

## Recreational Public Swim

### SUMMER 2010 PUBLIC SWIM for Aquatic info call 988-1285

Celebrate Memorial Day by coming to swim at the Orangevale Pool. We'll be open Saturday, Sunday, and Monday, May 29th, 30th, and 31st from 1 to 5pm. The pool opens for weekday (*Mon-Fri*) public swim beginning, *Monday, June 14*.

#### POOL HOURS

Weekends and Holidays • Sat/Sun 1-5pm\* • May 29-Sept 6  
Mon-Fri • 1:30-4pm • June 14-August 20

#### SPECIAL SWIM HOURS

Saturdays, June 5 & June 19 • 3-7 pm (Due to swim meets)

*\*ORPD reserves the right to close public swim at 4pm on weekends if attendance falls below 30 persons.*

#### ADMISSION FEES

Infant (2 years & under) FREE\*\*

Child/Youth (3-17) \$2 • Adult (18 + years) \$3

Non-swimmer/spectator fee \$1

\*\*With adult admission. All persons must pay to enter the pool. Children under the age of 10 must be accompanied by an adult.

#### EVENING SWIM

Wednesdays & Fridays • 7:30-9 pm • June 16-Sept 3

Admission Fees (except for Family Fun Nights listed below):

Infant (2 years & under) FREE\*\*

Child/Youth (2-17) \$1 • Adult (18 + years) \$2

Non-swimmer/spectator fee \$1

#### FRIDAY FAMILY FUN NIGHTS AT THE POOL • 7:30 - 9 PM

Fee: \$3 /per person OR \$10 per family (up to 5 persons) includes refreshments

Free for Family Swim Pass Holders!

June 25 - *Caribbean Night*

July 23 - *Ice Cream Social* • Aug 20 - *Hot Dog Hoe Down*

#### WATER CARNIVAL • SUNDAY, JULY 4, POOL OPEN 1-5 PM

Games & contests from 2-4pm - Regular admission fees

#### SUMMER SEASON PASSES

Season passes include entrance to public swim and family swim times and events. A Family Pass includes up to 5 family members living in the same household, \$15 fee added for each additional member.

Family \$125 (\$140 NR) • Individual \$50 (\$55 NR)

### GUARD START JR. Lifeguard

This program builds a foundation of knowledge, attitudes, and skills for future lifeguards, including prevention, fitness, response, leadership, and professionalism. Participants learn basic responsibilities of a lifeguard. Participants must be able to swim 25 yards continuously and tread water for one minute. Junior Lifeguards will be able to aid swim lessons and volunteer at the pool throughout the summer.

AGE: 12-14 years

LOCATION: Community Center/Pool

DAY/TIME: Mon-Thu, 10:30am-1pm

FEE: \$55 (\$59 NR)

Session date: June 21-July 1

### POOL RENTALS & PARTIES



*Have a party at the Orangevale Swimming Pool. A variety of pool party rental packages are available. Reservations are taken at the District Office at 988-6140.*



## Wednesday Family Game Night

Starting June 23, come have some fun and compete against other families in a safe fun environment where you can enjoy swimming, fun games and the chance to win some cool prizes. Families are encouraged to attend all 8 Wednesdays for a chance to win a family swim pass for summer of 2011. Each night's theme will correspond with the games and prizes for the night. We have varying themes that your family is sure to enjoy. So bring your family and join us for Family Wednesdays this summer! It's going to be a blast!

### PRIVATE/SEMI-PRIVATE SWIM LESSONS

One-on-one instruction is determined by the individual's needs. If you have two students of the same swim level, you may register them for a semi-private lesson.

ALL AGES

LOCATION: Community Center/Pool

FEE: Private \$105 (\$110 NR), Semi-private \$60/person (\$65 NR)

# SWIM LESSONS

### LOCATION: Community Pool, 6826 Hazel Avenue, Orangevale

*Weekday Lessons meet for eight, 30 minutes classes.*

*Saturday Lessons meet for six 45 minute classes*

*Advance registration is required as space is limited.*

*Group lesson fee is \$40 (\$45 NR)*

#### TADPOLE • 6 months to 3 years

Parents, teach your child to feel more relaxed and comfortable in the water. Instructors teach basic skills emphasizing orientation and safety. Infants must be able to hold head up. A parent must accompany the child in the water.

#### GUPPY • Ages 3-5 years

This introductory class will help teach your child to feel comfortable in the water, learn breath control, flutter kick, underwater swimming, front float, and combination arm and kick movements.

#### MINNOW • Ages 3-5 years

In this class, preschoolers advance to back float, prone kick glide, side breathing, increased underwater exploration, enhanced arm and kick movements both on front and back.

#### OTTER • Ages 5-7 years

Students need to feel comfortable in the water. Previous lessons not required for enrollment. Skills taught: hold breath for 3 seconds, submerging and retrieving objects from the bottom of the pool, float, glide, breathing, flutter kick, crawl stroke, and turning over in water.

