

Swim Lesson Descriptions

Weekday Lessons—Monday thru Friday

Lessons are offered in 2-week sessions for infants through the advanced swimmer; 30 minute lessons. Class size is limited to 6.

Child Mon., Wed., Fri. Lessons (MWF)

Adult Mon., Wed., Fri. Lessons (Ad MWF)

Designed for the busy-body that cannot be at class 5 days per week. Includes six, 30 min. classes in each 2-week session. Class size limited to 6 children or 4 adults.

Individual Adult Lessons (Indv Ad) or Individual Child Lessons (Indv Ch)

Choose either 4 days (M-Th) or 3 days (M,W, F) in a 2-week session. Each lesson is 30 min. long. All ages benefit from this 1-on-1 instruction.

Teen Lessons

Special time set aside for your teen! Beginning and Intermediate classes will be offered. Lessons are for 1-hr. every Tuesday & Thursday in a 2-week session. Class size limited to 6. Pebble Beach Pool only.

Saturday Lessons (Session A, B or C)

Lessons start at 10:00 am and 10:50 am for all ages. Each lesson is 45 min. long. Class size limited to 6. Pebble Beach pool only.

Please enroll carefully as there are no refunds, credits or transfers!

AGES 6 months—2 years

Parent and Infant/Tot (PIT)

Get in the water with your infant or toddler and teach them to feel more relaxed and comfortable. Parent emphasis is on water orientation and safety. Class size limited to 8.

AGES 3 to 5 years

Tot Beginning (Tot Beg)

No water skills required. Class will teach entry, exit, water safety, floating and arm paddling.

Tot Intermediate (Tot Int)

Tot must have some water experience. Class will teach breath holding, arm stroking, kick with help, floating and safety.

Tot Advanced (Tot Adv)

Tot must be able to jump in water, submerge face, and arm paddle with kick. Class will work on swim stroke and kick, underwater swimming and safety skills.

AGES 6-12 years

Level 1—Water Exploration (L1)

Designed to teach water adjustment, buoyancy, breath control, entry and exit, beginning movements and safety. No water skills required.

Level 2—Primary Skills (L2)

For Level 1 graduates. Prone float and glide, flutter kick, back crawl, beginning crawl and safety.

Level 3—Stroke Readiness (L3)

For Level 2 graduates. Crawl stroke development, elementary backstroke, back crawl, coordination and safety.

Level 4—Stroke Development (L4)

Must have mastered Level 3 skills and be able to swim the length of the pool. Elementary backstroke, crawl stroke perfection, development of breaststroke and sidestroke, kicks and safety.

Level 5—Stroke Refinement (L5)

Participants must have mastered Level 4 skills. Refinement of breast stroke, side stroke, swimming underwater, elementary backstroke, front and back crawl, introduction to butterfly, diving and safety.

Level 6—Skill Proficiency (L6)

Participants must have mastered Level 5 skills. Basic strokes, strength, endurance, diving, water entries, turns and water safety.

Level 7—Advanced Skills (L7)

Must have mastered Level 6 skills. Designed to prepare the student for the Jr. Lifeguard Program by offering a final review of basic strokes, turns and advancement of safety and rescue techniques.

AGES 13-17 years

Teen Beginning (Teen Beg)

Teens will learn breathing techniques, floating, water safety, stroke readiness & stroke development.

Teen Intermediate (Teen Int)

Review stroke development and focus on stroke refinement, skill proficiency and advanced skills.

*Please remember appropriate swim wear must be worn at all times. Non-swim wear will not be permitted.

Swim Lesson Registration Process

We will be accepting mail-in or drop-off registration between May 12-23 for Victorville residents only. Walk-in registration for any session/level will begin on May 31 at Hook Community Center during normal business hours.

Registration Procedures

- **Drop off or mail-in registration for VICTORVILLE RESIDENTS ONLY will be taken from May 12-23.** Random registration will take place by a daily lottery. All mail-in registrations must be postmarked by May 29. We cannot accept responsibility for lost or delayed mail. Open registration will begin on May 31 during normal business hours.
- **Complete one registration form per class, per session, and per individual.** (For example; if you want to register your child for session 1, level 2 and session 2, level 3 you will need to fill out two separate forms.) Downloadable forms are available online at www.victorvillesports.com or you can pick up forms at Hook Community Center, 14973 Joshua St., Victorville. (one form is located on page 27, make additional copies as needed)
- **Incomplete registration forms will not be processed.** (For example: no signature at the bottom of the form, incorrect or non-payment, missing or non-legible information, incorrect class information, etc.)
- **Incomplete registration forms may be sent back.**
- Please make checks payable to City of Victorville. **A separate check is required for each class in which you are registering.** Cash and credit card payments are only taken during walk-in registration beginning May 31st.

