



The Newark Swim Lesson Program provides the highest quality of swim instruction available. We look at swim instruction as a necessary life skill and want to make swimming an enjoyable lifelong activity for you and your family. Lessons are tailored to age and skill within a level. Remember not to compare your child's progress with other swimmers as everyone learns at a different pace. Children are tested on the first day of each session and placed into the appropriate class level. We hope that you enjoy your swimming experience with us and welcome any of your comments or suggestions. Swim lessons run for a short session (typically 8 lessons for weekday and 4 or 5 lessons for Saturdays or Sundays). You can sign up for any session or as many sessions as you like. (They do not need to be concurrent.) This flexible approach allows you the benefit of meeting your family's schedule.

### REGISTRATION DEADLINES:

Registration deadlines are firm. We will not accept any registrations after the deadline has passed. It is best to register in advance to ensure your class is available.

Lesson	Registration closes
Weekday	"day before" at 12:00pm
Saturday	"Fri. before" at 12:00pm
Sunday	"Sat. before" at 12:00pm

### REFUND/MAKEUP POLICY:

Due to the popularity of our program we have a fairly strict refund policy. You have 24 hours from the time of registration in which to request a refund (all refunds have a \$15 processing fee), or transfer to another time/session (based on class availability). After 24 hours, there are no refunds given. Transfer may be granted up to 3 business days prior to the session starting if there is space available. Transfers have a \$15 processing fee.

Please note: There are no make-up classes and/or credits/refunds for any classes missed due to accident, injury, illness, or personal scheduling conflicts. Doctor's notes will not be accepted.

### SWIM LESSON PROFICIENCY:

Students must have a specific mastery of the skills/proficiency before moving to the next level as well as meet all the exit skill requirements. Proficiency is determined by staff. We reserve the right to move your child from the class you signed up for to one that is more developmentally appropriate.

### Aquatot Lessons... Ages 6 months - 3 years

This interactive class is for parents and children. The instructor will lead the parents through a variety of skills to teach their child. The parent is the primary instructor for their child and is required to be in the water with the child in a swim suit. Children must wear a swim diaper under their suit. The class is designed to get the child comfortable in the water and to begin to work on entry-level swim readiness skills. Upon successful completion or age advancement the student will move into the preschool lesson program. Instructor to student ratio 1:10.

### Competitive Swim Lessons... Ages 7-17 years

This course is designed for those who have completed the youth Level 5, or age group swimmers who no longer have their swim team workouts. Class will focus on the 4 main competitive strokes in a structured swim workout environment. Classes are 45 minutes long. Instructor to student ratio 1:10

### Adult/Teen Lessons... Ages 13+ years

This course is designed to help adults meet their swim lesson needs from beginner to advance and focusing on the individual needs of each student. Classes are 40 minutes long. Instructor to student ratio 1:6

### Semi Private Preschool Lessons... Ages 3-5 years

Looking for more individualized instruction for your preschooler; then this may be the course for you. This course is taught like a normal preschool swim lesson but with less students per instructor. You get more individualized instruction for your \$\$\$. Instructor to student ratio 1:2

### Semi Private Youth Lessons... Ages 6-12 years

This course is more individualized as it goes through the Youth lesson program with less students per instructor. Instructor ratio 1:2

### Preschool Swim Lessons... Ages 3-5 years

This course offers all swimming levels for children ages 3-5 yrs. Children work on water exploration and adjustment skills such as bubble blowing, putting face in the water, and floating with support. They will progress to more advanced skill such as front crawl and back stroke. Instructor to student ratio 1:4.

### Youth Swim Lessons... Ages 6-12 years

This swim lesson program offers all swimming levels for your child. Levels range from the first level in which students start to develop good attitudes and safe practices around the water all the way to Level 5; where students are swimming all the basic strokes (freestyle, backstroke, breaststroke, and butterfly). Instructor to Student ratio 1:8 depending upon level.

### Private Lessons... Ages 3+ years

1 on 1 individualized instruction for those looking for a more personalized approach. These lessons are completely focused on working on what you want to work on. Every effort is made to schedule the same instructor for each of your sessions; however, we cannot guarantee it. Registration is available online or in person. We will make every effort to fulfill your request, but due to the popularity of private lessons they are on a first come first serve basis. Classes are 30 minutes long.