#### SEAL • Ages 5-14 years

Enrollees have completed Otter, have had previous lessons, or can perform the skills listed under Otter. Skills taught: jumping into deep water, perfecting crawl stroke and back crawl, elementary back stroke kick, and safety skills.

#### STINGRAY • Ages 5-14 years

Enrollees must swim 15 yards using front/back crawl stroke with correct breathing. Skills taught: front and back crawl, perfecting elementary back stroke, breast and side strokes, deep water bobbing, treading water, diving, and safety skills.

#### DOLPHIN • Ages 5-14 years

A class for swimmers who have learned the crawl, breast, side, and elementary back strokes, and diving techniques. Enrollees must be able to swim 25 yards using front and back crawl, and elementary back stroke. Skills taught: stroke refinement, increased endurance, butterfly stroke introduced, underwater swimming, and turns.

#### SHARK • Ages 5-14 years

Enrollees who have passed Dolphin and are ready for advanced swim training. Must be able to swim 50 yards using front and back crawl, and 15 yards using side and breast strokes. Skills taught: polishing all strokes to improve efficiency, power, and ease over greater distances, front flip turn, pike and tuck surface dives, and treading water.

## Summer Swim Lesson Registration

Sign up for swim lessons without having to leave your home! Fill out your registration form and mail or fax it in. Sign up for as many lessons as you like. Determine your child's level with lesson descriptions to the left. Then use the lesson time chart and session dates listed below to fill out your form. Be sure to list a second choice on your registration form, as your first choice may fill before your registration is processed. See page 24 for complete registration information.

GROUP LESSON FEE: \$40 (\$45 NR) /session • PRIVATE LESSON: \$105 (\$110 NR)/session • SEMI-PRIVATE LESSON: \$60 (\$65 NR)

### Mail-In/Fax-in Registration

First Priority - Orangevale Residents - processed beginning May 3  
 Second Priority - Fair Oaks Residents - processed beginning May 10  
 All others - processed beginning May 12

### Walk-In or Phone-in Registration

Begins Monday, May 17, and continues Mon-Fri 8:30am-5pm

### SUMMER SESSION DATES

Lessons meet for eight, 30 minutes sessions and run Monday - Thursday both weeks

Session 1-June 14 to 24

Session 2-June 28 to July 9\*

Session 3-July 12 to 22

Session 4-July 26 to Aug 5

Session 5-August 9 to 19

\*Session 2 observes Monday, July 5 as a holiday. Lesson will run Tuesday - Friday during that week.

SESSION 1, 2 & 3	10-10am				10-10am				
	10:10am	10:45am	11:20am	11:55am	12:30am	5:10pm	5:45pm	6:20pm	6:55pm
Tadpole	●		●			●			●
Guppy	●	●	●	●	●	●	●	●	●
Minnow	●	●	●	●	●	●	●	●	●
Otter	●	●	●		●	●	●	●	●
Seal	●	●	●	●	●	●	●	●	●
Stingray	●		●		●		●		
Dolphin			●				●		
Shark		●				●			
Private	●	●	●	●	●	●	●	●	●

SESSION 4 & 5	10-10am				10-10am				
	10:10am	10:45am	11:20am	11:55am	12:30am	5:10pm	5:45pm	6:20pm	6:55pm
Tadpole			●			●			●
Guppy		●	●	●		●	●	●	
Minnow		●	●	●		●	●	●	●
Otter	●	●	●	●		●		●	●
Seal	●			●		●	●	●	●
Stingray	●					●			
Dolphin			●					●	
Shark		●				●			
Private	●	●	●	●	●	●	●	●	●

### New Saturday Lessons

Lessons meet for five, 45 minute classes.

Session Date: July 10-Aug 7

	10-10:45	11-11:45
Guppy	●	●
Minnow	●	●
Otter	●	●
Seal	●	●





**It's not too late to join.  
Pick up registration materials  
from the District Office**

The Orangevale TigerSharks Swim Team is on the prowl, getting ready for their 10th season of competitive swimming. Swimmers with or without swim team experience can participate in this District sponsored team. However, swimmers must be able to swim one 25 yard length of the pool. The season runs from May thru July each year. Practice is held afternoons in May/June and in the morning or afternoon in June/July. Meets are held in June and July. TigerSharks swim against the Cordova Blue Marlins, Placerville Dry Diggins Dolphins, Auburn Robelos, and the Granite Bay Gators.