Please enroll carefully! There will be no refunds, transfers or credits issued.

All Swim Lesson Fees

Individual Lessons - 3-day Mon-Wed-Fri

\$76 Sessions 1, 3, 4, 5, 6

\$66 Sessions 2 & 7

(No classes on holidays)

Individual Lessons - 4-day Monday-Thursday

\$96 Sessions 1, 2, 3, 4, 5, 6

\$86 Session 7

(No classes on holidays)

Weekday Lessons - Monday-Friday

\$28 All Sessions

(No classes on holidays)

Weekday Lessons - Mon-Wed-Fri

\$18 All Sessions

(No classes on holidays)

Adult Class Lessons - Mon-Wed-Fri

\$20 Sessions 3, 4, 5

Teen Class Lessons - Tues & Thurs

\$28 Sessions 2, 3, 4, 5

Saturday Lessons

\$25 All Sessions

Individual Lessons Now 2-weeks!



* No Class on 7/4 & 9/1. Pool passes will be given for no class dates.

Aquatics Registration Form on Page 27

Recreation Swim—All Ages

Security bags are available, however, please do not bring items of value as we are not responsible for lost or stolen articles. **Children under 10 yrs. must be accompanied by an adult.** U.S. Coast Guard approved life vests available for non-swimmers. The pool will close if there is not a minimum number of participants within the first hour.

Location: Pebble Beach

\$1.75 Youth, \$2.00 Adult per session.

Hours:

Holidays 5/26, 7/4, 9/1 12:00-1:45 pm (1st session)
& Sat, Sun 5/24-9/14 2:15-4:00 pm (2nd session)

M-F 6/23-8/29 11:45 am-1:30 pm (1st sess.)
2:00-3:45 pm (2nd session)

Family Recreation Swim

Designed for families. **Children 17 years and under MUST be accompanied by a Parent!** Security bags are available, however, please do not bring items of value as we are not responsible for lost or stolen articles.

Location: Pebble Beach Pool

Fri 5/1-8/29 7:30-9:00 pm \$1.75/youth
\$2.00/adult

Lap Swimming—Ages 5 & up

A dedicated time for lap swimmers only. Kickboards are available for use. Staff on duty to provide individual stroke instruction as needed.

Location: Pebble Beach Pool

Morning Hours: (5/5-9/12)

M-F 6:00-7:30 am \$2.00/person

Evening Hours: (6/9-9/10)

M & W 6:45-8:15 pm \$2.00/person

Diving—Ages 9 & up

This class teaches basics as well as more advanced forms of diving on 1 and 3 meter boards.

Prerequisite: Ability to swim across the pool.

Location: Pebble Beach Pool

Dates: 7/5-7/26 or 8/2-8/23

Sat Advanced (14+) 8:00-9:00 am \$20/session

Sat Beginning 9:00-10:00 am \$20/session

Water Aerobics—Ages 16 & up

Aerobic water-resistant exercises; stretching, toning and conditioning. No swimming ability required. Walk-in fee available at \$3.50 per class per person.

Location: Pebble Beach Pool

Registration only at Pebble Beach.

Tu & Th 6/10-9/11 6:45-7:45 pm \$21/ 8 classes

W.E.T. (Water Exercise Training) - Ages 16 & up

Water resistant exercises including warm-up, aerobic and cool down segments. No swimming ability required. Walk-in fee available at \$3.50 per class per person.

Location: Pebble Beach Pool

Registration only at Pebble Beach.

Tu & Th 6/3-9/11 7:45- 8:45 am \$21/ 8 classes

Just My Speed - Ages 16 & up

Designed for seniors and low mobility people. Low intensity full body workout includes walking, resistance exercise, stretching and toning. No swimming ability required. Walk-in fee available at \$3.50 per class per person.

Location: Pebble Beach Pool

Registration only at Pebble Beach.

M & W 6/2-9/10 7:45-8:45 am \$21/ 8 classes

Jr. Lifeguard Program I & II—Ages 12 to 15

Classes will cover the following issues: preventing aquatic emergencies, supervising others around water, responding to emergencies, communicating effectively and making decisions in a pool setting. After the 2 week course at Pebble Beach Pool, you will be required to complete 20 hours of practical training that may occur at either of the two pools. Must have completed Level 7 to be in this class.

I. M-F 7/7 - 7/18 4:30-5:30 pm \$25/session

II. M-F 7/21 - 8/1 4:30-5:30 pm \$25/session

Saturday Lessons

	Session A	Session B	Session C
	6/7-7/5	7/12-8/9	8/16-9/13
10:00-10:45am	PIT, Tot Int L1, L3, L5	PIT, Tot Beg Tot Int, L1, L3	Tot Adv L2, L4, L5, L6
10:50-11:35pm	Tot Beg, Tot Adv L2, L3, L7	PIT, Tot Beg Tot Adv, L2, L4	L1, L3, L4 L6, L7

Pool Rentals:

The pool is a great place to celebrate a birthday or graduation!

