



Sunnyvale Swim Complex at Fremont High School
1283 Sunnyvale-Saratoga Road • Sunnyvale, CA 94087
(408) 732-2257 www.calsportscenter.com

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 @ Fremont High is an Olympic size 50 meter by 25 yard pool. The facility includes a pool house with 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. 2 week Summer sessions begin June 1.

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

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

ParentTot 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 ('PreComp') **Weekdays**
 This class is for swimmers looking to develop their competitive swim skills and physical fitness. Classes are offered in the afternoons. Students should be able to swim 50 yards of each of the four competitive strokes.

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



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. Offered year 'round with minimal disruption.

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. Participants are not required to compete. Coaches are on the deck to provide workouts and stroke technique.

M/W/F:	8:00-9:15 am
T/Th	6:00-7:15 am
M-F	11:45-1:00 pm
Sat:	8:00-9:30am

Intro to Masters **Tuesdays/Thursdays**

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.

T/TH	7:30-8:30 am
------	--------------

Water Fitness Classes

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 year 'round:

Mon/Wed/Fri	10:30-11:30 am
-------------	----------------

Water Polo

Youth Group Water Polo

This is a developmental program that works on individual and team skills. No experience is required to participate. This program is for swimmers who are 10 to 14 years of age. Participants must be able to swim 200 yards continuously.

Adult Drop-In Polo **M/W 8:00 – 9:30 pm**

Drop in 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.

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 in March, April, May, and June. They fill fast – don't delay. Classes offered include:

Lifeguard Training
CPR for the Professional Rescuer

For Pricing and Registration Information Call (408) 732-2257, E-mail swiminfo@calsportscenter.com, www.calsportscenter.com