

BELMONT PLAZA POOL

4320 EAST OLYMPIC PLAZA • (562) 570-1806

GENERAL INFORMATION

Belmont Plaza Pool is a year-round, outdoor facility. Water temperature is maintained between 80 – 82 degrees. Children under 48" tall must be accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedules and fees may be subject to change.

POOL CLOSED MONDAY, MAY 28 (MEMORIAL DAY). WEDNESDAY, JULY 4 (INDEPENDENCE DAY). MONDAY, SEPTEMBER 3 (LABOR DAY).

OPEN SWIM FEES

Youth (ages 17yrs&under), \$1 -FREE June 18-August 26 compliments of LBUSD. **Seniors** (ages 50yrs&over), \$3 Adults (ages 18-49yrs), \$4

SWIM PASSES: Swim passes are available online or at the pool. Pass valid for 1-year from purchase date. Membership pass valid for 25 visits. Fees may be subject to change.

Membership pass fees: Youth-\$25, Seniors-\$56, Adults-\$87.

LAP SWIM

Mon-Fri	5:30 AM-9:30 AM	Long Course
Mon-Fri	12:00 PM-1:00 PM	Short Course
Tue/Thur	7:00 PM-9:00 PM	Short Course
Sun	8:00 AM-12:30 PM	Long Course

ALL AGES RECREATION SWIM

Mon-Sun	1:00 PM-3:00 PM
Mon/Wed/Fri	7:00 PM-9:00PM

Swim meets and special events may cause changes to the regular pool schedule. Call the pool at 570-1806 for more information or check the website at: http://www.longbeach.gov/park/recreation/aquatics/pools/belmont_plaza_pool.asp

WATER EXERCISE CLASSES

Adults of all ages benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. For more information regarding the Water Exercise program, call (562) 570-1807. Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$6 per class for adults or \$42 for a fitness pass valid for 10 classes.

Shallow Water Exercise: Mon/Wed/Fri/Sun 11:00 AM-11:50 AM
Tue/Th 7:10 PM-8:00 PM

Deep Water Exercise: Mon/Wed/Fri/Sun 10:00 AM-10:50 AM

SWIM LESSONS:

Class options: Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings and Monday/Thursday mornings. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available on-line (lbparks.org) or at Belmont Plaza Pool during regular scheduled hours.

Cash, money orders, debit/credit card, and personal checks with a pre-printed address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Belmont Plaza Pool. Visit <http://lbparks.org> to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

26422	9Mths-2Yrs	6/19-7/12	3:00-3:25 PM	T,Th	\$43
26423	9Mths-2Yrs	7/17-8/9	3:00-3:25 PM	T,Th	\$43
26424	9Mths-2Yrs	6/18-7/11	6:30-6:55 PM	MW	\$38
26425	9Mths-2Yrs	7/16-8/8	6:30-6:55 PM	MW	\$43
26426	9Mths-2Yrs	6/23-8/11	9:00-9:25 AM	Sa	\$43
26427	9Mths-2Yrs	6/23-8/11	11:30-11:55 AM	Sa	\$43
26428	9Mths-2Yrs	6/18-6/28	10:00-10:25 AM	M-Th	\$43

26429	9Mths-2Yrs	7/2-7/12	10:00-10:25 AM	M-Th	\$38
26430	9Mths-2Yrs	7/16-7/26	10:00-10:25 AM	M-Th	\$43
26431	9Mths-2Yrs	7/30-8/9	10:00-10:25 AM	M-Th	\$43

AQUATICS – PRE SCHOOL AQUATICS 1

Skills taught in Pre School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back-glide, introduction to arm and leg action on front, jumping in, and safety rules.

26432	3Yrs-5Yrs	6/18-7/11	3:00-3:25 PM	MW	\$38
26433	3Yrs-5Yrs	7/16-8/8	3:00-3:25 PM	MW	\$43
26434	3Yrs-5Yrs	6/19-7/12	3:00-3:25 PM	T,Th	\$43
26435	3Yrs-5Yrs	7/17-8/9	3:00-3:25 PM	T,Th	\$43
26436	3Yrs-5Yrs	6/18-7/11	5:00-5:25 PM	MW	\$38
26437	3Yrs-5Yrs	7/16-8/8	5:00-5:25 PM	MW	\$43
26438	3Yrs-5Yrs	6/19-7/12	5:00-5:25 PM	T,Th	\$43
26439	3Yrs-5Yrs	7/17-8/9	5:00-5:25 PM	T,Th	\$43
26440	3Yrs-5Yrs	6/23-8/11	9:00-9:25 AM	Sa	\$43
26441	3Yrs-5Yrs	6/23-8/11	10:30-10:55 AM	Sa	\$43
26442	3Yrs-5Yrs	6/18-6/28	10:00-10:25 AM	M-Th	\$43
26443	3Yrs-5Yrs	7/2-7/12	10:00-10:25 AM	M-Th	\$38
26444	3Yrs-5Yrs	7/16-7/26	10:00-10:25 AM	M-Th	\$43
26445	3Yrs-5Yrs	7/30-8/9	10:00-10:25 AM	M-Th	\$43
26446	3Yrs-5Yrs	6/18-6/28	11:00-11:25 AM	M-Th	\$43
26447	3Yrs-5Yrs	7/2-7/12	11:00-11:25 AM	M-Th	\$38
26448	3Yrs-5Yrs	7/16-7/26	11:00-11:25 AM	M-Th	\$43
26449	3Yrs-5Yrs	7/30-8/9	11:00-11:25 AM	M-Th	\$43

AQUATICS – PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

26450	3Yrs-5Yrs	6/18-7/11	3:00-3:25 PM	MW	\$38
26451	3Yrs-5Yrs	7/16-8/8	3:00-3:25 PM	MW	\$43
26452	3Yrs-5Yrs	6/19-7/12	3:30-3:55 PM	T,Th	\$43
26453	3Yrs-5Yrs	7/17-8/9	3:30-3:55 PM	T,Th	\$43
26454	3Yrs-5Yrs	6/18-7/11	5:00-5:25 PM	MW	\$38
26455	3Yrs-5Yrs	7/16-8/8	5:00-5:25 PM	MW	\$43
26456	3Yrs-5Yrs	6/19-7/12	5:30-5:55 PM	T,Th	\$43
26457	3Yrs-5Yrs	7/17-8/9	5:30-5:55 PM	T,Th	\$43
26458	3Yrs-5Yrs	6/23-8/11	9:30-9:55 AM	Sa	\$43
26459	3Yrs-5Yrs	6/23-8/11	11:00-11:25 AM	Sa	\$43
26460	3Yrs-5Yrs	6/18-6/28	10:00-10:25 AM	M-Th	\$43
26461	3Yrs-5Yrs	7/2-7/12	10:00-10:25 AM	M-Th	\$38
26462	3Yrs-5Yrs	7/16-7/26	10:00-10:25 AM	M-Th	\$43
26463	3Yrs-5Yrs	7/30-8/9	10:00-10:25 AM	M-Th	\$43
26464	3Yrs-5Yrs	6/18-6/28	11:00-11:25 AM	M-Th	\$43
26465	3Yrs-5Yrs	7/2-7/12	11:00-11:25 AM	M-Th	\$38
26466	3Yrs-5Yrs	7/16-7/26	11:00-11:25 AM	M-Th	\$43
26467	3Yrs-5Yrs	7/30-8/9	11:00-11:25 AM	M-Th	\$43

AQUATICS – PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

26468	3Yrs-5Yrs	6/18-7/11	3:30-3:55 PM	MW	\$38
26469	3Yrs-5Yrs	7/16-8/8	3:30-3:55 PM	MW	\$43
26470	3Yrs-5Yrs	6/19-7/12	3:30-3:55 PM	T,Th	\$43
26471	3Yrs-5Yrs	7/17-8/9	3:30-3:55 PM	T,Th	\$43
26472	3Yrs-5Yrs	6/23-8/11	9:30-9:55 AM	Sa	\$43
26473	3Yrs-5Yrs	6/18-6/28	11:00-11:25 AM	M-Th	\$43
26474	3Yrs-5Yrs	7/2-7/12	11:00-11:25 AM	M-Th	\$38
26475	3Yrs-5Yrs	7/16-7/26	11:00-11:25 AM	M-Th	\$43
26476	3Yrs-5Yrs	7/30-8/9	11:00-11:25 AM	M-Th	\$43

