Aquatics
Learn-to-Swim Lessons

8 Lessons **All Ages**

Keep up your swimming skills in the heated pool with Winter Learn-to-Swim Lessons. There are two sessions for children to continue swim lessons. Lessons will be twice per week, Tuesday and Thursdays, for four weeks, or once per week, Saturday, for eight weeks. All sessions include eight (8) 30-minute lessons. The City of Los Alamitos hires only American Red Cross certified Water Safety Instructors to provide the highest quality services and safety for the community.

Session	Days	Dates
1	T/Th	Jan. 17 - Feb. 9
2	T/Th	Feb. 14 - Mar. 9
Session*	Sat	Jan. 14 - Mar. 18

***No class 2/11 & 2/25**

Lesson Fees:	LAUSD	Non-Residents
Levels 1-5/6**	$64	$67
Tiny Tots/Parent & Me/Adult	$56	$59
Pre-Swim Team	$76	$79

SPECIAL SESSION

Levels 1-6 have half as many students!

Make sure to register early to help us determine if there is sufficient enrollment to hold a class

ALL CLASSES HELD AT:
JOINT FORCES TRAINING BASE
11200 LEXINGTON DR.
LOS ALAMITOS, 90720

REGISTRATION PROCESS:

Register online at www.cityoflosalamitos.org or by using the registration form located on the last page of this brochure or at the Community Center. Indicate the class number, as well as the level and time of the class you are interested in.

Registration is taken on a first come, first served basis. Registrations will also be taken on the first day of class if space permits.

***Special Session**: Levels 1-6 have half as many students!

CLASS RATIOS WILL BE ADHERED TO AS MUCH AS POSSIBLE, WITH AN OCCASIONAL STUDENT ADDED IN ORDER TO ACCOMMODATE AS MANY PARTICIPANTS AS POSSIBLE.

LEARN-TO-SWIM LESSONS

SATURDAY SESSION:
JANUARY 14 TO MARCH 18
***NO CLASS 2/11 & 2/25**

Class	Program Code	9:00am	9:35am	10:10am	10:45am	11:20am	11:55am
Parent&Me		----------	WI17241	----------	WI17318	----------	----------
Tiny Tots		WI17245	WI172431	WI17319	WI17320	WI17321	WI17394
Level 1		WI17225	WI17328	----------	----------	WI17329	WI17330
Level 2		----------	WI17228	WI17335	----------	WI17337	WI17336
Level 3		WI17392	----------	WI17232	WI17341	----------	WI17342
Level 4		WI17235	----------	WI17348	WI17350	WI17349	----------
Level 5/6		----------	----------	WI17358	WI17360	----------	----------
Pre-Swim		WI17242		----------	----------	WI17364	
Adult		----------	----------	----------	----------	----------	----------

CLASS DESCRIPTIONS

Class descriptions are brief overviews of skills taught.

Parent & Me **6 mos-3 yrs**
Introduce your child to fun in the water! Skills include: blowing bubbles, kicking, holding onto the wall, floating on front and back and water safety skills. **Parent must know how to swim. Children must wear swim diapers.**

Tiny Tots **Ratio: 3:1** **3-4 yrs**
This class is for children ready to be in the water without a parent. Skills include: bobbing, kicking, exhaling underwater through mouth and nose, floating and introduction to arm strokes.

Level 1 **Ratio:3:1** **5-15 yrs**
Beginners who have little or no aquatic experience. Skills include: water adjustment, bobbing, blowing bubbles, kicking floating on front and back and gliding.

Level 2 **Ratio: 3:1** **5-15 yrs**
Beginners who feel comfortable in the water. Skills include: floating, combined leg and arm actions with breathing and gliding.

Level 3 **Ratio: 3:1** **5-15 yrs**
Improve strokes and endurance. Skills include: front crawl, backstroke, side breathing, treading water, kicking and elementary backstroke.

Level 4 **Ratio: 4:1** **5-15 yrs**
Further improve strokes and endurance, learn breaststroke, sidestroke and butterfly.

Level 5/6 **Ratio: 4:1** **5-15 yrs**
Refine all skills and further improve all strokes taught in previous levels. Be introduced to jump entries, turns and swim etiquette.

Adult **Ratio: 6:1** **16+ yrs**
It's never too late to learn to swim! This class is for adults of all levels who want to learn to swim or to improve their swimming abilities.

Pre-Swim Team (1 hour) **5-18 yrs**
This course will prepare participants for a competitive swim team through workouts and drills. You will learn starts and turns similar to swim team and participate in challenging workouts designed to improve stroke, speed and endurance in the water. Participants must be at least a Level 5 swimmer.

Please remember, all adults entering the Joint Forces Training Base must have a valid photo I.D. High School students must show school I.D.