#### SWIMMER'S AGE DIVISIONS:

Boys 6 & under    Girls 6 & under  
Boys 7-8 years    Girls 7-8 years  
Boys 9-10 years    Girls 9-10 years  
Boys 11-12 years    Girls 11-12 years  
Boys 13-14 years    Girls 13-14 years  
FEE: \$120 (\$125 NR) for 1 swimmer  
\$115 (\$120 NR) for 2<sup>nd</sup> swimmer\*  
\$110 (\$115 NR) for 3<sup>rd</sup> swimmer(s)\*  
*\*must be in same family*  
Boys 15-18 years    Girls 15-18 years  
FEE: \$45 (\$50 NR) swimmer must  
volunteer to assist coaches during  
practices

*There is a limit of 25 swimmers per  
age / sex division for ages 7 and up  
and a limit of 15 swimmers for Boys  
6 & under and Girls 6 & under.*

### WATER AEROBICS

Come and join us for an enjoyable total body workout. Water aerobics is low impact exercise that is gentle on the joints. So get in the water and tone-up and get fit! It's easy to do and lots of fun. This class is great for all ages. Drop in and try a class or sign-up for any of the 4 week sessions.

DAY/TIME: Tue & Thu, 7:30-8:30pm  
LOCATION: Orangevale Community Pool  
FEE: \$40 per session or \$5 drop-in

Session 1: June 15-July 8  
Session 2: July 20-Aug 12

### YOUTH WATER POLO

Learn to play water polo. This class builds necessary skills through ball handling, passing, and shooting. Each practice increases player's strength, techniques, and strategies. Students must know how to swim.

AGE: 10-14 years  
INSTRUCTOR: Staff  
DAY/TIME: Mon/Wed/Fri, 9-10am  
LOCATION: Orangevale Pool  
FEE: \$59 (\$63 NR)  
SESSION DATE: July 19-Aug 6

### DISCOVER KAYAKING

This is the first course in our sea/touring kayak instructional series where you'll learn to paddle touring and sea kayaks! Everyone will have a great time learning and exploring where only a kayak (and our guides) can take you! Beginners learn about proper equipment selection and fit, along with basic safety and paddling techniques. After an initial skills session, we'll be touring the lake while refining skills and stopping for lunch along the way. *All equipment provided.*

AGE: Adults & 14+ years (*Younger w/adult*)  
LOCATION: Lake Natoma (Folsom area) or  
Lake Clementine (Auburn area)  
FEE: \$79 (\$82 NR) *family discount available*  
3rd person \$15 off

Session 5 Sat May 15 12-4:30pm  
Session 6 Sun May 23\* 10am-2:30pm  
Session 7 Sat June 12 10am-2:30pm  
Session 8 Sat July 3\* 10am-2:30pm  
Session 9 Sun July 25 12-4:30pm  
Session 10 Sat Aug 7 10am-2:30pm  
Session 11 Sun Sept 5 11am-3:30pm  
*\*Lake Clementine - Auburn area*

### KAYAKING

Current Adventures offers a great way to harness some of your kid's boundless energy. Designed with fun and water safety as primary goals, students are taught through a variety of games, group activities and exploration. All beginning classes are taught in the safe controlled environment of Lake Natoma. Kids always leave class thrilled and excited by the experience and wanting more!

#### KID'S BEGINNING 8-10 YEARS

TIME: 9:30am-12:30pm  
LOCATION: Lake Natoma  
FEE: \$130 (\$134 NR)

#### PROGRAM CODE:

Session 1	June 16-18	(W-Th-F)
Session 2	June 21-23	(M-T-W)
Session 3	July 5-7	(M-T-W)
Session 4	July 19-21	(M-T-W)
Session 5	Aug 2-4	(M-T-W)

#### JUNIOR BEGINNING 10-14 YEARS

TIME: 1:30-5:30pm  
LOCATION: Lake Natoma and Lower  
American River  
FEE: \$139 (\$143 NR)

#### PROGRAM CODE/DATES:

Session 1	June 16-18	(W-Th-F)
Session 2	June 21-23	(M-T-W)
Session 3	July 5-7	(M-T-W)
Session 4	July 19-21	(M-T-W)
Session 5	Aug 2-4	(M-T-W)

### FULL MOON PADDLES

#### Adults & 14+ (*Younger w/adult*)

There is something really special about evening paddles. We'll have the stillness of the lake to ourselves except for the sounds of the animals and birds settling down for the night. Watch the fascinating light and shadows on the water as the sun sets and the full moon rises. We'll glide through paddling techniques and safety before setting off to cut our quiet path across the water into the hidden swamps and channels. All equipment provided.

LOCATION: Lake Natoma  
FEE: \$49 (\$53 NR)

Session 5	Sat	May 8	5:30-8:30pm*
Session 6	Thu	May 27	6:30-9:30pm
Session 7	Sat	June 26	6:30-9:30pm
Session 8	Sat	July 24	6:30-9:30pm
Session 9	Sat	Aug 21	6-9pm
Session 10	Sat	Sept 4	5-8pm*

*\*Sunset only*