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

26359	6Yrs-12Yrs	6/18-7/11	3:30-3:55 PM	MW	\$38
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36 SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB

Belmont Plaza pool classes continued

26360	6Yrs-12Yrs	7/16-8/8	3:30-3:55 PM	MW	\$43
26361	6Yrs-12Yrs	6/19-7/12	4:00-4:25 PM	T,Th	\$38
26362	6Yrs-12Yrs	7/17-8/9	4:00-4:25 PM	T,Th	\$43
26363	6Yrs-12Yrs	6/18-7/11	5:30-5:55 PM	MW	\$38
26364	6Yrs-12Yrs	7/16-8/8	5:30-5:55 PM	MW	\$43
26365	6Yrs-12Yrs	6/19-7/12	5:30-5:55 PM	T,Th	\$43
26366	6Yrs-12Yrs	7/17-8/9	5:30-5:55 PM	T,Th	\$43
26367	6Yrs-12Yrs	6/23-8/11	10:00-10:25 AM	Sa	\$43
26368	6Yrs-12Yrs	6/23-8/11	11:00-11:25 AM	Sa	\$43
26369	6Yrs-12Yrs	6/18-6/28	10:30-10:55 AM	M-Th	\$43
26370	6Yrs-12Yrs	7/2-7/12	10:30-10:55 AM	M-Th	\$38
26371	6Yrs-12Yrs	7/16-7/26	10:30-10:55 AM	M-Th	\$43
26372	6Yrs-12Yrs	7/30-8/9	10:30-10:55 AM	M-Th	\$43
26373	6Yrs-12Yrs	6/18-6/28	11:30-11:55 AM	M-Th	\$43
26374	6Yrs-12Yrs	7/2-7/12	11:30-11:55 AM	M-Th	\$38
26375	6Yrs-12Yrs	7/16-7/26	11:30-11:55 AM	M-Th	\$43
26376	6Yrs-12Yrs	7/30-8/9	11:30-11:55 AM	M-Th	\$43

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

26377	6Yrs-12Yrs	6/18-7/11	4:00-4:25 PM	MW	\$38
26378	6Yrs-12Yrs	7/16-8/8	4:00-4:25 PM	MW	\$43
26379	6Yrs-12Yrs	6/19-7/12	4:00-4:25 PM	T,Th	\$43
26380	6Yrs-12Yrs	7/17-8/9	4:00-4:25 PM	T,Th	\$43
26381	6Yrs-12Yrs	6/18-7/11	5:30-5:55 PM	MW	\$38
26382	6Yrs-12Yrs	7/16-8/8	5:30-5:55 PM	MW	\$43
26383	6Yrs-12Yrs	6/19-7/12	6:00-6:25 PM	T,Th	\$43
26384	6Yrs-12Yrs	7/17-8/9	6:00-6:25 PM	T,Th	\$43
26385	6Yrs-12Yrs	6/23-8/11	10:00-10:25 AM	Sa	\$43
26386	6Yrs-12Yrs	6/23-8/11	11:30-11:55 AM	Sa	\$43
26387	6Yrs-12Yrs	6/18-6/28	10:30-10:55 AM	M-Th	\$43
26388	6Yrs-12Yrs	7/2-7/12	10:30-10:55 AM	M-Th	\$38
26389	6Yrs-12Yrs	7/16-7/26	10:30-10:55 AM	M-Th	\$43
26390	6Yrs-12Yrs	7/30-8/9	10:30-10:55 AM	M-Th	\$43
26391	6Yrs-12Yrs	6/18-6/28	11:30-11:55 AM	M-Th	\$43
26392	6Yrs-12Yrs	7/2-7/12	11:30-11:55 AM	M-Th	\$38
26393	6Yrs-12Yrs	7/16-7/26	11:30-11:55 AM	M-Th	\$43
26394	6Yrs-12Yrs	7/30-8/9	11:30-11:55 AM	M-Th	\$43

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

26395	6Yrs-12Yrs	6/18-7/11	4:00-4:25 PM	MW	\$38
26396	6Yrs-12Yrs	7/16-8/8	4:00-4:25 PM	MW	\$43
26397	6Yrs-12Yrs	6/19-7/12	4:30-4:55 PM	T,Th	\$43
26398	6Yrs-12Yrs	7/17-8/9	4:30-4:55 PM	T,Th	\$43
26399	6Yrs-12Yrs	6/18-7/11	6:00-6:25 PM	MW	\$38
26400	6Yrs-12Yrs	7/16-8/8	6:00-6:25 PM	MW	\$43
26401	6Yrs-12Yrs	6/19-7/12	6:30-6:55 PM	T,Th	\$43
26402	6Yrs-12Yrs	7/17-8/9	6:30-6:55 PM	T,Th	\$43
26403	6Yrs-12Yrs	6/23-8/11	10:30-10:55 AM	Sa	\$43
26404	6Yrs-12Yrs	6/18-6/28	10:30-10:55 AM	M-Th	\$43
26405	6Yrs-12Yrs	7/2-7/12	10:30-10:55 AM	M-Th	\$38
26406	6Yrs-12Yrs	7/16-7/26	10:30-10:55 AM	M-Th	\$43
26407	6Yrs-12Yrs	7/30-8/9	10:30-10:55 AM	M-Th	\$43
26408	6Yrs-12Yrs	6/18-6/28	11:30-11:55 AM	M-Th	\$43
26409	6Yrs-12Yrs	7/2-7/12	11:30-11:55 AM	M-Th	\$38
26410	6Yrs-12Yrs	7/16-7/26	11:30-11:55 AM	M-Th	\$43
26411	6Yrs-12Yrs	7/30-8/9	11:30-11:55 AM	M-Th	\$43

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

26412	6Yrs-12Yrs	6/18-7/11	4:30-4:55 PM	MW	\$38
26413	6Yrs-12Yrs	7/16-8/8	4:30-4:55 PM	MW	\$43
26414	6Yrs-12Yrs	6/19-7/12	4:30-4:55 PM	T,Th	\$43
26415	6Yrs-12Yrs	7/17-8/9	4:30-4:55 PM	T,Th	\$43
26416	6Yrs-12Yrs	6/23-8/11	8:30-8:55 AM	Sa	\$43

AQUATICS - LEVEL 5-6

Skills taught in Level 5-6 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

26417	6Yrs-12Yrs	6/18-7/11	4:30-4:55 PM	MW	\$38
26418	6Yrs-12Yrs	7/16-8/8	4:30-4:55 PM	MW	\$43
26419	6Yrs-12Yrs	6/19-7/12	5:00-5:25 PM	T,Th	\$43
26420	6Yrs-12Yrs	7/17-8/9	5:00-5:25 PM	T,Th	\$43
26421	6Yrs-12Yrs	6/23-8/11	8:00-8:25 AM	Sa	\$43

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

26333	13Yrs +	6/18-7/11	6:00-6:50 PM	MW	\$45
26334	13Yrs +	7/16-8/8	6:00-6:50 PM	MW	\$51
26335	13Yrs +	6/19-7/12	6:00-6:50 PM	T,Th	\$51
26336	13Yrs +	7/17-8/9	6:00-6:50 PM	T,Th	\$51
26337	13Yrs +	6/23-8/11	8:00-8:50 AM	Sa	\$51

PRIVATE & SEMI-PRIVATE SWIM LESSONS: Enroll to the waitlist online at no cost. Pool staff will fill all available slots from the waitlist. Private lessons are offered as one-on-one with instructor. Price for private lessons is \$155 for eight (8) 25-minute lessons. Semi-Private lessons are offered as 2-3 students to 1 instructor. Price for semi-private lessons is \$103 for eight (8) 25-minute lessons. Lessons are offered on Saturday mornings, Monday/Wednesday evenings & Tuesday/Thursday evenings and Monday – Thursday mornings: June 18 – August 9. Session dates run concurrent with group lessons. For information and availability please contact the pool at (562) 570-1807.

