

# AQUATICS 2011

## PCA DOLPHIN SWIM TEAM

Summer Fun & Friends

West Bay Swim League Champions

2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007



The Dolphin Swim Team welcomes swimmers of all abilities to our Spring/Summer 2011 program. Afternoon practices are held at Sequoia High School and Peninsula Community Center.

For contact information regarding tryouts, practice and meet schedule visit [www.pcaswimteam.com](http://www.pcaswimteam.com) or call Coach Rachel Yarranton 364-6272 x 263 or [rachely@peninsulacovenant.com](mailto:rachely@peninsulacovenant.com)

Please join us for a fun-filled summer at the pool.  
A USA Swimming Member Club

## SWIM WITH THE SHARKS! JOIN THE REDWOOD CITY SWIM TEAM

### Summer Swim League 2011

(West Bay Swim League)

Ages: 5-18

Skill level: Novice\* - Advanced

Swim team practices are  
Monday through Friday evenings at  
Herkner Pool with competitive swim meets once a week.

This season starts June 1, 2011 and ends with the championship meet and end of swim-season celebration at the end of July.

Freestyle, Backstroke, Breaststroke and Butterfly strokes will be taught along with diving, flip turns and swimming sportsmanship.

*\* Novice swimmers must be able to swim one lap without stopping prior to joining the team. Our team is a good next step after swim lessons for kids who love to swim.*

For more information visit [www.rwswim.com](http://www.rwswim.com) or call  
Ralph Spickerman (650) 568-9427

**GOOD. CLEAN. FUN.**



## SID HERKNER SWIMMING POOL

schedule subject to change, call 780-7311 for updates

1315 Madison Ave, Red Morton Park, Redwood City

Season:

June 20 - August 12

**Adult Lap Swim:**

Monday-Friday 6-8am

Monday-Friday 12-1pm

**Recreation Swim:**

Monday-Friday 1:15-3pm

Saturday 1:15-4pm

**Fees:**

Age 17 & under \$3

18-59 \$5

60 & over \$3

**Season Pass:**

Age	Class#	Fee
17 & under	65.300	\$100
18-59	65.301	\$125
60 & over	65.302	\$100
Family of 3	65.303	\$200

## DROP-IN BABY POOL HOURS

(Parent / Child ages 6mos to 5yrs)

Monday-Friday 12:00-12:45pm

June 20 through August 12

**\$2.00 (per parent/child) drop-in**

This block of time is a chance for parents to swim and assist their child in the baby pool, with a lifeguard provided from the pool deck. Parents must be in the pool with the child at all times. This is not a class, but a dedicated time where young children can become adjusted to the water in a more relaxed atmosphere. SWIM DIAPERS ARE MANDATORY for non potty-trained children.

Location: Herkner Pool



# JUNIOR LIFEGUARD PROGRAM

Follow the steps below to become a Junior Lifeguard!

1.

## SIGN UP FOR THE JUNIOR LIFEGUARD ACADEMY NEW

In order to be selected onto the junior lifeguard team, there will be a mandatory Junior Lifeguard Academy training (non-refundable \$20 fee) and an interview process. Attendance at the Academy is mandatory and acceptance into the Junior Lifeguard Program is not guaranteed. We recommend that you sign up for a summer session prior to attending the Academy, as spaces are limited. In the event that you do not pass the Academy, we will refund your session fee (not the Academy fee). Please choose one of the following Academy days:

Location: HERKNER POOL

Code	Day	Date	Time
61.340	Sat	June 4	10am-2pm
61.341	Sun	June 5	10am-2pm
61.342	Sat	June 11	10am-2pm
61.343	Sun	June 12	10am-2pm
61.344	Wed	June 15	10am-2pm
61.345	Fri	June 17	10am-2pm
61.346	Sat	June 18	10am-2pm
61.347	Sun	June 19	10am-2pm
61.348	Sat	June 25	10am-2pm
61.349	Sun	June 26	10am-2pm

**NOTE: If you plan on participating in sessions 1 or 2, you must attend an Academy before June 20.** Accepted Junior Lifeguards will receive a staff t-shirt and Jr. Lifeguard hat.

