

Aquatics Programs

Redlands • Highland • San Bernardino • Camp Edwards

CPR AND FIRST AID CERTIFICATION CLASSES (ages 14+)

Class provides participants with the knowledge and skills to respond to heart and breathing emergencies for adults, children and infants as well as basic first aid. It is not designed for professional rescuers (firefighters, lifeguards, paramedics, nurses).

Fees: \$40/\$50/\$60

Class Dates: Dec 3, Jan 7, Feb 4 ■ REDLANDS
 Dec 10, Jan 14, Feb 11 ■ HIGHLAND
 Jan 28, Feb 25 ■ SAN BERNARDINO

Challenge Information: ■ REDLANDS

Professional rescuers such as lifeguards who have taken CPR within the previous two years may choose to challenge the course. Those wishing to challenge the CPR class must arrive to the challenge session "test ready." The instructor will not be able to provide assistance with knowledge and skills during the challenge. CPR/AED Challenges are for professional rescuers and health care providers only.

Fees: \$30/\$35/\$40

Dates: Dec 10, Jan 14, Feb 11
Times: 9:30am-12:00pm

LIFEGUARD CERTIFICATION (ages 15+)

■ REDLANDS

Lifeguard classes tend to fill up fast so sign up early! Upon successful completion of the lifeguard class, participants will earn the following certifications: CPR/AED for the Lifeguard and Lifeguard/First Aid. Prerequisite: Swim 300 continuous yards using freestyle and breaststroke and swim 20 yards with 10 pound brick.

Fee: \$165/\$180/\$200

*Non-refundable deposit of \$50 due at registration.
 Balance due by Dec 14.*

Dates: Dec 16-19

Times: Fri 4:00-8:30pm, Sat 8:00am-6:00pm,
 Sun 8:00am-6:00pm, Mon 5:00-8:00pm

Y SPLASH (ages 3-10) ■ HIGHLAND

A four-day course designed to be age-appropriate. Curriculum focuses on water safety in a variety of aquatic environments including backyard pools, beaches and lakes. Children will have hands-on learning in the pool, where they will learn freestyle, backstroke and floating. Rescue skills and character development are also an integral part of this program.

Fee: \$20/\$30

Dates: Dec 19-23



ARCTIC SWIM CLINIC ■ REDLANDS

During Winter Break come join us for the fun stroke clinic! Each clinic will focus on legs, arms, and breathing. Participants must be able to swim at a minnow level. There are no regularly scheduled swim lessons during these weeks.

Dates/Times: Mon, Dec 19 – Freestyle 6:00-7:00pm
 Wed, Dec 21 – Backstroke 6:00-7:00pm
 Mon, Dec 26 – Butterfly 6:00-7:00pm
 Wed, Dec 28 – Breaststroke 6:00-7:00pm

Fees: \$12/\$17 per clinic per participant
 \$40/\$55 for all four clinic days



PRIVATE OR SEMI-PRIVATE LESSONS

Tailored to meet your swimming goals. Certified swim instructors are available for all ages and abilities. Lessons can be purchased in packs of 4 or 8, 30-minute lessons. Semi private lessons are available for groups of 2-3 students of similar level.

Fees: \$100-\$135 4-pack private lessons \$140-\$175
 4-pack semi-private lessons (per group)
 \$175-\$240 8-pack private lessons \$260/\$300
 8-pack semi-private lessons (per group)

Days/Times: Varies, based on pool, instructor and participant schedules.

PORPOISE SWIM CLUB

Workouts focus on stroke refinement, endurance, racing skills and water polo. (Advanced swimmers)

Fees: \$40/\$55

Days/Times: ■ REDLANDS Sat 11:00am-12:00pm
 ■ HIGHLAND Sat 11:15am-12:15pm

COMING SOON: More Lap and Open Swim Times.