AQUATICS - BELMONT PRIVATE SWIM LESSONS

26338	9Mths&Up	6/18-7/11	3:00-7:00 PM	MW	\$136
26339	9Mths&Up	7/16-8/8	3:00-7:00 PM	MW	\$155
26340	9Mths&Up	6/19-7/12	3:00-7:00 PM	T,Th	\$155
26341	9Mths&Up	7/17-8/9	3:00-7:00 PM	T,Th	\$155
26342	9Mths&Up	6/23-8/11	8:00 AM-12:00 PM	Sa	\$155
26343	9Mths&Up	6/18-6/28	10:00 AM-12:00 PM	M-Th	\$155
26344	9Mths&Up	7/2-7/12	10:00 AM-12:00 PM	M-Th	\$136
26345	9Mths&Up	7/16-7/26	10:00 AM-12:00 PM	M-Th	\$155
26346	9Mths&Up	7/30-8/9	10:00 AM-12:00 PM	M-Th	\$155

AQUATICS – BELMONT SEMI PRIVATE SWIM LESSONS

26347	9Mths&Up	6/18-7/11	3:00-7:00 PM	MW	\$91
26348	9Mths&Up	7/16-8/8	3:00-7:00 PM	MW	\$103
26349	9Mths&Up	6/19-7/12	3:00-7:00 PM	T,Th	\$103
26350	9Mths&Up	7/17-8/9	3:00-7:00 PM	T,Th	\$103
26351	9Mths&Up	6/23-8/11	8:00 AM-12:00 PM	Sa	\$103
26352	9Mths&Up	6/18-6/28	10:00 AM-12:00 PM	M-Th	\$103
26353	9Mths&Up	7/2-7/12	10:00 AM-12:00 PM	M-Th	\$91
26354	9Mths&Up	7/16-7/26	10:00 AM-12:00 PM	M-Th	\$103
26355	9Mths&Up	7/30-8/9	10:00 AM-12:00 PM	M-Th	\$103

SPECIAL PROGRAMS

LA84 FOUNDATION SUMMER SPORTS PROGRAMS

This novice sports program is offered at Belmont Plaza Pool for Long Beach youth ages 7-17 years of age. Registration for these programs will be taken at Belmont Plaza Pool on a first-come, first-served basis beginning Saturday, May 26 at 8AM. Registration is limited to Long Beach residents. Proof of age and residency is required at the time of registration. Scholarships are limited and will be granted on a first come, first served basis, early registration is recommended. For information regarding LA84 Foundation programs, call the pool at 570-1806.

Programs begin June 18 and will be conducted for approximately nine (9) weeks.

Swim Team Practice:	M-Th	10-11 AM
Water Polo Team Practice:	M-Th	11 AM-12 PM
Synchronized Swim Team Practice:	M-Th	11 AM-1 PM

SEA FESTIVAL NOVICE SWIM MEET: Free for all novice swimmers, date to be announced, at Belmont Plaza Pool. Entry forms will be available in late June, please call the pool at 570-1806 for more information.

KING PARK POOL

1910 Lemon Avenue • (562) 570-1718

GENERAL INFORMATION

King Park Pool is a year-round, indoor facility. Water temperature is maintained between 83-85 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers". Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change. **POOL CLOSED MONDAY, MAY 28 (MEMORIAL DAY); WEDNESDAY, JULY 4 (INDEPENDENCE DAY); MONDAY, SEPTEMBER 3 (LABOR DAY).**

OPEN SWIM FEES

Youth (ages 17yrs&under), \$1.00-FREE June 18-August 26 compliments of LBUSD.

Seniors (ages 50yrs&up), \$2.00

Adults (ages 18-49yrs), \$3.00

SWIM PASSES: Swim passes are available online or at the pool. Each swim pas purchase is valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

ALL AGES RECREATION SWIM

M/W/F	6:00-9:00AM	M-Su	1:00-3:30PM
M-F	12:00-1:00PM	T/Th	6:30-8:00PM
M-Su	11:30AM-1:00PM		

WATER EXERCISE CLASSES

Ages 16 & up. Looking for a new style of exercise? This is the class for you! It will help you shape-up and keep fit. This class is offered on an on-going basis. Don't miss the fun! Fee is \$3.00/class meeting. Senior Citizens 50+ free with a Senior Fitness Pass.

Deep Water	M/W/F	6:30-7:20AM
Shallow Water	M/W/F	8:00-8:50AM
Shallow Water	M/W	6:00-6:50PM

SWIMMING LESSONS

Class options: Monday/Wednesday, Tuesday/Thursday, Monday-Thursday or Saturday. Youth classes are 25 minutes in length; Adults 50 minutes. Registration for classes will be available online or at King Park Pool during regular scheduled hours. **SCHOLARSHIPS AVAILABLE, AGES 7-17.** Proof of residency and birth certificate required.

Cash, money orders, debit/credit card, and personal checks with a preprinted address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at King Park Pool. Visit www.lbparks.org to register online. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be canceled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kick boards, floating on back and rolling over.

26997	9 Mths-3Yrs	6/18-7/11	6:00-6:25PM	MW	\$28
26998	9 Mths-3Yrs	7/16-8/8	6:00-6:25PM	MW	\$32
26999	9 Mths-3Yrs	6/23-8/11	11:00-11:25AM	Sa	\$32

AQUATICS - PRESCHOOL AQUATICS 1

Skills taught in Preschool Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

27000	3Yrs-5Yrs	6/18-7/11	3:30-3:55 PM	MW	\$28
27001	3Yrs-5Yrs	7/16-8/8	3:30-3:55 PM	MW	\$32
27002	3Yrs-5Yrs	6/18-7/11	6:30-6:55 PM	MW	\$28
27003	3Yrs-5Yrs	7/16-8/8	6:30-6:55 PM	MW	\$28
27004	3Yrs-5Yrs	6/19-7/12	4:00-4:25 PM	T,Th	\$28
27005	3Yrs-5Yrs	7/17-8/9	4:00-4:25 PM	T,Th	\$32
27006	3Yrs-5Yrs	6/19-7/12	5:00-5:25 PM	T,Th	\$32
27007	3Yrs-5Yrs	7/17-8/9	5:00-5:25 PM	T,Th	\$32
27008	3Yrs-5Yrs	6/23-8/11	10:00-10:25 AM	Sa	\$32
27009	3Yrs-5Yrs	6/23-8/11	11:30-11:55 AM	Sa	\$32
27010	3Yrs-5Yrs	6/23-8/11	12:00-12:25 PM	Sa	\$32
27011	3Yrs-5Yrs	6/18-6/28	10:00-10:25 AM	M-Th	\$32
27012	3Yrs-5Yrs	7/2-7/12	10:00-10:25 AM	M-Th	\$28
27013	3Yrs-5Yrs	7/16-7/26	10:00-10:25 AM	M-Th	\$32
27014	3Yrs-5Yrs	7/30-8/9	10:00-10:25 AM	M-Th	\$32



AQUATICS - PRESCHOOL AQUATICS 2

Skills taught in Preschool Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

27015	3Yrs-5Yrs	6/18-7/11	4:00-4:25 PM	MW	\$28
27016	3Yrs-5Yrs	7/16-8/8	4:00-4:25 PM	MW	\$32
27017	3Yrs-5Yrs	6/19-7/12	3:30-3:55 PM	TTh	\$32
27018	3Yrs-5Yrs	7/17-8/9	3:30-3:55 PM	TTh	\$32
27019	3Yrs-5Yrs	6/23-8/11	10:30-10:55 AM	Sa	\$32
27020	3Yrs-5Yrs	6/18-6/28	11:00-11:25 AM	M-Th	\$32
27021	3Yrs-5Yrs	7/2-7/12	11:00-11:25 AM	M-Th	\$28
27022	3Yrs-5Yrs	7/16-7/26	11:00-11:25 AM	M-Th	\$32
27023	3Yrs-5Yrs	7/30-8/9	11:00-11:25 AM	M-Th	\$32

AQUATICS - PRESCHOOL AQUATICS 3

Skills taught in Preschool Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke, and water safety skills.

