool.

Monday-Friday	1:30-3:30 pm	June 13-August 14
Saturdays/Sundays	1:30-4:30 pm	June 19-August 15

CSC offers a summer only “Open Swim 10 punch pass”. Passes may not be used for other lap swim times or for programs of any sort.

### **American Red Cross Safety Classes**

Classes are offered throughout the year by certified instructors as per the American Red Cross certification. Fees are based on the ARC materials and instructor rates as they are negotiated. Classes include Lifeguard Training, CPR for the Professional Rescuer and Coaches Safety Classes. Review classes are also offered for Lifeguard Training and CPR for the Professional Rescuer.

### **Private Lessons**

California Sports Center offers the opportunity for swimmers to schedule individualized instruction with CSC instructors. Such lessons are available during restricted times and all registrations must take place through the front office. All fees are paid to California Sports Center.

## **Facility Rentals**

### **One-time Rental.**

Designed for those individuals or groups interested in one-time or occasional use of the facility. This includes competitions and special events. CSC certified staff must be present during the any rentals. Additional fees may be charged for additional expenses depending on the event – staffing, garbage, cleanup, etc. Any use of areas outside the gated pool area will also be cause for charges incurred from the Fremont Union HS District.

### **Monthly Group Rental**

NEGOTIABLE rates are based on the total time and lanes per month, the number of users, over what period of time the use will occur and the amount of assistance needed to provide for the group.

Designed for groups or organizations interested in ongoing use of the facility. Some examples may include youth swim or dive teams, water polo teams or other such organized groups, not a part of the California Sports Center's regular programs or teams. This use is designed primarily for those outside groups with properly certified and registered staff of their own not requiring any CSC staff support on the deck.

**CSC STAFF AND/OR LIFEGUARDS MAY REFUSE SERVICE AT ANY TIME TO ANYONE NOT PAID IN FULL AS REQUIRED OR NOT FOLLOWING PROPER RULES OF USE AND SAFETY AS REQUIRED BY LAW AND POSTED AROUND THE SWIM COMPLEX OR IN LOCKERROOMS.**