Pool	Dates	Days	Hours	Fees	Times
Pebble Beach	5/24 - 9/14	Sat or Sun	2 hrs	\$105	4:30-6:30 or 7 - 9 pm
			4 hrs	\$197	4:30 - 9:00 pm
Village	5/24 - 8/31	Sat or Sun	2 hrs	\$76	11:30-1:30 or 2 - 4 pm
			4 hrs	\$144	11:30 am - 4 pm, 4:30 - 6:30 or 7-9 pm 4:30 - 9:00 pm

Pebble Beach Pool - Rate is based on a party of 1-60 people and includes 2 lifeguards, restrooms, and showers. Additional fee for more than 60 people.

Village Pool - Rate is based on a maximum party of 50 people and includes: 2 lifeguards, restrooms, picnic tables and grass area.

Pebble Beach Pool is located off of Hughes Rd. at Doris Davies Park.

Village Pool Swim Lesson Schedule

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6
	6/9-6/20	6/23-7/3	7/7-7/18	7/21-8/1	8/4-8/15	8/18-8/29
9:00-9:30am		Tot Adv Indv Ch m-th L1	Tot Int Indv Ch m-th L3	Tot Beg Indv Ch m-th L2	Tot Adv Indv Ch m-th L3	
9:30-10:00am		Indv Ch m-th L1 L3	Indv Ch m-th PIT Tot Beg	Indv Ch m-th Tot Int L1	Indv Ch m-th Tot Adv L2	
10:00-10:30am		PIT Tot Beg Tot Adv	Tot Beg L1 L2	PIT Tot Beg L3	Tot Adv Tot Int L2	
10:30-11:00am		Tot Beg Tot Int L2	Tot Int Tot Beg L1	Tot Adv Tot Int L3	Tot Beg Tot Int L3	
11:00-11:30am		Tot Adv Tot Int L1	Tot Beg L2 L3	Tot Beg L1 L2	PIT L1 L3	
11:30-12:00pm		Indv Ch m-th PIT Tot Int	Indv Ch m-th Tot Beg L1	Indv Ch m-th Tot Adv L3	Indv Ch m-th Tot Int L2	
3:30-4:00pm	PIT Tot Int Tot Adv Indv Ch m-th	L1 L2 L3 Indv Ch m-th	Indv Ch m-th Tot Int L1 Tot Adv	L1 L2 L3 Indv Ch m-th	Indv Ch m-th Tot Adv L1 L2	PIT L2 Tot Int
4:00-4:30pm	Indv Ch m-th Indv Ch m-th Indv Ch m-th Tot Beg	Tot Adv L1 L2 Indv Ch m-th	Tot Beg L2 L3 Indv Ch m-th	Tot Int L2 L3 Indv Ch m-th	Tot Adv L2 L3 Indv Ch m-th	Tot Int Indv Ch m-th L1
4:30-5:00pm	PIT Indv Ch m-th L2 L3	Tot Int L1 L2 Indv Ch m-th	Tot Adv L1 L2 Indv ch m-th	Tot Int Tot Beg L2 Indv Ch m-th	Tot Int Tot Beg L3 Indv Ch m-th	Tot Adv Indv Ch m-th L2
5:00-5:30pm	Tot Adv Indv Ch m-th Tot Beg L1	Tot Beg Indv Ch m-th L2 L3	Tot Beg Tot Int Indv Ch m-th L2	Tot Beg Tot Adv Indv Ch m-th L1	Tot Adv Indv Ch m-th L2 L3	Tot Beg Indv Ch m-th L3
5:30-6:00pm	Tot Beg Indv Ch m-th Indv Ch m-th PIT	Indv Ch m-th PIT Tot Adv L1	Indv Ch m-th PIT L1 L3	Tot Int Indv Ch m-th PIT L2	Tot Beg Indv Ch m-th PIT L1	Indv Ch m-th Indv Ch m-th PIT
6:00-6:30pm	Indv Ch mwf L1 mwf L2 mwf L3 mwf	Tot Beg mwf Tot Adv mwf Indv Ch mwf L1 mwf	Tot Int mwf Indv Ch mwf L1 mwf L2 mwf	Tot Beg mwf Tot Adv mwf Indv Ch mwf L2 mwf	Tot Int mwf Indv Ch mwf L1 mwf L2 mwf	Indv Ch mwf Indv Ch mwf Indv Ch mwf
6:30-7:00pm	Indv Ch mwf Indv Ch mwf Indv Ch mwf L2 mwf	Tot Int mwf Indv Ch mwf L2 mwf L3 mwf	Tot Beg mwf Tot Adv mwf Indv Ch mwf L3 mwf	Tot Int mwf Indv Ch mwf L1 mwf L3 mwf	Tot Beg mwf Tot Adv mwf Indv Ch mwf L3 mwf	Indv Ch mwf Indv Ch mwf Indv Ch mwf

Don't forget to check out pool rentals on page 7!