27024	3Yrs-5Yrs	6/18-7/11	4:30-4:55 PM	MW	\$28
27025	3Yrs-5Yrs	7/16-8/8	4:30-4:55 PM	MW	\$32
27026	3Yrs-5Yrs	6/19-7/12	3:30-3:55 PM	TTh	\$32
27027	3Yrs-5Yrs	7/17-8/9	3:30-3:55 PM	TTh	\$32
27028	3Yrs-5Yrs	6/23-8/11	10:30-10:55 AM	Sa	\$32
27029	3Yrs-5Yrs	6/18-6/28	11:00-11:25 AM	M-Th	\$32
27030	3Yrs-5Yrs	7/2-7/12	11:00-11:25 AM	M-Th	\$28
27031	3Yrs-5Yrs	7/16-7/26	11:00-11:25 AM	M-Th	\$32
27032	3Yrs-5Yrs	7/30-8/9	11:00-11:25 AM	M-Th	\$32

King Park pool classes continued

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

26928	6Yrs-12Yrs	6/18-7/11	3:30-3:55 PM	MW	\$28
26929	6Yrs-12Yrs	7/16-8/8	3:30-3:55 PM	MW	\$32
26949	6Yrs-12Yrs	6/18-7/11	4:00-4:25 PM	MW	\$28
26951	6Yrs-12Yrs	7/16-8/8	4:00-4:25 PM	MW	\$32
26930	6Yrs-12Yrs	6/18-7/11	5:00-5:25 PM	MW	\$28
26931	6Yrs-12Yrs	7/16-8/8	5:00-5:25 PM	MW	\$32
26932	6Yrs-12Yrs	6/19-7/12	4:00-4:25 PM	T,Th	\$32
26933	6Yrs-12Yrs	7/17-8/9	4:00-4:25 PM	T,Th	\$32
26947	6Yrs-12Yrs	6/19-7/12	4:30-4:55 PM	T,Th	\$32
26948	6Yrs-12Yrs	7/17-8/9	4:30-4:55 PM	T,Th	\$32
26934	6Yrs-12Yrs	6/19-7/12	5:30-5:55 PM	T,Th	\$32
26935	6Yrs-12Yrs	7/17-8/9	5:30-5:55 PM	T,Th	\$32
26950	6Yrs-12Yrs	6/23-8/11	9:00-9:25 AM	Sa	\$32
26936	6Yrs-12Yrs	6/23-8/11	10:00-10:25 AM	Sa	\$32
26937	6Yrs-12Yrs	6/23-8/11	11:00-11:25 AM	Sa	\$32
26938	6Yrs-12Yrs	6/23-8/11	12:00-12:25 PM	Sa	\$32
26939	6Yrs-12Yrs	6/18-6/28	9:30-9:55 AM	M-Th	\$28
26940	6Yrs-12Yrs	7/2-7/12	9:30-9:55 AM	M-Th	\$28
26941	6Yrs-12Yrs	7/16-7/26	9:30-9:55 AM	M-Th	\$32
26942	6Yrs-12Yrs	7/30-8/9	9:30-9:55 AM	M-Th	\$32
26943	6Yrs-12Yrs	6/18-6/28	10:30-10:55 AM	M-Th	\$28
26944	6Yrs-12Yrs	7/2-7/12	10:30-10:55 AM	M-Th	\$28
26945	6Yrs-12Yrs	7/16-7/26	10:30-10:55 AM	M-Th	\$32
26946	6Yrs-12Yrs	7/30-8/9	10:30-10:55 AM	M-Th	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

26952	6Yrs-12Yrs	6/18-7/11	4:00-4:25 PM	MW	\$28
26953	6Yrs-12Yrs	7/16-8/8	4:00-4:25 PM	MW	\$32
26954	6Yrs-12Yrs	6/18-7/11	5:30-5:55 PM	MW	\$28
26955	6Yrs-12Yrs	7/16-8/8	5:30-5:55 PM	MW	\$32
26956	6Yrs-12Yrs	6/19-7/12	3:30-3:55 PM	T,Th	\$32
26957	6Yrs-12Yrs	7/17-8/9	3:30-3:55 PM	T,Th	\$32
26958	6Yrs-12Yrs	6/23-8/11	10:30-10:55 AM	Sa	\$32
26959	6Yrs-12Yrs	6/18-6/28	10:00-10:25 AM	M-Th	\$28
26960	6Yrs-12Yrs	7/2-7/12	10:00-10:25 AM	M-Th	\$28
26961	6Yrs-12Yrs	7/16-7/26	10:00-10:25 AM	M-Th	\$32
26962	6Yrs-12Yrs	7/30-8/9	10:00-10:25 AM	M-Th	\$32

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

26963	6Yrs-12Yrs	6/18-7/11	6:00-6:25 PM	MW	\$28
26964	6Yrs-12Yrs	7/16-8/8	6:00-6:25 PM	MW	\$32
26965	6Yrs-12Yrs	6/19-7/12	6:00-6:25 PM	T,Th	\$28
26966	6Yrs-12Yrs	7/17-8/9	6:00-6:25 PM	T,Th	\$32
26967	6Yrs-12Yrs	6/23-8/11	11:30-11:55 AM	Sa	\$32
26968	6Yrs-12Yrs	6/18-6/28	10:30-10:55 AM	M-Th	\$28
26969	6Yrs-12Yrs	7/2-7/12	10:30-10:55 AM	M-Th	\$28
26970	6Yrs-12Yrs	7/16-7/26	10:30-10:55 AM	M-Th	\$32
26971	6Yrs-12Yrs	7/30-8/9	10:30-10:55 AM	M-Th	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

26972	6 Yrs-12Yrs	6/18-7/11	6:30-6:55 PM	MW	\$28
26973	6 Yrs-12Yrs	7/16-8/8	6:30-6:55 PM	MW	\$32
26974	6 Yrs-12Yrs	6/19-7/12	5:30-5:55 PM	T,Th	\$32
26975	6 Yrs-12Yrs	7/17-8/9	5:30-5:55 PM	T,Th	\$32

26976	6 Yrs-12Yrs	6/23-8/11	11:00-11:25 AM	Sa	\$32
26977	6Yrs-12Yrs	6/18-6/28	9:30-9:55 AM	M-Th	\$28
26978	6Yrs-12Yrs	7/2-7/12	9:30-9:55 AM	M-Th	\$28
26979	6Yrs-12Yrs	7/16-7/26	9:30-9:55 AM	M-Th	\$32
26980	6Yrs-12Yrs	7/30-8/9	9:30-9:55 AM	M-Th	\$32

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke.

Tuesday/Thursday Classes are combined with Level 6.

26981	6Yrs-12Yrs	6/18-7/11	5:30-5:55 PM	MW	\$28
26982	6Yrs-12Yrs	7/16-8/8	5:30-5:55 PM	MW	\$32
26983	6Yrs-12Yrs	6/19-7/12	6:00-6:25 PM	T,Th	\$32
26984	6Yrs-12Yrs	7/17-8/9	6:00-6:25 PM	T,Th	\$32
26985	6Yrs-12Yrs	6/23-8/11	9:00-9:25 AM	Sa	\$32
26986	6Yrs-12Yrs	6/18-6/28	11:00-11:25 AM	M-Th	\$28
26987	6Yrs-12Yrs	7/2-7/12	11:00-11:25 AM	M-Th	\$28
26988	6Yrs-12Yrs	7/16-7/26	11:00-11:25 AM	M-Th	\$32
26989	6Yrs-12Yrs	7/30-8/9	11:00-11:25 AM	M-Th	\$32

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and butterfly. Tuesday/Thursday Classes are combined with Level 5.

26990	6Yrs-12Yrs	6/19-7/12	5:30-5:55 PM	T,Th	\$32
26991	6Yrs-12Yrs	7/17-8/9	5:30-5:55 PM	T,Th	\$32
26992	6Yrs-12Yrs	6/23-8/11	9:00-9:25 AM	Sa	\$32
26993	6Yrs-12Yrs	6/18-6/28	11:00-11:25 AM	M-Th	\$28
26994	6Yrs-12Yrs	7/2-7/12	11:00-11:25 AM	M-Th	\$28
26995	6Yrs-12Yrs	7/16-7/26	11:00-11:25 AM	M-Th	\$32
26996	6Yrs-12Yrs	7/30-8/9	11:00-11:25 AM	M-Th	\$32

AQUATICS – ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

26922	13 Yrs+	6/19-7/12	5:30-6:20 PM	TTh	\$35
26923	13 Yrs+	7/17-8/9	5:30-6:20 PM	TTh	\$40
26924	13 Yrs+	6/23-8/11	9:00-9:50 AM	Sa	\$40

JUNIOR LIFEGUARD PROGRAM

Get started for a future job as a lifeguard. Learn swimming and life-guarding skills. Must have Level 5 swim skills and be between the ages of 11-16. Please call the pool for more information.