**Please sign up as early as possible as spaces are limited.**

For more information please contact Eric Newby at (650) 780-7317 or email at [enewby@redwoodcity.org](mailto:enewby@redwoodcity.org)



2.

## BECOME A JUNIOR LIFEGUARD

This hands-on training for age 12-15 year olds will provide real job experience in Redwood City's Aquatics Programs. **Applicants must have prior swim experience, have an interest in working with young children and pass the Junior Lifeguard Academy.**

Throughout the summer you will...

- Participate in Team Building and Personal Skills Training
- Work with the Redwood City Lifeguard team
- Assist with Swim Lessons along side a Certified Lifeguard
- Gain valuable Lifeguard Experience
- Learn about rescue equipment, techniques, and water safety
- Assist in Pool Maintenance
- Have a lot of Fun!

The program will be broken up into (4) two-week sessions. Junior Lifeguards will receive a staff T-Shirt and Jr. Lifeguard hat. Junior Lifeguards must provide their own swimsuit; girls should wear a solid blue or black athletic one-piece, and boys should wear blue or black swim trunks. Please sign up early as spaces are limited. Jr. Guards can work in the mornings or afternoons depending on their individual preference.

**AM Shift: 9am-12pm / PM Shift 3-6pm**

Session	AM Shift 9am-12pm \$130/\$150NR	PM Shift 3-6pm \$130/\$150NR <i>no 6/22, 7/6</i>	ALL DAY 9am-6pm \$155/\$175N <i>no 6/22, 7/6</i>
6/20-7/1	61.350	61.354*	61.358*
7/5-7/15 <i>no 7/4</i>	61.351	61.355*	61.359*
7/18-7/29	61.352	61.356	61.360
8/1-8/12	61.353	61.357	61.361

# AQUATICS 2011

## TADPOLES

Age 6mos-3yrs (parent/tot)

This class will include water adjustment for parent and child. Fun is emphasized through games and songs so child learns to enjoy water. Basic skills will be introduced such as water entries and exits, floats, glides, arm and leg movements, and water safety. One parent - one child ratio, please. Parent must be in the water with the child. **SWIM DIAPERS ARE MANDATORY for non potty-trained children.**

Location: Herkner Pool

\$63/\$75 NR • 7 classes

60.301	T/Th	5-5:30pm	6/21-7/12	
60.302	M/W	5-5:30pm	6/20-7/20	no 6/22, 7/4, 7/6
60.303	T/Th	5-5:30pm	7/14-8/4	

\$54/\$59 NR • 6 classes

60.304	M/W	5-5:30pm	7/25-8/10	
60.305	Sat	10:20-10:50am	6/25-8/6	no 7/2
60.306	Sat	10:55-11:25am	6/25-8/6	no 7/2



## TURTLES (PRE-LESSON)

Age 3-4 years or 32" tall

A course designed to introduce small children to the water, (who have little or no water exposure), and are not yet ready for a structured swim lesson. Fun is emphasized in this class with games and songs, water safety, swimming readiness skills, and participant socialization. This class will not teach a child to swim, but will provide them with a positive attitude about the water. Child will learn to submerge face. **SWIM DIAPERS ARE MANDATORY for non potty-trained children.**

Location: Herkner Pool

Classes are Mon-Fri	SESSION 1 6/20-7/1	SESSION 2 7/5-7/15	SESSION 3 7/18-7/29	SESSION 4 8/1-8/12
		\$90/\$107NR 10 classes *\$81/\$96NR 9 classes no PM 6/22	\$81/\$96NR 9 classes *\$72/\$85NR 8 classes no PM 7/4, 7/6	\$90/\$107NR 10 classes
9:30-10am	60.310	60.316	60.322	60.328
10:05-10:35am	60.311	60.317	60.323	60.329
10:40-11:10am	60.312	60.318	60.324	60.330
11:15-11:45am	60.313	60.319	60.325	60.331
4:25-4:55pm	60.314*	60.320*	60.326	60.332
5-5:30pm	60.315*	60.321*	60.327	60.333



