

Aquatics

Aqua-tots

Guided water activities for infants and toddlers (3 months to 36 months) with mom, dad, aunt, uncle, grandparents or baby sitter. Ideal situation for socializing, making new friends, or just having fun with your baby.

Swimming Lessons

American Red Cross instructional guidelines are applied in the teaching of swimming techniques. Class instruction emphasizes progressive development and mastery of swimming skills from beginner through advanced swimmer. Instruction is provided for all ages and ability levels. Experienced & caring instructors make learning to swim enjoyable for children and adults.

Aqua Aerobics

This complete workout includes warm-up, stretching, aerobic-resistance workout using individual target heart rate and a cool down period with continued stretching.

Family Swim

A recreational swim time for families
Adult Child Combo.

Aqua Slimnastics

Non-Impact, rhythmic stretching and strengthening exercises use the water's natural buoyancy and resistance to help you shape up or slim down. Swimming Ability not required.

Arthritis Aquatic Program

A recreational exercise program for adults and seniors that provides gentle water exercises, under the guidance of a trained AFAP instructor.

Recreation Swim

Supervised drop-in swim-time for all ages. See supervision requirements. For Safety, children will be restricted to shallow water area until passing a swim test under lifeguard supervision.

Lap Swim

An adult program time for swimmers. Stay fit. Work toward cardiovascular strength, weight loss, increased muscle tone while swimming at your pace.

Lifeguard Training

Comprehensive Red Cross Course provides the necessary skills, training and certification to meet the state requirements for employment as a Non-Surf Lifeguard.



Water Walking & Jogging

Improve your muscle tone and endurance, heart health and flexibility. Excellent for improving fitness while reducing joint stress and pain associated with high impact land activities.

California Canoe & Kayak:

Contact 893-7833



Pools are closed for legal holidays:

FEES

Drop in Admission: Adult \$3.00, Youth \$1.00 Rec. Family, Lap Swim. Swim Pass: \$40 / 15 pool uses Lap Swim, Gold Pass: \$66./ 30 pool uses Fitness Classes, Lap Swim, Rec Swim Swim Lessons (6 lessons): Adult & Aqua Tot \$35; Youth \$30; Private Lesson \$12 (30 minutes) / \$20 (1 hour); Semi-Private Lessons (up to 3 in a class) \$8 per person.

USA Swim Team

Come join the **Richmond Silver Dolphins**, our community's new USA Swimming team! Whether you are a new or an experienced swimmer, if you are between the age of 5 and 18. and love the water, swim team is for you. For information, call 528-8227, or stop by the Richmond Swim Center between 4:30 and 5:30 on Tuesdays or Thursdays. USA Swimming Membership is \$35.00 a year. <http://www.access1.net/tennygock>

The Plunge is temporarily closed. Richmond Friends of Recreation (RFOR) and Save the Richmond Plunge Trust (STRPT) are working in a unique private/public partnership with the City of Richmond to rehabilitate and seismically retrofit this historic natatorium. For more information contact www.richmondplunge.org

Stayed tune for more Save the Plunge efforts- get on the mailing list at above web page.

Admission & Supervision Requirements: Due to the water depth of the indoor pool at the Richmond Swim Center, Children less than 60" must be attended and supervised at arms reach in the water by an adult 18 years. In the Outdoor pool, children less than 48 inches tall, or under the age of 7 years, must be attended by and supervised at arms distance in the water and deck area at all times by an adult. Limit of two (2) children per adult.



Richmond Swim Center Aquatics- Schedule Fall/Winter 2003 /2004



City of Richmond- Recreation and Parks Department-.Richmond Swim Center,
S45th and Fall Ave. 620-6654 fax 235-6157