Saturdays June 23 - August 11 9:30-10:30AM

LA84 FOUNDATION SUMMER AQUATICS PROGRAMS

Novice competitive swim and dive team training opportunity for ages 7-17 years old. Registration begins Monday, June 4 at 3:00 PM for Dive and Swim teams.

DIVE TEAM M-Th 3:30-4:30PM June 4 through August 17. Scholarships available with Date of Birth verification document.
Swim Team M-Th 4:30-5:30PM June 4 through August 11. Scholarships available with Date of Birth verification document.

POOL RENTALS

Please call the pool supervisor at 570-1718 for information, fees and scheduling availability.



SILVERADO PARK POOL

1540 WEST 32ND STREET, (562) 570-1721

GENERAL INFORMATION

Silverado Pool is a year-round, indoor facility. Water temperature is maintained between 82 - 84 degrees. Children must be at least 42 inches tall or accompanied by an adult in the water at all times. Swimsuits are required. Infants must wear "swim diapers." Pool fee is per entry. We do not offer refunds of admission fees. Schedule and fees may be subject to change.

POOL CLOSED MONDAY, MAY 28 (MEMORIAL DAY); WEDNESDAY, JULY 4 (INDEPENDENCE DAY); MONDAY, SEPTEMBER 3 (LABOR DAY).

OPEN SWIM FEES

Youth (ages 17Yrs&Under) \$1-FREE June 18-August 26 compliments of LBUSD.

Seniors (ages 50Yrs&Over), \$2

Adults (ages 18-49Yrs), \$3

SWIM PASSES: Swim passes are available online or at the pool. Each swim pass purchase valid for 1-year from purchase date. Membership pass fees: Youth-\$25, Seniors-\$40, Adults-\$65. Membership Pass valid for 25 visits. Fees may be subject to change.

LAP SWIM

Mon/Wed/Fri	6:30-9:00AM
Mon-Fri	12:00-1:00PM
Mon/Tue/Thu	6:00-7:00 PM, 2 LANES ONLY
Sat/Sun	12:00 1:00PM

ALL AGES RECREATION SWIM

Mon-Sun	1:00-3:30PM
Fri	7:00-8:30PM

WATER EXERCISE CLASSES

Seniors 50+ are free with a Senior Fitness Pass. Walk-in fee is \$3 per class for adults. Benefit from these fun, fast paced, low impact classes designed to shape you up with little or no stress on your knees or back. Shallow Water Exercise: Mon/Wed/Fri/Sun 11:00-11:50AM

STRENGTH & AEROBIC EXERCISE EQUIPMENT

We offer Universal equipment and two Lifecycles. The weight room is open during the above hours of operation. Fees include pool use and are the same as pool entry. Users must be 18 years of age and wear closed toe shoes and T-shirts.

SWIMMING LESSONS:

Class options: Monday/Wednesday, Tuesday/Thursday, Monday - Thursday or Saturday. Classes are 25 minutes in length. Registration for classes will be available on-line or at Silverado Park Pool during regular scheduled hours up to 15 minutes before closing. SCHOLARSHIPS AVAILABLE, AGES 7-17. Proof of age or a copy of birth certificate document required.

Cash, money orders, debit/credit card, and personal checks with a pre-printed address are accepted. Please make checks payable to the City of Long Beach. Online registration is also available for all swimming lessons offered at Silverado Park Pool. Visit www.lbparks.org to register online.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test. Classes may be cancelled or combined in the event of low enrollment. Please register early to reserve your place in class and no later than one week prior to the beginning of the session.

AQUATICS - PARENT & CHILD

An introductory course for children 9 months to three years. A parent must accompany the child in the water. Skills taught include: blowing bubbles, putting face in water, kicking feet, paddling arms, using kickboards, floating on back, and rolling over.

27096	9Mths-3Yrs	6/18-7/11	6:00-6:25 PM	MW	\$28
27097	9Mths-3Yrs	7/16-8/8	6:00-6:25 PM	MW	\$32
27098	9Mths-3Yrs	6/19-7/12	6:00-6:25 PM	T,Th	\$32
27099	9Mths-3Yrs	7/17-8/9	6:00-6:25 PM	T,Th	\$32
27100	9Mths-3Yrs	6/23-8/11	9:00-9:25 AM	Sa	\$32

AQUATICS - PRE SCHOOL AQUATICS 1

Skills taught in Pre-School Aquatics 1 include: blowing bubbles, front float, back float, front glide, back glide, introduction to arm and leg action on front, jumping in, and safety rules.

27101	3Yrs-5Yrs	6/18-7/11	4:00-4:25 PM	MW	\$28
27102	3Yrs-5Yrs	7/16-8/8	4:00-4:25 PM	MW	\$32
27103	3Yrs-5Yrs	6/19-7/12	4:00-4:25 PM	T,Th	\$32
27104	3Yrs-5Yrs	7/17-8/9	4:00-4:25 PM	T,Th	\$32
27105	3Yrs-5Yrs	6/23-8/11	9:30-9:55 AM	Sa	\$32
27110	3Yrs-5Yrs	6/23-8/11	11:00-11:25 AM	Sa	\$32
27106	3Yrs-5Yrs	6/18-6/28	10:30-10:55 AM	M-Th	\$28
27107	3Yrs-5Yrs	7/2-7/12	10:30-10:55 AM	M-Th	\$32
27108	3Yrs-5Yrs	7/16-7/26	10:30-10:55 AM	M-Th	\$32
27109	3Yrs-5Yrs	7/30-8/9	10:30-10:55 AM	M-Th	\$32

AQUATICS - PRE SCHOOL AQUATICS 2

Skills taught in Pre School Aquatics 2 include: front and back float, turning over, arm and leg action on front, introduction to arm and leg action on back, breath control, and treading water.

27111	3Yrs-5Yrs	6/18-7/11	4:00-4:25 PM	MW	\$28
27112	3Yrs-5Yrs	7/16-8/8	4:00-4:25 PM	MW	\$32
27113	3Yrs-5Yrs	6/19-7/12	4:00-4:25 PM	T,Th	\$32
27114	3Yrs-5Yrs	7/17-8/9	4:00-4:25 PM	T,Th	\$32
27115	3Yrs-5Yrs	6/23-8/11	9:30-9:55 AM	Sa	\$32
27116	3Yrs-5Yrs	6/18-6/28	10:30-10:55 AM	M-Th	\$32
27117	3Yrs-5Yrs	7/2-7/12	10:30-10:55 AM	M-Th	\$28
27118	3Yrs-5Yrs	7/16-7/26	10:30-10:55 AM	M-Th	\$32
27119	3Yrs-5Yrs	7/30-8/9	10:30-10:55 AM	M-Th	\$32

AQUATICS - PRE SCHOOL AQUATICS 3

Skills taught in Pre School Aquatics 3 include: front crawl with side breathing, backstroke, treading water, floating, introduction to breaststroke and water safety skills.

27121	3Yrs-5Yrs	6/18-7/11	5:00-5:25 PM	MW	\$28
27122	3Yrs-5Yrs	7/16-8/8	5:00-5:25 PM	MW	\$32
27123	3Yrs-5Yrs	6/19-7/12	5:00-5:25 PM	T,Th	\$32
27124	3Yrs-5Yrs	7/17-8/9	5:00-5:25 PM	T,Th	\$32
27120	3Yrs-5Yrs	6/23-8/11	10:30-10:55 AM	Sa	\$32

AQUATICS - LEVEL 1

Skills taught in Level 1 include: blowing bubbles, front float, back float, rolling over from front to back, introduction to arm action, kicking on front, combined stroke on front, and water safety rules.

27040	6Yrs-12Yrs	6/18-7/11	4:30-4:55 PM	MW	\$28
27041	6 Yrs-12Yrs	7/16-8/8	4:30-4:55 PM	MW	\$32
27042	6 Yrs-12Yrs	6/19-7/12	4:30-4:55 PM	T,Th	\$32
27043	6 Yrs-12Yrs	7/17-8/9	4:30-4:55 PM	T,Th	\$32
27044	6 Yrs-12Yrs	6/23-8/11	10:00-10:25 AM	Sa	\$32
27045	6 Yrs-12Yrs	6/23-8/11	11:30-11:55 AM	Sa	\$32
27046	6 Yrs-12Yrs	6/18-6/28	10:00-10:25 AM	M-Th	\$32
27047	6 Yrs-12Yrs	7/2-7/12	10:00-10:25 AM	M-Th	\$28
27048	6 Yrs-12Yrs	7/16-7/26	10:00-10:25 AM	M-Th	\$32
27049	6 Yrs-12Yrs	7/30-8/9	10:00-10:25 AM	M-Th	\$32

AQUATICS - LEVEL 2

Skills taught in Level 2 include: submerging head, recovering from a float to a standing position, front glide, back glide, introduction to treading water, combined stroke on front and back, and water safety rules.