# SUMMER SWIM LESSONS

## AQUATIC REGISTRATION PROCEDURE

You can register up to FOUR Sessions (1 class per session) per child during registration. Each session of youth lessons meets 10 times, Monday through Friday, for two weeks (with the exception of a few classes in Sessions 1 and 2). NO REGISTRATIONS WILL BE TAKEN AT THE POOLS!! Parents should only register their own child/ children. Please note that we will be having a Parent –Tot class on Saturdays, and this class will meet for seven Saturdays for half hour lessons.

### JELLYFISH - LEVEL 1

Age 4-15

A course designed to introduce small children to a structured lesson. Fun is emphasized in this class with games and songs, water safety, swimming readiness skills, and participant socialization. This class will provide children with a positive attitude about the water. Child will learn to submerge face, front & back glides and prepare them to swim indefinitely.

### GUPPIES - LEVEL 2

Age 4-15

**Primary Skills 2A.** Child learns front and back floats, gliding, kicking on front and back, introduction to front crawl (freestyle) stroke, side breathing, supported kicking, and water safety skills in the baby pool.

**Continuation 2B.** This course is designed for students who are ready for the big pool, swimming 15 yards across. Side breathing, and repeat skills with intro to unsupported back swimming.

### OTTERS - LEVEL 3

Age 4-15

Stroke Readiness. Refine crawl stroke, and practice proper breath control. Endurance, rhythmic breathing, introduction to elementary backstroke (supported back only), diving from the side of the pool, and water safety skills. Child must be able to swim on their own.

### SEA LIONS - LEVEL 4

Age 4-15

Stroke Development. Endurance, elementary back and side stroke, proper breath control, treading water, turns, introduction to diving off a diving board (HERKNER POOL ONLY) and water safety skills.

### PORPOISE - LEVEL 5

Age 4-15

Stroke and Skill Refinement. Endurance, alternate breathing, introduction to butterfly kick, breast stroke, diving from the diving board (HERKNER POOL ONLY) and improvements on all skills and strokes listed above. Water safety skills are reinforced as well.

### SHARKS - LEVEL 6

Age 4-15

Stroke and Skill Proficiency. Refinement of all strokes, endurance, butterfly, treading water, breast stroke and side stroke turns, front crawl flip turns, diving from the diving board (HERKNER POOL ONLY), and all water safety skills.

### PRIVATE LESSONS & ADULTS

Age 3 & up

For those looking for individual attention, we offer private lessons. Please contact the pool manager during the summer, to schedule one of these wonderful sessions. Cost is \$75.00 dollars for 3 (1/2 hour lessons) Pick your favorite lifeguard to teach your children to swim.

