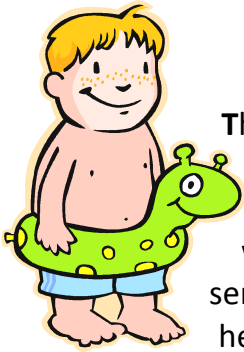


Youth Aquatic Programs

Spring 2010

Swim Lessons



The California Sports Center is proud to offer an American Red Cross based lesson program for swimmers ages 3 and up. We develop aquatic skills in a fun and comfortable 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.

Spring 2010 Lessons (Weekdays and Saturdays)

Spring 1

Spring 2

Spring 3

Session Dates

March 1 – March 27

March 31- May 1*

May 3- May 29

*(no lessons 4/12-4/17 & 4/24)

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

Available Class Times:

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 contact the pool for an exact program schedule and fee list, or email swiminfo@calsportscenter.com for more information

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 apply to: 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 apply to: Sea Horse 2, Stingray, Shark, and Adult Intermediate Levels Only

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



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.

Class Schedule (4 weeks):		Fees:	Sunnyvale Resident	Non-Resident
Monday / Wednesday	Saturday	Two Days	\$83	\$93
4:15- 5:00	11:15-12:00	Three Days	\$110	\$120
5:00- 5:45				

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



Youth Water Polo



Our youth water polo is designed for athletes ages 9 and up. The class introduces, and then develops, swimming and polo skills. 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.

Spring Session March 1 – May 29th:		Fees:	Sunnyvale Resident	Non-Resident
Monday/Thursday	6:30-8:00pm	Mon/Thur/Sat	\$380	\$390
Saturday	1:15-2:45pm	Mon/Sat	\$240	\$250
<i>(No class April 12-17, or April 24th)</i>		Thur/Sat	\$250	\$260

Recreational & Competitive Diving

Recreational classes are offered on Saturday afternoons. Lessons are 45 minutes in length. Competitive diving is available to those who have progressed through our recreational class, and for divers with previous experience.

Spring Session 1: March 6, 13, 20, 27 and April 3, 10	\$60/\$70 session
Spring Session 2: May 1, 8, 15, 22, 29	\$50/\$60 session

Please contact the pool, or email 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



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