Pebble Beach and Village Pools will be open on June 9th for swim lessons (see schedule above and on page 9 for Pebble Beach Pool). Pebble Beach Pool, located at 16305 Hughes Rd, features a 25-meter, 6-lane pool with 1 and 3 meter diving boards, showers and restrooms. Village Pool, located at 15720 Eto Camino, features a 20x50 ft pool with picnic area, BBQ pit, showers and restrooms. Last day of pool operation: Village - Sunday, Aug. 31 and Pebble Beach - Sunday, Sept. 14.

Pebble Beach Swim Lesson Schedule

	Session 1	Session 2	Session 3	Session 4	Session 5	Session 6	Session 7
	6/9-6/20	6/23-7/3	7/7-7/18	7/21-8/1	8/4-8/15	8/18-8/29	9/2-9/12
9:00-9:30am		PIT Indv Ch m-th Indv Ch m-th Indv Ch m-th Indv Ch m-th	PIT Indv Ch m-th Indv Ch m-th Indv Ch m-th Indv Ch m-th	PIT Indv Ch m-th Indv Ch m-th Indv Ch m-th Indv Ch m-th	Tot Adv L1 L2 L3 L4		
9:30-10:00am		Tot Beg Tot Int L1 L2 L5	Tot Int Tot Adv L1 L2 L4	L1 L2 L3 L5 L6	Tot Beg Tot Int L2 L3 L5		
10:00-10:30am		Tot Int Tot Beg L2 L3 L5	Tot Beg Tot Int L1 L2 L3	Tot Int Tot Adv L1 L3 PIT	Tot Adv L1 L2 L3 L4		
10:30-11:00am		Tot Beg Tot Adv L1 L2 L4	Tot Int Tot Adv L1 L2 L5	PIT Tot Beg Tot Int L3 L6	Tot Beg Tot Int L1 L2 L4		
11:00-11:30am		PIT Tot Beg Tot Int L1 L3	Tot Adv Tot Beg Tot Int L2 L3	Tot Beg L2 L3 L4 L5	Tot Int Tot Beg L2 L3 L5		
4:00-4:30pm	Tot Beg Indv Ch m-th L1 L3 L5	L3 L4 L5 L6 L7	Tot Beg Tot Int L1 L3 L4	L3 L4 L5 L6 L7	L1 L3 L4 L5 L7	Tot Int L2 L3 L4	Tot Adv L3 L4 L5
4:30-5:00pm	Tot Adv Indv Ch m-th L1 L2 L7	L2 L3	Indv Ad m-th Indv Ch m-th L2 L3 L7	L3 L4	PIT Indv Ch m-th L3 L4 L6	PIT L2 L3 L4	L1 L2 L4 L5
5:00-5:30pm	Tot Int Indv Ch m-th L1 L4 L7		Indv Ad m-th Indv Ch m-th L4 L6 L7		Indv Ad m-th Indv Ch m-th L5 L6 L7	L1 L3 L4 L7	Indv Ch m-th Indv Ch m-th Indv Ch m-th Indv Ch m-th
5:30-6:00pm	Tot Beg Indv Ch m-th L3 L4 L6	Indv Ch mwf Indv Ch mwf L1 mwf L2 mwf L2 mwf	Ad mwf Indv Ch mwf L4 mwf L5 mwf L7 mwf	Ad mwf Indv Ch mwf L5 mwf L6 mwf L7 mwf	Ad mwf Indv Ch mwf Indv Ch mwf L4 mwf L4 mwf	Tot Beg mwf Indv Ch mwf L6 mwf L7 mwf	Indv Ch mwf Indv Ch mwf Indv Ch mwf Indv Ch mwf
6:00-6:30pm	PIT Indv Ch m-th L1 L5 L6	Indv Ad mwf Indv Ad mwf L1 mwf L2 mwf L5 mwf	Ad mwf Indv Ch mwf L3 mwf L4 mwf L5 mwf	Ad mwf Indv Ch mwf L2 mwf L4 mwf L6 mwf	Ad mwf Indv Ad mwf L1 mwf L2 mwf L5 mwf	Tot Adv mwf Indv Ch mwf L1 mwf L3 mwf	Indv Ch mwf Indv Ch mwf Indv Ch mwf Indv Ch mwf
5:30-6:30pm		Teen Beg Teen Int	Teen Beg Teen Int	Teen Beg Teen Int	Teen Beg Teen Int		