**CLOSED FOR SWIM MEETS ON 6/22 & 7/6 (PM ONLY)**



<b>CLASSES AT HERKNER POOL</b>		<b>Session 1</b> 6/20-7/1 \$90/\$107NR 10 classes <i>*\$81/\$96NR no 6/22</i>	<b>Session 2</b> 7/5-7/15 \$81/\$96NR 9 classes <i>*\$72/\$85NR no 7/4, 7/6</i>	<b>Session 3</b> 7/18-7/29 \$90/\$107NR 10 classes	<b>Session 4</b> 8/1-8/12 \$90/\$107NR 10 classes
<b>Jellyfish</b>	9:30-10:00am 10:05-10:35am 10:40-11:10am 11:15-11:45am 3:15-3:45pm 3:50-4:20pm 4:25-4:55pm 5:00-5:30pm	61.301 61.302 61.303 61.304 61.305* <i>no 6/22</i> 61.306* <i>no 6/22</i> 61.307* <i>no 6/22</i> 61.308* <i>no 6/22</i>	62.301 <i>no 7/4</i> 62.302 <i>no 7/4</i> 62.303 <i>no 7/4</i> 62.304 <i>no 7/4</i> 62.305* <i>no 7/4 &amp; 7/6</i> 62.306* <i>no 7/4 &amp; 7/6</i> 62.307* <i>no 7/4 &amp; 7/6</i> 62.308* <i>no 7/4 &amp; 7/6</i>	63.301 63.302 63.303 63.304 63.305 63.306 63.307 63.308	64.301 64.302 64.303 64.304 64.305 64.306 64.307 64.308
<b>Guppies</b>	9:30-10:00am 10:05-10:35am 10:40-11:10am 11:15-11:45am 3:15-3:45pm 3:50-4:20pm 4:25-4:55pm	61.309 61.310 61.311 61.312 61.313* <i>no 6/22</i> 61.314* <i>no 6/22</i> 61.315* <i>no 6/22</i>	62.309 <i>no 7/4</i> 62.310 <i>no 7/4</i> 62.311 <i>no 7/4</i> 62.312 <i>no 7/4</i> 62.313* <i>no 7/4 &amp; 7/6</i> 62.314* <i>no 7/4 &amp; 7/6</i> 62.315* <i>no 7/4 &amp; 7/6</i>	63.309 63.310 63.311 63.312 63.313 63.314 63.315	64.309 64.310 64.311 64.312 64.313 64.314 64.315
<b>Otters</b>	9:30-10:00am 10:05-10:35am 10:40-11:10am 11:15-11:45am 3:15-3:45pm 3:50-4:20pm 4:25-4:55pm	61.316 61.317 61.318 61.319 61.320* <i>no 6/22</i> 61.321* <i>no 6/22</i> 61.322* <i>no 6/22</i>	62.316 <i>no 7/4</i> 62.317 <i>no 7/4</i> 62.318 <i>no 7/4</i> 62.319 <i>no 7/4</i> 62.320* <i>no 7/4 &amp; 7/6</i> 62.321* <i>no 7/4 &amp; 7/6</i> 62.322* <i>no 7/4 &amp; 7/6</i>	63.316 63.317 63.318 63.319 63.320 63.321 63.322	64.316 64.317 64.318 64.319 64.320 64.321 64.322
<b>Sea Lions</b>	9:30-10:00am 10:05-10:35am 10:40-11:10am 11:15-11:45am 3:15-3:45pm 3:50-4:20pm 4:25-4:55pm	61.323 61.324 61.325 61.326 61.327* <i>no 6/22</i> 61.328* <i>no 6/22</i> 61.329* <i>no 6/22</i>	62.323 <i>no 7/4</i> 62.324 <i>no 7/4</i> 62.325 <i>no 7/4</i> 62.326 <i>no 7/4</i> 62.327* <i>no 7/4 &amp; 7/6</i> 62.328* <i>no 7/4 &amp; 7/6</i> 62.329* <i>no 7/4 &amp; 7/6</i>	63.323 63.324 63.325 63.326 63.327 63.328 63.329	64.323 64.324 64.325 64.326 64.327 64.328 64.329
<b>Porpoise</b>	10:40-11:10am 11:15-11:45am 3:15-3:45pm 3:50-4:20pm	61.330 61.331 61.332* <i>no 6/22</i> 61.333* <i>no 6/22</i>	62.330 <i>no 7/4</i> 62.331 <i>no 7/4</i> 62.332* <i>no 7/4 &amp; 7/6</i> 62.333* <i>no 7/4 &amp; 7/6</i>	63.330 63.331 63.332 63.333	64.330 64.331 64.332 64.333
<b>Sharks</b>	10:40-11:10am 11:15-11:45am 3:15-3:45pm 3:50-4:20pm 5:00-5:30pm	61.334 61.335 61.336* <i>no 6/22</i> 61.337* <i>no 6/22</i> 61.338* <i>no 6/22</i>	62.334 <i>no 7/4</i> 62.335 <i>no 7/4</i> 62.336* <i>no 7/4 &amp; 7/6</i> 62.337* <i>no 7/4 &amp; 7/6</i> 62.338* <i>no 7/4 &amp; 7/6</i>	63.334 63.335 63.336 63.337 63.338	64.334 64.335 64.336 64.337 64.338