



# 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 outdoor 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

CSC instructors teach lessons at the Sunnyvale Swim Complex throughout the year. Designed for children of all ages and abilities - as well as adults - our swim level progressions allow swimmers to develop skills at a fun and comfortable pace. Classes are 30 minutes in length, and taught in semi-private (3:1 student to instructor ratio) or group (6:1 ratio) format.

**Fall sessions begin August 30<sup>th</sup>. Swimmers have the option of taking lessons from 1 to 6 days per week.**

**Fall Swim Lessons** are taught on weekdays from 3:00-7:00pm. Morning lessons are also available. Multiple swim levels are offered, including updated pre-school levels & curriculum.

**Parent-Tot Lessons** **Saturdays**  
This class is designed to ease infants/toddlers (ages 3 & under) into the water in preparation for independent lessons. A parent is required to assist in the water. Class ratio is 10:1.

**Pre-Competitive Group ('Pre-Comp')** **Weekdays**  
This class is for swimmers looking to develop their competitive swimming 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** **Weekdays/Saturdays**  
Exciting diving classes are available for beginner and intermediate divers. Instruction includes approach, dives and more. Competitive options are also available.

## Youth Water Polo

**Youth Group Water Polo** **Weekdays/Saturdays**  
This is a co-ed developmental program for swimmers age 11 and up, focusing on both individual and team skills. No water polo experience is required to participate. Participants must be able to swim 100 yards & tread water for 2 minutes.



## Adult Lap Swim



We are the City of Sunnyvale's designated lap swim center. Adults and FUHSD high school students with ID are welcome to participate. Lap swims are available throughout the year.

**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

Daily drop-in rates, 12 swim punch cards, and monthly passes are available for Sunnyvale residents and non-residents.

## Adult Fitness Programs

**CSC Masters – Sunnyvale** **Mon-Fri**  
Our Masters program is for swimmers 18 years and older who desire a coached/structured workout. Workouts are tailored for a full range of levels and abilities.

**M-F 8:00-9:00am / 11:45am-1:00pm**

**Intro to Masters** **Tuesdays/Thursdays**  
Intro to Masters is designed for swimmers and multi-sport athletes looking to develop their skills. Swimmers work on improving their aerobic base and swim techniques for all four competitive strokes.

**Water Fitness** **M/W/F 10:30-11:30am**  
This is a comprehensive water aerobics class with the instructor focusing on developing cardio fitness, flexibility, endurance, abdominal strength, and overall body fitness. Classes are held throughout the year.

**Adult Water Polo** **M/W 8:00-9:30pm**  
A session-based water polo class designed for players with high school or college level experience, but anyone wanting to play is welcome! Participants must be 18 years of age or older.

For Pricing and Registration Information Call (408) 732-2257; email: swiminfo@calsportscenter.com

[www.calsportscenter.com](http://www.calsportscenter.com)