# FALL SWIM LESSONS



## Weekday Group Lessons: 8 classes

- Session 1: Mon/Wed 9/7-9/28 \*No class 9/5
- Session 1: Tue/Thu 9/6-9/29
- Session 2: Mon/Wed 10/3-10/26
- Session 2: Tue/Thu 10/4-10/27
- Session 3: Mon/Wed 11/2-11/30 \*No class 10/31 or Thanksgiving Week
- Session 3: Tue/Thu 11/1-12/01 \*No classes Thanksgiving Week

## Weekend Group Lessons: 5 Classes

- Session 1: Sat 9/10-10/8
- Session 1: Sun 9/11-10/9
- Session 2: Sat 10/15-11/12
- Session 2: Sun 10/16-11/13



\*Please note that prices will vary depending on session with fewer classes.

<u>Aquatot Lessons</u>	<u>Fee R/NR</u>
Weekday: 4:30pm Tue/Thu only.....	\$72/\$79
Weekend: 9:00am * 25 minutes.....	\$52/\$57
<u>Competitive Swim Lessons</u>	<u>Fee R/NR</u>
Weekday: 4:15pm.....	\$109/\$121
Weekend: 9:00am.....	\$156/\$164
<u>Adult/Teen Lessons</u>	<u>Fee R/NR</u>
Weekday: 7:00pm Tue/Thu only.....	\$109/\$121
Weekend: 9:00am Sun only.....	\$156/\$164
<u>Semi Private Preschool Lessons</u>	<u>Fee R/NR</u>
Weekday: 4:30pm.....	\$144/\$158
Weekend: 9:00am.....	\$156/\$164
<u>Semi Private Youth Lessons</u>	<u>Fee R/NR</u>
Weekday: 4:30pm.....	\$144/\$158
Weekend: 9:00am.....	\$156/\$164
<u>Preschool Swim Lessons</u>	<u>Fee R/NR</u>
Weekday: 1:00pm*, 5:00pm, 5:30pm, 6:00pm, 6:30pm **Tue/Thu Only...	\$72/\$79
Weekend: 9:45am, 10:30am, 11:15am.....	\$78/\$86
<u>Youth Swim Lessons</u>	<u>Fee R/NR</u>
Weekday: 5:00pm, 5:30pm, 6:00pm, 6:30pm.....	\$72/\$79
Weekend: 9:45am, 10:30am, 11:15am.....	\$78/\$86
<u>Private Lessons</u>	<u>Fee R/NR</u>
Weekday: 4:30pm, 7:00pm.....	\$288/\$302
Weekend: 12:00pm .....	\$180/\$189

# Swim Lessons

## LIFEGUARD TRAINING DISCOUNT!

Work for the City of Newark and get the training for \$75!

Requirements to get discount:

- Submit a City of Newark Application
- Submit an Availability Form \*
- Schedule a Skills Evaluation & Interview
- Upon successful completion of the above the discounted rate will be granted.

For all training discounts please contact Nick Cuevas, Aquatic Coordinator at [nicholas.cuevas@newark.org](mailto:nicholas.cuevas@newark.org).

\*All requirements must be scheduled prior to the course starting. Each season has an availability requirement that requires weekend and holiday availability.

This course is an American Red Cross Blended Learning Lifeguard Certification Course and provides the participant the opportunity to get certified as a Shallow Water Lifeguard up to 5 feet deep. Pre-requisites: Participants must have the ability to swim 100 yards (300 yards with Newark Employment), demonstrating freestyle and breaststroke, tread water without arms for 2 minutes, and swim 20 yards, retrieve a 10 pound object underwater, swim with object back to starting point in 40 seconds. As this is a National Certification and can be quite rigorous for some, candidates must pass all elements of the course to become certified. Additional Certification in First Aid, CPR, AED, and Oxygen administration is contained in this course. Note: Actual time of the course may vary depending upon the skill level of the participants. Must be 15 yrs by first day of class.

Day	Date	Time	#	Fee R/NR
Mon-Thu	8/22-8/25	Mon-Thu 8:00am-6:00pm	4	\$150/\$157
Fri-Sun	10/14-10/16	Fri 4:00pm-9:00pm Sat-Sun 8:00am-6:00pm	3	\$150/\$157
Fri-Sun	12/02-12/04	Fri 4:00pm-9:00pm Sat-Sun 8:00am-6:00pm	3	\$150/\$157

### Students must attend all class dates! No make up classes.

Blended Learning Info: 7.5 hours of online work is required and must be completed 4 days prior to start of class. Non-refundable \$35 fee will be collected by the American Red Cross. Once enrolled, participant will be required to email [nicholas.cuevas@newark.org](mailto:nicholas.cuevas@newark.org) for class link or link will be provided on receipt.

