



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 Fremont High School pool is an Olympic size 50 meter by 25 yard pool. The facility also includes a pool house with locker rooms separate from the high school, training room for community classes and numerous other amenities.

Swim Lessons

We offer semi-private (3:1 student to instructor ratio) and group (6:1 ratio) lessons. Our lesson progression system allows swimmers (ages 3 and up) to learn skills at a fun and comfortable pace. Each lesson is 30 minutes. Lessons are available Monday-Friday (mornings and afternoons) and on Saturdays. Contact the pool for a more detailed lesson schedule.

Spring Session 1 starts on March 5
Spring Session 2 starts on April 2
Spring Session 3 starts on May 7

*Lessons are held in four week sessions.

Parent-Tot Lessons

This class is designed to ease toddlers (ages 3 and under) into the water environment and prepare them for future independent swimming lessons. Parents are required to be in the water. This class is available on Saturdays and also weekday mornings.

Adult Lessons

We offer adult lessons for beginner, intermediate and advanced swimmers. Classes are held Monday through Saturday. Classes during the week are available in the afternoons and mornings.

Pre-Competitive Group

This class is for swimmers looking to develop their swim skills as well as physical fitness. Classes are offered Mon-Thurs and on Saturdays. Students should be able to swim 50 yards of each of the four competitive strokes and have passed a 200 yard continuous swim test

Adult Lap Swim

Adults and high school students with ID are welcome to participate. This is the city's designated lap swim center.

Mon-Fri: 6:00-8:00am / 11:30-1:30pm / 6:00-8:00pm
 Sat and Sun: 8:00-11:00am

Pricing options include daily drop-in rates, 12 swim punch cards, monthly passes, semi-annual passes and annual passes. We currently offer Sunnyvale resident rates and non-resident rates.

* *Senior rates are available for the 11:30-1:30 lap swim.*

CSC Masters – Sunnyvale

The Masters program is for swimmers who are looking for a structured workout. The team consists of a wide variety of swimmers, from novice to national level. Participants are not required to compete.

Mon-Fri: 6:00-7:15 am and 11:45-1:00 pm
 Tues/Thurs: 6:30-7:45pm
 Sat: 8:00-9:30am

Introduction to Masters

This class is geared towards swimmers looking to join a masters program or for the multi-sport athlete looking to improve their swimming skills. The following skills will be covered: interval training, drills for strokes, basic workout skills, and equipment use. Classes are two days a week for four weeks.

Tues/Thurs 7:45-8:45 am (March/April/May)

Water Polo

Our programs are part of USA Water Polo and offer top notch coaching for beginners as well as advanced players.

Youth Group Water Polo *contact us for schedule*

This is a developmental program that works on individual and team skills. No experience is required to participate. This program is for swimmers who are 10 to 14 years of age – participants must be able to swim 200 yards continuously.

Adult Drop-In Polo *Mon/Wed 8:00 – 9:30 pm*

Drop in water polo is designed for players with high school or college level experience, but everyone is welcome!

Water Fitness

This class is an in-depth water aerobics class focusing on cardio fitness, flexibility, endurance, abdominal strengthening and overall total body fitness.

Mon/Wed/Fri 10:30-11:30 am

Red Cross Lifeguarding Classes

Our classes are offered March through June. Classes fill quickly! Please call or email the pool for registration and schedules.

For Pricing and Registration Information Call (408) 732-2257, E-mail swiminfo@calsportscenter.com, www.calsportscenter.com