27050	6Yrs-12Yrs	6/18-7/11	4:30-4:55 PM	MW	\$28
27051	6Yrs-12Yrs	7/16-8/8	4:30-4:55 PM	MW	\$32
27052	6Yrs-12Yrs	6/19-7/12	4:30-4:55 PM	T,Th	\$32
27053	6Yrs-12Yrs	7/17-8/9	4:30-4:55 PM	T,Th	\$32
27054	6Yrs-12Yrs	6/23-8/11	10:00-10:25 AM	Sa	\$32
27055	6Yrs-12Yrs	6/23-8/11	11:30-11:55 AM	Sa	\$32
27056	6Yrs-12Yrs	6/18-6/28	10:00-10:25 AM	M-Th	\$32
27057	6Yrs-12Yrs	7/2-7/12	10:00-10:25 AM	M-Th	\$28
27058	6Yrs-12Yrs	7/16-7/26	10:00-10:25 AM	M-Th	\$32
27059	6Yrs-12Yrs	7/30-8/9	10:00-10:25 AM	M-Th	\$32

40 REGISTER ONLINE AT WWW.LBPARKS.ORG

Silverado Park pool classes continued

AQUATICS - LEVEL 3

Skills taught in Level 3 include: jumping into deep water, back float, front crawl, back crawl, treading water, head first entry from the side of pool, introduction to butterfly, and water safety rules.

27060	6Yrs-12Yrs	6/18-7/11	5:00-5:25 PM	MW	\$32
27061	6 Yrs-12Yrs	7/16-8/8	5:00-5:25 PM	MW	\$32
27062	6 Yrs-12Yrs	6/19-7/12	5:00-5:25 PM	T,Th	\$28
27063	6 Yrs-12Yrs	7/17-8/9	5:00-5:25 PM	T,Th	\$32
27064	6Yrs-12Yrs	6/23-8/11	10:30-10:55 AM	Sa	\$32
27065	6Yrs-12Yrs	6/18-6/28	9:30-9:55 AM	M-Th	\$32
27066	6Yrs-12Yrs	7/2-7/12	9:30-9:55 AM	M-Th	\$28
27067	6Yrs-12Yrs	7/16-7/26	9:30-9:55 AM	M-Th	\$32
27068	6Yrs-12Yrs	7/30-8/9	9:30-9:55 AM	M-Th	\$32

AQUATICS - LEVEL 4

Skills taught in Level 4 include: diving from the side of the pool, front crawl, back crawl, butterfly, breaststroke, elementary backstroke, treading water, and sidestroke.

27069	6Yrs-12Yrs	6/18-7/11	5:00-5:25 PM	MW	\$28
27070	6Yrs-12Yrs	7/16-8/8	5:00-5:25 PM	MW	\$32
27071	6Yrs-12Yrs	6/19-7/12	5:00-5:25 PM	T,Th	\$32
27072	6Yrs-12Yrs	7/17-8/9	5:00-5:25 PM	T,Th	\$32
27073	6Yrs-12Yrs	6/23-8/11	10:30-10:55 AM	Sa	\$32
27074	6Yrs-12Yrs	6/18-6/28	9:30-9:55 AM	M-Th	\$32
27075	6Yrs-12Yrs	7/2-7/12	9:30-9:55 AM	M-Th	\$28
27076	6Yrs-12Yrs	7/16-7/26	9:30-9:55 AM	M-Th	\$32
27077	6Yrs-12Yrs	7/30-8/9	9:30-9:55 AM	M-Th	\$32

AQUATICS - LEVEL 5

Skills taught in Level 5 include: flip turns, treading water, diving from the side of the pool, and refining front crawl, back crawl, butterfly, elementary backstroke, breaststroke, and sidestroke2

27078	6Yrs-12Yrs	6/18-7/11	5:30-5:55 PM	MW	\$28
27079	6Yrs-12Yrs	7/16-8/8	5:30-5:55 PM	MW	\$32
27080	6Yrs-12Yrs	6/19-7/12	5:30-5:55 PM	T,Th	\$32
27081	6Yrs-12Yrs	7/17-8/9	5:30-5:55 PM	T,Th	\$32
27082	6Yrs-12Yrs	6/23-8/11	11:00-11:25 AM	Sa	\$32
27083	6Yrs-12Yrs	6/18-6/28	9:00-9:25 AM	M-Th	\$32
27084	6Yrs-12Yrs	7/2-7/12	9:00-9:25 AM	M-Th	\$28
27085	6Yrs-12Yrs	7/16-7/26	9:00-9:25 AM	M-Th	\$32
27086	6Yrs-12Yrs	7/30-8/9	9:00-9:25 AM	M-Th	\$32

AQUATICS - LEVEL 6

Skills taught in Level 6 include: building endurance in front crawl, back crawl, breaststroke, and sidestroke.

27087	6Yrs-12Yrs	6/18-7/11	5:30-5:55 PM	MW	\$28
27088	6Yrs-12Yrs	7/16-8/8	5:30-5:55 PM	MW	\$32
27089	6Yrs-12Yrs	6/19-7/12	5:30-5:55 PM	T,Th	\$32
27090	6Yrs-12Yrs	7/17-8/9	5:30-5:55 PM	T,Th	\$32
27091	6Yrs-12Yrs	6/23-8/11	11:00-11:25 AM	Sa	\$32
27092	6Yrs-12Yrs	6/18-6/28	9:00-9:25 AM	M-Th	\$32
27093	6Yrs-12Yrs	7/2-7/12	9:00-9:25 AM	M-Th	\$28
27094	6Yrs-12Yrs	7/16-7/26	9:00-9:25 AM	M-Th	\$32
27095	6Yrs-12Yrs	7/30-8/9	9:00-9:25 AM	M-Th	\$32

AQUATICS - ADULTS

Teaches new skills and improves endurance and swimming abilities for adults of all levels.

27033	13Yrs +	6/18-7/11	6:00-6:50 PM	MW	\$35
27034	13Yrs +	7/16-8/8	6:00-6:50 PM	MW	\$40
27035	13Yrs +	6/19-7/12	6:00-6:50 PM	T,Th	\$40
27036	13Yrs +	7/17-8/9	6:00-6:50 PM	T,Th	\$40
27037	13Yrs +	6/23-8/11	8:00-8:55 AM	Sa	\$40

LA84 FOUNDATION SUMMER AQUATICS PROGRAMS

Novice competitive swim and dive team training opportunity for ages 7 -17 years old. Registration begins Saturday, June 2 at 8:00AM for Swim and Dive teams.

Swim Team M-Th 3:30PM-4:30PM June 18 through August 17. Scholarships available with Date of Birth verification document.
 Dive Team M-Th 4:30PM-5:30PM June 18 through August 17. Scholarships available with Date of Birth verification document.
 Synchronized Swim Team M-Th 10:00AM-11:00AM June 18 through August 17. Scholarships available with Date of Birth verification document.

POOL RENTALS

Please call the pool supervisor at 570-1885 for information, fees and scheduling availability.

PRIVATE SWIM LESSONS

Instructor Robert Bruce Hirschhorn has over 35 years of experience specializing in early childhood water safety, adult beginners and special needs students of all ages. The fee for five 20-minute private lessons is \$175. Lessons are by appointment only. Call (562) 431-4080 for information regarding this program.

JORDAN HIGH SCHOOL POOL
 6500 ATLANTIC AVENUE,(562) 570-1721

GENERAL INFORMATION:

The Jordan High School Swimming Pool is a summer only, indoor pool with water temperature maintained at a comfortable 83-84 degrees. Children must be at least 42" tall or accompanied by an adult in the water. Swimsuits are required. Infants must wear "swim diapers". Schedule is effective from June 18 to August 17 and may be subject to change.

