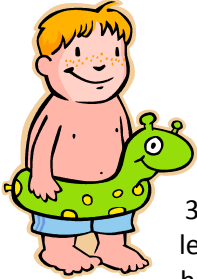


Fall 2010



## Swim Lessons

The California Sports Center is proud to offer a progressive lesson-based program for swimmers ages 3 and up. We develop aquatic skills in a fun, comfortable, and safe learning environment. Classes are 30 minutes long and generally run for 4 week sessions. Instruction is at the following ratios: 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.

### Fall 2010 (Weekdays and Saturdays)

**Fall 1**

**Fall 2**

**Fall 3**

### Session Dates

**August 30 – September 25**

**September 27 – October 23**

**October 25 – November 20**

*\* Session dates are in reference to all adult and youth lessons, pre-competitive program and parent-tot lessons.*

### Available Class Times:

**Mon/Wed/Fri** 10:15am

**Monday - Friday** 3:00pm, 3:35pm, 4:10pm, 4:45pm, 5:20pm, 5:55pm & 6:30pm.

**Saturday** 9:30am, 10:05am, 10:40am, 11:15am, 11:50am & 12:25pm.

*\*Please call the pool for the most current class schedule and pricing, or email [swiminfo@calsportscenter.com](mailto:swiminfo@calsportscenter.com)\**

### Semi-Private (3:1) Lesson Pricing

#### Sunnyvale Resident:

\$65 1 day/week, 4 lessons total  
 \$115 2 days/week, 8 lessons total  
 \$150 3 days/week, 12 lessons total  
 \$180 4 days/week, 16 lessons total  
 \$204 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 Levels Only

### Group Lesson (6:1) Pricing

#### Sunnyvale Resident:

\$57 1 day /week, 4 lessons total  
 \$95 2 days /week, 8 lessons total  
 \$115 3 days /week, 12 lessons total  
 \$150 4 days /week, 16 lessons total  
 \$175 5 days /week, 20 lessons total

**Group lessons are for the following:** Sea Horse 2, Stingray, Shark, Adult Intermediate Levels Only

**Non-Residents pay \$10 more per person per registration. Residents must provide proof of residency with a picture ID and local utility bill, or similar. Short sessions are prorated accordingly.**

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# Pre-Competitive Group



This class is for swimmers who are interested in developing their competitive swimming skills and physical fitness. Pre-competitive will focus on longer workout sets and general endurance for competitive swimming. Swimmers must be able to swim 200 yards proficiently and tread water for 2 minutes. Ages 11 and up.

## **Class Schedule (4 weeks):**

**Monday / Wednesday**

**4:15- 5:00**

**5:00- 5:45**

## **Fees:**

**Two Days**

## **Sunnyvale Resident**

**\$95**

## **Non-Resident**

**\$105**

*\*Program dates coincide with regular lessons sessions. Please see reverse side under "2010 Fall" for exact dates.*



## Youth Water Polo



Our youth water polo is designed for athletes ages 11 and up who can swim 100 yards and tread water for 2 minutes. The class introduces and develops polo skills and improves swimming. Athletes learn the general rules of water polo, shooting, blocking, practice drills and general endurance. This class is skill-based and runs in seasonal 8-12 week sessions.

## **Fall Session:**

**Monday/Thursday -6:30-8:00pm**

**Saturday- 1:00-2:00pm**

## **Fees:**

**1 day/week**

**2 days/week**

**3 days/week**

## **Sunnyvale Resident**

**\$133**

**\$275**

**\$347**

## **Non-Resident**

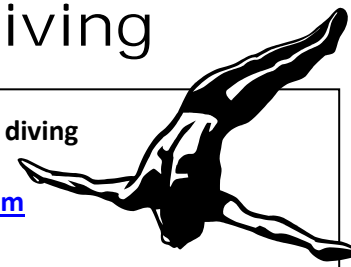
**\$143**

**\$285**

**\$357**

## Recreational & Competitive Diving

Recreational classes are offered on Saturday afternoons in 4-6 week sessions. Competitive diving is also available to those who have gone through our recreational class or divers with previous diving experience. Please contact the pool or email [swiminfo@calsportscenter.com](mailto:swiminfo@calsportscenter.com) for more details.



*\*\*\*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 if and only if a make-up class is not offered. CSC does not offer any refunds whatsoever. Classes and schedules are subject to change anytime. There are no price discounts offered in fall or spring classes. Short sessions are prorated accordingly\*\*\**



**We Swim Rain Or Shine**

**(408)732-2257**



1283 Sunnyvale/Saratoga Road in Sunnyvale Ca. 94087

Sunnyvale Swim Complex at Fremont High School

E-mail [swiminfo@calsportscenter.com](mailto:swiminfo@calsportscenter.com)



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