Activity	Days	Times	Description		
Lap Swim (Adults and High School students with valid student ID must be able to swim length of pool)	M, T, W, Th, F	7 a.m. –11 a.m. 4 p.m. – 7 p.m.	A program for swimmers. Stay fit and work on cardio-vascular strength, weight loss, increased muscle tone while swimming at your own pace. Youth under 7 with adult (M,F). See admission requirements below.		
	Saturday	9 a.m. – 11 a.m.	Youth 5 and under with adult are only allowed when RSC is not conducting swim lessons. See Requirements below.		
Water Fitness	Aqua Aerobics	M, T, W, Th, F	8 a.m. – 9 a.m.		
	Deep Water Class	M and W	5 p.m. – 6 p.m.		
	Deep Water Space	M, T, W, Th, F	4 p.m. – 7 p.m.		
	Aqua Slimnastics	M, W, F	9 a.m. – 10 a.m.		
Arthritis Program	M, W, F M,W	10 a.m. – 11 a.m. 4 pm-5 pm	-shallow water cardiovascular workout non-swimming. -deep water exercise class, flotation equipment available. -deep water exercise space, flotation equipment available. -non-impact strengthening/stretching fitness routine -Arthritis Foundation gentle water exercise program		
Recreational Swim	Recreation Swim (Indoor Pool)	Saturday	1:30 p.m. – 3:30 p.m.		
	Family Swim	Wednesday Sat	7 p.m. – 8:30 p.m. 11 a.m. – 12:30 p.m.		
Admission and Supervision Requirements-Indoor pool: Due to depth of pool, children less than 60 inches tall must be attended and supervised at arms length at all times in the water and deck areas by an adult, 18 years +, with a limit of 2 children per adult. Registration Required (see registration requirements below). Family Swim is for Parents with registered family members. No Spectators allowed. (maximum 4 children per parent <u>except</u> when less than 7 years old or less than height requirement)..					
Registration – Recreational Swim/Family Swim: All guests participating in recreation swimming programs must register either at Richmond Swim Center or at the Recreation & Parks Department, 3230 Macdonald Avenue, 2 nd Floor. Activity Registration Forms are available at the pool site and Recreation and Parks 620-6788.					
Swim Lessons	Days and Times		Available Sessions	Session Dates	
	Aqua-tots Age 3 to 36 months	M, W T, Th	11 a.m. – 11:30 a.m. 6:00 p.m. -6:30 p.m.	01,02,03,04,05 call for sessions dates	Call pool for dates of sessions. FEES 6 classes per session. Pool closed for legal holidays No Refund / Credit for Missed Session or Missed Classes YOUTH \$30 AQUA- TOT/ ADULT \$35
	Preschool 3-4 years	M, W M, W&T, TH Sat	5:00 p.m. – 5:30 p.m. 5:30 p.m.- 6:00 p.m. 9:30-10:00	01,02,03,04,05,06,07,08,09,10,11 & 12 call for sessions dates	
	Children Age 5 to 17 years	M, W M, W&T, TH T, Th Sat	5:00 p.m. - 5:30 p.m. 5:30 p.m.- 6:00 p.m. 6:00 p.m.- 6:30 p.m. 10 a.m. – 10:30 a.m.	01,02,03,04 call for summer sessions	
	Private Lessons All Ages	\$16 Per Hour / \$ 8 Per Half Hour Private lessons are booked based on instructor availability. Please call the pool for more details.			
Lifeguard Training	W,TH,F	5:00 p.m. – 10:00 p.m.	Minimum age is 15. Must pass pretest(swim continuously for 500 yards, retrieve object from deep water and swim pool length. \$140.00. Comprehensive Red Cross Course as a Non-Surf Lifeguard . Dates: Dec 3,4,5,9,10,11, 14 -(does not include book or certificate fee).		
CPR for the Professional Rescuer First Aid	TH, F W	5:00 p.m. – 9:00 p.m. 5:00 p.m. – 9:00 p.m.	Dec 4 & 5 \$90.00 (does not include book or certificate fee). Dec 10 th \$50.00 (does not include book or certificate fee).		
Richmond Silver Dolphins Swim Team	Please contact 525-1221. Website at http://www.silverdolphins@hotmail.com http://www.access1.net/tennygock				
Kayaking	Th	7 p.m. – 9 p.m.	California Canoe and Kayak, Contact 893-7833		
Kayak Water Polo	M	7 p.m. – 10 p.m.	ACA Kayak Water Polo, Contact 527-7995		
Fees	Daily fees: Adult \$3.00 Youth \$1.00 Swim passes \$40.00/15 uses or \$66.00/30 uses Pool Rental \$60hr /Weekend 20% more. Call 620-6788 for availability				