Certification Disclaimer: Participants must pass the entire prerequisite test in order to continue in the course. Failure to pass the prerequisite test results in forfeiture of class fees or a one-time transfer to a future City of Newark course. Once a participant passes the prerequisite test, no refunds or transfers will be processed.

Certification Requirements: To receive an American Red Cross certification, participants must: 1. Pass all course prerequisites, 2. Attend all class sessions in their entirety, 3. Demonstrate competency in all required skills and activities, 4. Demonstrate competency in the final skills scenarios, 5. Correctly answer 80% of the questions on the final written exam, 6. Please note that some tests can only be taken once. Failure to meet the course prerequisites requirements will result in forfeiture of class fees and certification will not be granted. If you have any questions, contact Nick Cuevas, Aquatics Coordinator at [nicholas.cuevas@newark.org](mailto:nicholas.cuevas@newark.org)



## WATER AEROBICS

We believe aquatic fitness classes are a great way to exercise, meet new friends, and change up your regular routine! These workouts will get your heart rate up, strengthen muscles and increase your flexibility. Our water aerobics program encourages participants to increase range of motion and cardiovascular circulation in a fun and energizing atmosphere! Move at your own pace or keep up with our energetic Instructors!

### GENERAL WATER AEROBICS

Day	Date	Time	#	Fee R/NR
Mon/Tue/Wed	9/12- 10/5	9:00-10:00am	12	\$108/\$114
Mon/Tue/Wed	10/10- 11/2	9:00-10:00am	12	\$108/\$114
Mon/Tue/Wed	11/7- 11/30	9:00-10:00am	9	\$81/\$89*

NO CLASSES Thanksgiving week 11/21 - 11/23.

Class times and schedules can change last minute and without notice. Please call the front desk to verify class times when dropping in by 8:00am the day of class at 510-578-4620.

### WATER AEROBICS DROP-IN OR FITNESS 10 PASS OPTION

Looking for more flexibility with class dates and times? Try a water aerobics drop in, or purchase a fitness 10 pass option. Fitness 10 Pass \$95R/\$105NR or drop in rate \$12 per class. Please Note: As space is limited, any available space will be given to Fitness Pass and drop in participants last. Registered class participants have priority. Space limits may change at any time without notice.

Patrons are not allowed to participate in the class if they have a regular facility membership. This is an additional fee class which is instructor led. Passes that do NOT work include: All inclusive Pass for adult or senior, Season Pass, or employee pass.

## Free FAMILY CAMPFIRE AT COYOTE HILLS REGIONAL PARK

Dairy Glen Group Site  
Friday, 10/14, 5:00-7:30pm

Coyote Hills Naturalists' invite seniors and families to wow the children in their life with the joys of an old-fashioned outdoor campfire! Transportation, supper, and dessert of roasted marshmallows and s'mores will be provided. Sitting around the campfire participants will enjoy fireside stories, songs, and food. This free event will connect your family with the beauty of nature. Bus will depart from the Newark Community Center, 35501 Cedar Blvd. Children under 18 years of age must be registered with an adult. Pre-registration is required. Every participant must be registered to guarantee a spot. Program funded by the Regional Parks Foundation. Dairy Glen is 1/4-mile walk from the bus parking.

## NEWARK FISHING IN THE CITY

Get Hooked on Fishing!

Saturday, 11/12, 8:00-11:00am

The Boat House, Chelsea Dr. at Lakeshore Park in Newark

Get "hooked" on fishing for life! Introduce your child to the great sport of fishing during this fun and informative day. Fishing experts will give basic instruction on knot tying, casting, how to bait the hook and fish handling techniques. Bring your own pole or use one of our loaner poles. Parents are asked not to fish during the youth fishing time. The lake will be planted with fish for the event. California fish and game laws will be enforced and Fishing is limited to youth 8-16 years old during the Fishing in the Cities program.

## FAMILY NATURE WALK FOR HEALTH

Saturdays... 9/3, 10/1, and 11/5  
10:30-11:30am

Get outside and enjoy all that the beautiful Bay Area has to offer at the Don Edwards San Francisco Bay National Wildlife Refuge. All activities will meet at the Visitor Center at 2 Marshlands Road in Fremont. Take a break from your busy schedule and refresh your spirit with nature at the refuge. Take a guided nature walk on the Tidelands Trail and hear what makes this National Wildlife Refuge unique. The 1.3 mile walk traverses through endangered species habitat and offers great views of the South San Francisco Bay.

*Thank you to the following  
Community Service Organizations  
for their generous support of  
Family Day at the Park held March 19*

*Newark Optimist  
Newark Rotary*