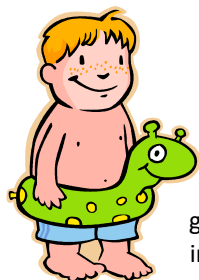




Youth Aquatic Programs



Swim Lessons

California Sports Center is proud to offer a progressive lesson program for swimmers ages 3+. Our excellent instructors teach aquatic skills in a fun and comfortable environment. Classes are 30 minutes long and generally run in 4 week sessions. Beginning levels are taught at a semi-private 3:1 student to instructor ratio; intermediate and advanced levels are held at a group 6:1 ratio.

Winter Sessions 2011-2012

Winter 1	November 28 – December 18
Winter 2	January 2 – January 29
Winter 3	January 30 – February 26*

*No classes 2/20/2012



Available Lesson Times



Monday - Friday	3:00pm, 3:35pm, 4:10pm, 4:50pm, 5:25pm, 6:00pm, 6:35pm
Mon/Wed/Fri	10:05am, 10:40am
Saturday	9:30am, 10:05am, 10:40am, 11:15am, 11:50am, 12:25pm
Sunday	11:15am, 11:50am, 12:25pm

Please contact the pool for current class/program openings, or email swiminfo@calsportscenter.com

Semi-Private (3:1) Lesson Pricing

Sunnyvale Resident:

\$66 1 day/week, 4 lessons total
 \$116 2 days/week, 8 lessons total
 \$150 3 days/week, 12 lessons total
 \$184 4 days/week, 16 lessons total
 \$210 5 days/week, 20 lessons total

Semi-private lessons are for the following: Clownfish, Sea Turtle, Sea Star 1, Sea Star 2, Sea Horse 1, and Adult Beginner.

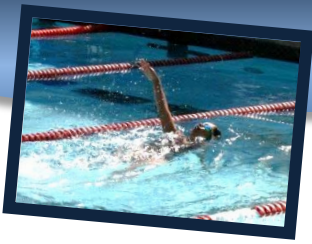
Group Lesson (6:1) Pricing

Sunnyvale Resident:

\$58 1 day /week, 4 lessons total
 \$100 2 days /week, 8 lessons total
 \$126 3 days /week, 12 lessons total
 \$152 4 days /week, 16 lessons total
 \$170 5 days /week, 20 lessons total

Group lessons are for the following: Sea Horse 2, Stingray, Shark, and Adult Intermediate.

Prices are subject to change. Non-Residents pay \$10 more per person per registration. Short sessions are prorated accordingly. Proof of residency required.



Pre-Competitive Group

This class is for swimmers who are interested in developing their competitive swimming skills and physical fitness. Swimmers are introduced to workout sets for endurance and to prepare for competitive swimming.

Class Schedule (4 weeks):	Days:	Times:	Cost:
Pre-Comp 1	M/W	4:15-5:00pm	\$85 res / \$95 non-res
Pre-Comp 2*	M/W	5:00-6:00pm	\$110 res / \$120 non-res

*Pre-Comp 2 includes an additional 15 minutes of conditioning.



Youth Water Polo

Our youth water polo is designed for athletes ages 11 and up. The class introduces and develops both swimming and polo skills. Athletes learn the general rules of the game, practice shooting, blocking, other polo drills and improve general endurance.

Practice Times: Monday/Thursdays 6:30-8:00pm Saturdays 12:00-1:30pm

Winter Session 1	Jan 2 – Feb 26*	2 days per week \$154 res / \$164 non-res	3 days per week \$230 res / \$240 non-res
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*No practice on 2/20/2012

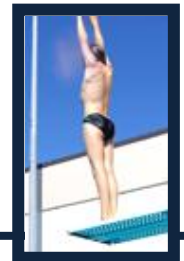


Recreational & Competitive Diving

Recreational Diving is offered in the spring and summer.

For information about 2012 sessions & our competitive diving team, visit www.calsportscenter.com

Participants learn the fundamentals of springboard diving: front dives, back dives, inward dives, and flips. Students should be able to swim 50 yards without stopping as a prerequisite to this class. Classes are limited to 10 students per session.



*****To receive resident rates, you must present two (2) forms of valid local ID at time of purchase (a license & current utility 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 a make-up class is not offered. CSC does not offer any refunds whatsoever. Classes, schedules, and pricing are subject to change anytime. Short accordingly*****



We Swim Rain Or Shine!

Sunnyvale Swim Complex at Fremont High School
1283 Sunnyvale/Saratoga Road in Sunnyvale Ca. 94087

www.calsportscenter.com

408-732-2257

California
Sports Center
Sunnyvale Swim Complex