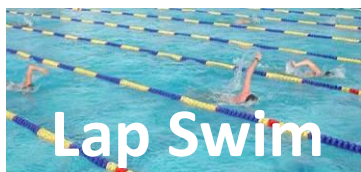


Adult Aquatics Programs

Winter/Spring 2012



Adults and high school students with school ID are welcome to participate in our adult lap swim. The pool may be shared with other programs.

Lap Swim Schedule:

Monday-Friday 6:00-8:00am
11:30-1:30pm
6:00-8:00pm

Sat & Sun 8:00-11:00am

Fees:

	Sunnyvale Resident	Non-Resident
Drop-in	\$6.00	\$8.00
12 Punch Pass	\$52.00	\$62.00
Monthly Pass	\$50.00	\$60.00
Senior Pass (55+ years)	\$31.00	\$41.00

*senior pass is a 12 swim pass valid mid-day M-F only

**To receive resident rates, please present a valid ID at time of purchase.*



Our excellent masters program offers coached workouts designed to improve technique, endurance and aerobic conditioning. The team includes a wide variety of swimmers and multi-sport athletes. Members participate in socials, competitions, open water swims and more. Competition is not required.

Practice Schedule:

Mon/Wed/Fri 8:00-9:00am (effective Feb.1)
Mon-Fri 12:00-1:00pm

Fees:*

	Sunnyvale Resident	Non-Resident
Drop-in	\$10.00	\$11.00
Monthly Training	\$57.00	\$67.00
Fitness 12 Swim Pass	\$64.00	\$74.00

*auto debit is available.

*For more information on the Sunnyvale Masters Team email masters@calsportscenter.com



California Sports Center offers two programs for multi-sport athletes or simply individuals interested in having guidance with improving his or her swimming skills and endurance.

Intro to Masters: 4 week sessions T/Th 7:30-8:30am, starting January 31. Class includes an introduction to workout structure, stroke development, and fitness training. Minimum 6 students per class.

Podium Program: Wednesday evening workouts geared towards triathletes.

*For more information about these programs, contact the pool office (408)732-2257 or email masters@calsportscenter.com



Water Polo

Practice Schedule:

Monday 8:00-9:30pm
Thursday 8:00-9:30pm

Adult Drop-in Water Polo is designed for players with high school or college level experience, but everyone is welcome! Must be 18 years of age or older.

Fees:

Drop-in
8 Weeks

Sunnyvale Resident

\$16.00
\$154.00

Non-Resident

\$16.00
\$164.00

*For more information about Adult Water Polo email masters@calsportscenter.com



Water Fitness

Workout Schedule:

Mon/Wed/Fri 10:15-11:15am
Saturdays* 11:30am-12:30pm

*April – September only

Water fitness is an in-depth water aerobics class for adults of all ages focusing on cardio, flexibility, endurance, abdominal strengthening, and achieving - then maintaining - overall total body fitness.

We are an official national training center for Water Fitness Instructors by the United States Water Fitness Association (USWFA).

Fees:

Drop-in
Monthly
Fitness 12 Swim Pass

Sunnyvale Resident

\$10.00
\$57.00
\$64.00

Non-Resident

\$11.00
\$67.00
\$74.00

*For more information about Adult Water Fitness email swiminfo@calsportscenter.com



Swim Lessons

We teach progressive adult swim lessons for beginner and intermediate swimmers in a challenging and supportive environment. Beginner lessons are held at a semi-private 3:1 student to instructor ratio. Intermediate levels are held at a group 6:1 ratio.

Weekdays	Times	Weekends	Times
Mon/Wed/Fri	9:30-11:00am	Saturdays	9:30-1:00pm
Mon/Wed/Fri	3:00-7:00pm	Sundays	11:15am-1:00pm

Classes are 30 minutes. Lesson fees are based on number of class days per week and the number of weeks in a session. Please contact us for the most up-to-date lesson availability.

*For more information about lessons, contact the pool office (408)732-2257 or email swiminfo@calsportscenter.com

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To receive resident rates, you must present two (2) forms of valid local ID at time of purchase (a license and current bill.). Sign-ups are taken on a first-come, first-served basis. In the event of a chemical closure, a closure caused by CSC or a high school/district event, class credit will be issued if and only if a make-up class is not offered. CSC does not offer any refunds. Classes and schedules are subject to change. **We swim rain or shine!!!**



Sunnyvale Swim Complex at Fremont High School

1283 Sunnyvale-Saratoga Road
Sunnyvale, CA 94087
(408)732-2257