Aquatics Refund & Make-up Policy: DUE TO THE POPULARITY OF AQUATICS CLASSES, REFUND REQUESTS WILL ONLY BE GRANTED PRIOR TO THE SECOND REGULARLY SCHEDULED LESSON. A $6 PER PERSON, PER CLASS, ADMINISTRATIVE CHARGE WILL BE ASSESSED FOR EACH REQUESTED REFUND. THERE WILL BE NO MAKE-UP CLASSES UNLESS THE CITY OF LOS ALAMITOS AQUATICS STAFF CANCELS CLASS DUE TO AN UNFORSEEN POOL CLOSURE.

LEARN-TO-SWIM LESSONS

SESSION 1: TUES/THUR 1/17 - 2/9

Class	3:00pm	3:30pm	4:00pm	4:30pm
Parent&Me	WI172391	----------	WI173161	----------
Tiny Tots	WI173221	WI173241	WI173261	----------
Level 1	WI173311	----------	----------	WI173331
Level 2	----------	WI172271	----------	WI173391
Level 3	----------	WI172301	WI172291	WI173461
Level 4	----------	WI172331	WI173531	----------
Level 5/6	WI172371	----------	----------	WI173621

SESSION 2: TUES/THUR 2/14 - 3/9

Class	3:00pm	3:30pm	4:00pm	4:30pm
Parent&Me	WI172392	----------	WI173162	----------
Tiny Tots	WI173222	WI173242	WI173262	----------
Level 1	WI173312	----------	----------	WI173332
Level 2	----------	WI172272	----------	WI173392
Level 3	----------	WI172302	WI172292	WI173462
Level 4	----------	WI172332	WI173532	----------
Level 5/6	WI172372	----------	----------	WI173622

Private & Semi-Private Swimming Lessons

4 Lessons **3+ yrs**

Private and Semi-Private swimming lessons are available for children and adults of ALL AGES. Lessons provide participants with the opportunity to learn at his/her own pace and can be adapted for all abilities. Private lessons provide one-on-one instruction and semi-private lessons have up to three students (must come already paired/grouped) per instructor.

Fees: Private Lessons:
$129 for four (4) 30-min lessons
Semi-Private Lessons:
$98 for four (4) 30-min lessons

Each session has four, 30-minute lessons that are offered Tuesdays, Thursdays, or Saturdays. Fill out a registration form and submit it to the Community Center at 10911 Oak St. Los Alamitos, CA 90720 or fax (562) 594-9657.

Deep Water Aerobics

9 Weeks **18+ yrs**

Deep water aerobics is a low impact, no pressure and fun water aerobic workout. This class provides you with the benefits of resistance training, aerobics and stretching in a low impact environment. No experience is necessary and class is open to both men and women. **Try the FREE New Year trial class on 1/7. No class 2/11 & 2/25**

Instructor: Aquatics Staff **Fee**: $36

Class	Day	Times	Dates
WI17375	Sat	8:30-9:30am	1/7 (FREE)
WI171031	Sat	8:30-9:30am	1/14-3/25
WI171032	Sat	8:30-9:30am	4/1-5/27

Los Alamitos FINS

Continuous **18+ yrs**

Los Alamitos FINS (Fitness in Swimming) is for all swimmers, from novice to advance. Coaches are Los Alamitos Recreation and Community Services Department Aquatics staff, experienced in stroke technique and regimented aquatic workouts. Los Alamitos FINS is a fun, healthy balance between fitness, instruction, and competition. We offer a variety of workouts to meet individual needs and goals. The program will help you learn to swim with greater ease and efficiency or get back to your glory days of swim excellence. If you are not a "Master" swimmer, we will make you one! **No class 2/11, 2/25**

Monthly **Fee**: $57
Quarterly **Fee:** $139 (January to March)

Class	Days	Times	Month
WI171651	M-Th	6:30-7:30pm	Jan
	Sa	7:30-8:30am	
WI171652	M-Th	6:30-7:30pm	Feb
	Sa	7:30-8:30am	
WI171653	M-Th	6:30-7:30pm	Mar
	Sa	7:30-8:30am	

'5-Star" Pass Fee: $29 (not available online) **valid for 5 coached workouts per month (expires monthly)**

L.A.V.P.

Ages 11-17 **Los Alamitos Volunteer Program** **$39/yr.** (includes shirt)

- -Give back to your community
- -Participate in community service projects in and around Los Alamitos
- -Learn job skills and gain valuable work experience
- -Participate in job training, leadership workshops, CPR/First Aid training
- -Designed to assist students in completing their community service

Application available at Community Center
(562) 430-1073

Santa Calling

Wednesday, December 7
Santa will be calling from 5:00pm-7:00pm.
Simply write a letter to Santa Claus and drop it off at the Los Alamitos Community Center by 3pm on December 1st. No Letters will be accepted in the mail. Please include child's name, age, phone number and other information Santa needs to know.