OPEN SWIM FEES:

Youth (17 years and under): Free
 Adults (18 years and over): \$3.00
 Seniors (50 years and over): \$2.00

Activity	Days	Times	Age
Lap Swim	M - F	10:00 AM-1:00 PM	Adult
Rec. Swim	M - F	1:00- 3:00 PM	All
Water Ex.	T/Th	11:00-11:50 AM	Adult

SWIMMING CLASSES

The following are conducted during two-week sessions Mon-Thu. Registration is held in person at the pool Mondays thru Wednesdays 10:00 AM - 12:00 PM during the first week of class.

Fees are: Youth - \$32. Make checks payable to the CITY OF LONG BEACH. Refunds for classes will only be granted prior to the first class meeting, with a \$11 service charge assessed.

If you are unsure of the level for which to sign-up, call or stop by the pool to arrange for a swim test prior to classes starting. Note: Schedule and fees may be subject to change.

WEEKDAY LESSONS

The following are conducted in two-week sessions. Classes begin on 6/19 for the Monday - Thursday daytime lessons.
 (6/18-6/28, 7/2-7/12, 7/16-7/26, 7/30-8/9)

Activity	Times	Required
Pre-K Aquatics I	10:00 AM	3-5 yrs.
Pre-K Aquatics II	10:00 AM	Pre-K Aquatics I
Level I	10:30 AM	6 yrs.-17 yrs.
Level II	10:30 AM	pass Level I
Level III	11:00 AM	pass Level II
Level IV	11:00 AM	pass Level III
Level V	1:30 AM	pass Level IV
Level I	11:30 AM	6 YRS-17 YRS

LA84 SWIM TEAM

Novice Youth Swim Team. Come participate in a competitive swim training program. Scholarships are available. Training is Monday through Thursday 10:00 -11:00 AM.



MILLIKAN HIGH SCHOOL POOL

2800 Snowden Ave (562) 570-1718 or
(562) 425-7441 ext. 4145 after June 19, 2018

GENERAL INFORMATION

Children must be at least 42" tall or accompanied by an adult in the water. Swimsuits required. Schedules are effective June 18-August 17 and may be subject to change. Pool closed July 4th.

LAP SWIM AND OPEN RECREATION SWIM FEES:

Youth (ages 17 & under), Free; Adult, (ages 18 - 49), \$3; Seniors (50+) \$2.

Activity	Days	Times	Ages
Lap Swim	M-F	noon-1 PM	All
Recreation Swim	M/W/F	1-3 PM	All

LEARN TO SWIM PROGRAM

Fees: Youth \$32, Adults \$40. Teams with LA84 scholarship \$50.00. All classes are 25 minutes in length. Classes must have a minimum of five students and will be limited to ten students. Registration is held at Millikan Pool between 10:30-12:30PM and between 2:30-4PM. LA84 Scholarships available on a limited basis for each session. Refunds for classes will only be granted prior to the first class meeting, with a \$10 service charge assessed.

Mon-Thur Classes	Dates	Registration Dates
Session I	June 18-28	June 18-20
Session II	July 2-July 12	June 28, July 2-5
Session III	July 16-26	July 12, 16-18
Session IV	July 30-Aug 9	July 26, July 30-Aug 1

Mon/Wed Classes	Dates	Registration Dates
Session I	June 18-July 11	June 18-20
Session II	July 16-Aug 8	July 11, 16-18

Activity	Days	Times	Ages/Requirements
Tiny Tot 1	M-Th	noon	3-5yrs
Tiny Tot 2/3	M-Th	12:30 PM	3-5yrs; Must pass Tiny Tot 1/2
Level 1 & 2	M-Th	11 AM	6+
Level 1 & 2	M/W,	3 PM	6+
Level 3 & 4	M-Th,	11:30 AM	Must pass Level 2
Level 3 & 4	M/W,	3:30 PM	
Level 5/6	M-Th	11:30 AM	Must pass Level 4
Level 5/6	M/W	3:30 PM	
Swim Team	M-F,	noon-1 PM	7-17yrs
Dive Team	M/W/F	3-4 PM	7-17yrs

MODEL BOAT SHOP

(562) 570-1888

Recreation Leaders certified in First Aid and CPR will be on site to assist participants with the construction of model sailboats at the Model Boat Shop for seven weeks this summer. Races are held each Friday afternoon at the Colorado Lagoon. This is a drop-in program for children ages 7 years and up. The summer ends with the International Sea Festival Clyde W. Ellerman Memorial Model Boat Regatta on Friday, August 10.

1 seven-week session, June 25 – August 10, 10 AM-3 PM. Register online at www.lbparks.org.

2018 Model Boat Shop Registration 10 AM-3PM 6/25-8/10 M-F \$60
Additional boat building supply fees:

12" Model Boat \$25	30" Model Boat \$40
18" Model Boat \$30	36" Model Boat \$45
24" Model Boat \$35	40" Model Boat \$50

AQUATICS DAY CAMPS

4320 Olympic Plaza, (562) 570-1888

SPRING CAMP – LEEWAY SAILING CENTER

Online: www.lbparks.org

Aquatics Camps Office: 4320 Olympic Plaza

Recreation Administration Office: 2760 N. Studebaker Road

We're remodeling! The dock at Leeway Sailing Center is currently under construction and being completely rebuilt. Aquatics Spring Camp will be back better than ever in Spring 2019.

AQUATICS SUMMER DAY CAMPS

SUMMER REGISTRATION BEGINS: APRIL 14, 2018

Online: www.lbparks.org Aquatics Camps Office: 4320 Olympic Plaza

Recreation Administration Office: 2760 N. Studebaker Road

Registration for the summer program will be accepted ONLINE & IN PERSON on a first come, first served basis beginning April 14, 2018. Program fees are due at the time of registration. Families wishing to register for multiple weeks are required to pay for the first week in full plus a \$20 non-refundable deposit for each additional week reserved.

Online Registration will be accepted 24 hours a day/7 days a week! Walk-in registration will be accepted at the Recreation Administration Office, Monday-Friday from 8AM-5PM and the Aquatics Camps Office by appointment only. Beginning June 11, Aquatics Camps Office hours will be 7-11AM.

PROGRAM INFORMATION

- All Aquatics Camps staff are trained lifeguards certified in First Aid, CPR and Water Safety instruction by the American Red Cross. Staff to camper ratio at Belmont Junior Beach Camp is 1:8. Staff to camper ratio at Bayshore Beach Camp and Bay Club Teen Camp is 1:10.

- Swim lessons are taught at both Belmont Junior Beach Camp and Bayshore Beach Camp. Swim lessons are not conducted on excursion days. There is no additional charge for swim lessons.

- Excursion fees vary and are not included in the registration fee. Excursion fees are paid online during registration or on a weekly basis at the Aquatics Camps Office.

BELMONT JUNIOR BEACH CAMP

Ages 5-7, must have full day preschool or kindergarten experience. Join us outside the Belmont Outdoor Pool for summer fun. Campers enjoy games, crafts, beach play, songs, American Red Cross swimming lessons and excursions. Canoeing and sailing is conducted once each week at Leeway Sailing Center. **10-one week sessions, June 18-August 24, \$158 per week, 9AM-4PM. Extended day care, 7-9 AM and 4-6 PM at additional cost of \$25-\$50 per week.**

BAYSHORE BEACH CAMP

Ages 8-12. The camp includes sailing, canoeing, kayaking, swimming, crafts, excursions and features environmental activities. A 45-minute Marine Biology lesson is conducted twice each week. Class held at Leeway Sailing Center. **10-one week sessions, June 18-August 24, \$158 per week, 9AM-4PM. Extended day care, 7-9 AM and 4-6 PM at additional cost of \$25-\$50 per week.**

BAY CLUB TEEN CAMP

Ages 13-15, must have completed 7th grade. Participants will learn the basics of sailing, canoeing and kayaking in addition to beach activities and field trips. Class held at Leeway Sailing Center. **8 one-week sessions, June 18-Aug 10, \$123 per week, noon-5 PM.**

COUNSELOR-IN-TRAINING PROGRAM

Ages 13-17, must have completed 8th grade. Participants learn team building activities, camper supervision and boating skills in addition to obtaining valuable Red Cross CPR certification. Participants must be able to attend the entire four-week program. Excursion fee to Aquarium of the Pacific and Raging Waters included in registration fee. Class held at Leeway Sailing Center.

1 four-week session, June 25 – July 20, \$310, 10 AM-2 PM

42 SIGN UP FOR LINKLB AT WWW.LONGBEACH.GOV/LINKLB

LEEWAY SAILING CENTER

5437 East Ocean Boulevard • (562) 570-1719

Leeway Sailing Center offers lessons in kayaking and sailing. ALL CLASSES REQUIRE REGISTRATION AT LEAST 48 HOURS IN ADVANCE EITHER ONLINE OR AT THE PARKS, RECREATION AND MARINE REGISTRATION OFFICE. **REGISTRATION IS NOT ACCEPTED AT THE FACILITY.**

LITTLE LEEWHALERS

6yrs - 8yrs

For boating beginners! Participants will learn the basics of canoeing, kayaking, sailing and beach safety in a fun, safe environment. Register early, space is limited.

27176	6/18-6/29	9:00-11:00 AM	M-F	\$107
27177	7/2-7/13	9:00-11:00 AM	M-F	\$97
27178	7/16-7/27	9:00-11:00 AM	M-F	\$107
27179	7/30-8/10	9:00-11:00 AM	M-F	\$107
27180	8/13-8/24	9:00-11:00 AM	M-F	\$107

BEGINNING SABOT SAILING (8' BOATS)

8yrs & up

A beginning sailing class designed to introduce children to the exciting sport of dinghy sailing. No previous experience is necessary.

27139	6/2-6/23	9:00 AM-12:00 PM	Sa	\$117
27140	7/7-7/28	9:00 AM-12:00 PM	Sa	\$117
27141	8/4-8/25	9:00 AM-12:00 PM	Sa	\$117
27142	6/18-6/29	9:00-11:00 AM	M-F	\$189
27143	7/2-7/13	9:00-11:00 AM	M-F	\$170
27144	7/16-7/27	9:00-11:00 AM	M-F	\$189
27145	7/30-8/10	9:00-11:00 AM	M-F	\$189
27146	8/13-8/24	9:00-11:00 AM	M-F	\$189

INTERMEDIATE SABOT SAILING (8' BOATS)

8yrs & up

An intermediate class for sailors that have completed Beginning Sabot. This class focuses on boat handling skills and beginning tactics.

27156	6/18-6/29	11:30 AM-1:30 PM	M-F	\$189
27157	7/2-7/13	11:30 AM-1:30 PM	M-F	\$170
27158	7/16-7/27	11:30 AM-1:30 PM	M-F	\$189
27159	7/30-8/10	11:30 AM-1:30 PM	M-F	\$189
27150	8/13-8/24	11:30 AM-1:30 PM	M-F	\$189

SABOT RACE TEAM (8' BOATS)

8yrs & up

This four-week course is designed for Sabot students that would like to learn racing strategy, tactics, and advanced boat handling skills. First session Tuesdays, class will start at 4PM due to Twilight Races on the Bay. Participants should bring water and snacks.

27181	6/25 - 7/20	1:30-4:00 PM	M-F	\$200*
27182	7/23 - 8/17	1:30-4:00 PM	M-F	\$204

BEGINNING CAPRI SAILING (14' BOATS)

13yrs & up

A beginning sailing class designed to introduce adult students to the exciting sport of dinghy sailing.

27133	6/2-6/23	9:00 AM-12:00 PM	Sa	\$117
27134	7/7-7/28	9:00 AM-12:00 PM	Sa	\$117
27135	8/4-8/25	9:00 AM-12:00 PM	Sa	\$117
27136	6/3-6/24	9:00 AM-12:00 PM	Su	\$117
27137	7/8-7/29	9:00 AM-12:00 PM	Su	\$117
27138	8/5-8/26	9:00 AM-12:00 PM	Su	\$117

INTERMEDIATE CAPRI SAILING (14' BOATS)

13yrs & up

For sailors who have completed our Beginning Capri class. Learn advanced sailing skills such as solo sailing, backwinding, basic racing, tiller extensions and controlled jibes.

27153	6/3-6/24	12:30-3:30 PM	Su	\$117
27154	7/8-7/29	12:30-3:30 PM	Su	\$117
27155	8/5-8/26	12:30-3:30 PM	Su	\$117

KEELBOAT CLASS

13yrs & up

A class for those with sailing experience. Participants must have Intermediate Capri certification and/or skills needed for ocean sailing on a Keelboat.

27173	6/3-6/24	10:00 AM-2:00 PM	Su	\$133
27174	7/8-7/29	10:00 AM-2:00 PM	Su	\$133
27175	8/5-8/26	10:00 AM-2:00 PM	Su	\$133

BEGINNING BAY KAYAKING 10yrs & up

Learn basic kayaking and safety procedures. Bring a bathing suit and towel, as you will get wet! An adult must accompany children under 12 years of age.

27161	6/2-6/9	9:00-11:00 AM	Sa	\$47
27162	6/16-6/23	9:00-11:00 AM	Sa	\$47
27163	7/7-7/14	9:00-11:00 AM	Sa	\$47
27164	7/21-7/28	9:00-11:00 AM	Sa	\$47
27165	8/4-8/11	9:00-11:00 AM	Sa	\$47
27166	8/18-8/25	9:00-11:00 AM	Sa	\$47
27167	6/7-6/14	6:00-8:00 PM	Th	\$47
27168	6/21-6/28	6:00-8:00 PM	Th	\$47
27169	7/5-7/12	6:00-8:00 PM	Th	\$47
27170	7/19-7/26	6:00-8:00 PM	Th	\$47
27171	8/2-8/9	6:00-8:00 PM	Th	\$47
27172	8/16-8/23	6:00-8:00 PM	Th	\$47

INTERMEDIATE BAY KAYAKING

10yrs & up

Review and refine skills. Involves lots of on-water time to practice with kayak skirts and introduces ocean kayaking. Bring a bathing suit and towel. An adult must accompany children under 12 years of age.

27147	6/2-6/9	11:30 AM-1:30 PM	Sa	\$47
27148	6/16-6/23	11:30 AM-1:30 PM	Sa	\$47
27149	7/7-7/14	11:30 AM-1:30 PM	Sa	\$47
27150	7/21-7/28	11:30 AM-1:30 PM	Sa	\$47
27151	8/4-8/11	11:30 AM-1:30 PM	Sa	\$47
27152	8/18-8/25	11:30 AM-1:30 PM	Sa	\$47

PRIVATE LESSONS

Private and semi-private lessons in sailing, kayaking, and canoeing are available. Call Leeway Sailing Center at (562) 570-1719 for more information.

SAIL CLUB

A rental program offered on Saturdays from 12PM-5PM year-round and Thursdays 5PM-Dusk, June 7-August 30. All participants must have successfully completed a course conducted by Leeway Sailing Center or must pass a skills check conducted by Leeway staff prior to renting equipment. A skills check may be scheduled by calling the Sailing Center at (562) 570-1719 at least one week in advance. The skills check fee is \$90 per person.

Rental rates are as follows:

Capri & Sabots: \$17/hour

Kayaks & Canoe: \$13/hour

FREE SUMMER SWIM PROGRAMS

CABRILLO AQUATIC CENTER

2001 Santa Fe Avenue, (562) 570-1808

REGISTRATION HOURS: Mon. June 18 - Wed, August 17, noon-5 PM. Registration must be turned in before class start time. Swimsuits required.

RECREATION SWIM

Day	Time	Date
Mon-Fri	noon-2 PM	June 19-August 25

FREE ADMISSION

Please note that space is limited during recreation swim sessions. Children under 48 inches must swim with a parent and/or guardian.

Activity	Times	Ages/Requirements
Pre-K Aquatics I	3:00 PM	3-5 yrs.
Pre-K Aquatics II	3:00 PM	Pre-K Aquatics I
Level 1	3:30 PM	6-17 yrs.
Level 2	3:30 PM	pass Level 1
Level 3	4:00 PM	pass Level 2
Level 4	4:00 PM	pass Level 3
Level 5	4:30 PM	pass Level 4
Level 6	4:30 PM	pass Level 5
Parent & Child	5:00 PM	6mos-3 yrs
Adult	5:00 PM	15 yrs and up

LA84 REQUIREMENTS

Limited scholarships available. Provided on first come, first serve basis. One scholarship per child. Must show proof of Date of Birth to participate.

NOVICE SWIM MEET Date to be announced

LA84 SWIM FESTIVAL AUGUST 11