

2012 Spring Aquatics Program (April 17- June 9)

GENERAL INFORMATION

The Leisure Services Department operates out of the James Logan High School Dan Oden Swim Complex which includes one OUTDOOR, HEATED pool.

LOCATION & CONTACT INFORMATION

Kennedy Community Center

1333 Decoto Road
Union City, CA 94587
(510) 675-5329

Aquatics Hotline

Information & Messages Only
(510) 675-5486

Dan Oden Swim Complex

(across from Logan High School)
33901 Syracuse Avenue
Union City, CA 94587
(510) 471-3837

Hours of Operation

The Spring session will be from April 17- June 9
Tuesday and Thursdays: 6:00 pm- 7:35 pm
Saturday: 9:00 am- 1:00 pm (Starting 5/19, open until 3:30 pm)

Lap Swim & Recreation Swim

Lap Swim: A great cardiovascular workout! \$3.00 per person/ \$2.50 Seniors or \$25.00 for a 10-swim pass/\$20 Seniors. Seniors aged 55 and older. All lap swimmers must check in at the front desk before swimming.

Recreation Swim: Open at specific times to the public. Lifeguards are on duty. Everyone is welcome. Ages 6 and under must be accompanied in the water by a parent or guardian.

Fee	Days	Dates	Time
\$3.00/person	Saturday	5/19-6/23	1:30 pm- 3:30 pm

Try a 20 swim pass for \$50

REGISTRATION INFORMATION

Walk-in registration at any City Community Center: Jan 3, 2012, at the Dan Oden Swim Complex begins on April 17, 2012.

Please Note: Registration is taken on a first-come, first-served basis. In fairness to all, spaces cannot be held without the full payment. Payment can only be made with cash or check (payable to the City of Union City).

REFUND/TRANSFER POLICY

Participants may withdraw from a course at anytime, however, they will be charged for the classes that they have taken up to that day. If requesting a refund for a class program there will be a \$10 processing fee, however if you want to keep it as a credit in your CLASS account, there will be no fee. Anyone may transfer from a course before the first day of the lesson. Transfers will only be allowed during the first half of a course, however, there will be a \$10 fee. Only one transfer is permitted per class per person.

Lessons & Missed Lessons!

Swim lessons are taught in groups. Final placement of participants will be determined by pool managers. It is essential that you attend each lesson to receive the full benefit of the class, so please plan your schedule carefully. Sorry, there are no make-up lessons for missed classes.

Private Pool Rental

The Dan Oden Swim Complex is available for private pool rentals on Friday and Saturday evenings and Sundays from June to August. Requests for rentals must be made 30 days in advance. For rates and more information, please call 675-5486.

Class Descriptions and Class Schedule:

The American Red Cross Learn-To-Swim Program

Union City Leisure Services uses the American Red Cross Learn-To-Swim Program for swim lessons. This program features six levels of learn-to-swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience as they progress through all six levels, and to help ensure they truly master swimming skills.

Parent & Me (6 months-5 years with an adult in the water):

The purpose of Parent and Child Aquatics is to help develop swimming readiness by leading parents and their children through water exploration activities. The objective is to have fun and become comfortable in and around water, while learning basic swimming ideas. All participants need to be accompanied in the water by a person 16 years old, or older. Maximum 15 students per instructor.

Day	Time	Classes	Fee	Session 4/17-5/10	Session 5/15-6/7
Tue/ Thu	6:00- 6:30 pm	8	\$56/ \$66	47616	47618
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sat	11:20- 11:50 am	4	\$32/ \$37	47617	47619

Tiny Tots (Ages 3-5 years): The objective of the Tiny Tots class is to help pre-school aged students feel comfortable in the water and to enjoy the water safely. Tiny Tots 1 teaches elementary aquatic skills, which students build on as they progress through the Learn-To-Swim program. In Tiny Tots 2 students explore arm and leg actions and lay the foundation for future strokes. This class appropriate for all children 3-5 years, regardless of experience. Maximum 4 students per instructor.

Day	Time	Classes	Fee	Session 4/17-5/10 CODE	Session 5/15-6/7 CODE
Tue/ Thu	6:00- 6:30 pm	8	\$56/ \$66	47622	47621
Tue/ Thu	6:30- 7:00 pm	8	\$56/ \$66	47623	47624
Tue/ Thu	7:05- 7:35 pm	8	\$56/ \$66	47620	47625
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sat	10:15-10:45 am	4	\$32/ \$37	47626	47631
Sat	10:45-11:15 am	4	\$32/ \$37	47627	47632
Sat	11:20-11:50 am	4	\$32/ \$37	47628	47633
Sat	11:50-12:20 pm	4	\$32/ \$37	47629	47634
Sat	12:25- 12:55 pm	4	\$32/ \$37	47630	47635

Semi-Private Lessons (Ages 5-12 years): For those desiring smaller class sizes. A maximum of three students per Red Cross certified instructor. Available for children in Levels 1-4 only. Please note the levels available at each time period and register according to your child's level. Maximum 3 students per instructor.

Day	Time	Classes	Fee	Session 4/17-5/10 CODE	Session 5/15-6/7 CODE
Tue/ Thu	6:30- 7:00 pm	8	\$108/ \$123	47872	47873
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sun	10:45-11:15 am	4	\$54/ \$62	47874	47877
Sun	11:20-11:50 am	4	\$54/ \$62	47875	47878
Sun	11:50-12:20 pm	4	\$54/ \$62	47876	47879

Private Lessons (Ages 5 years and older): One-on-one instruction for those ages 5 and older. All abilities accepted. Space is limited. Please call 675-5486 if you are interested in weekday private lessons. One instructor per student.

Day	Time	Classes	Fee	Session 4/17-5/10	Session 5/15-6/7
Tue/ Thu	6:00- 6:30 pm	8	\$216/ \$246	47862	47863
Tue/ Thu	7:05- 7:35 pm	8	\$216/ \$246	47864	47869
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sat	10:15-10:45 am	4	\$108/ \$123	47866	47869
Sat	10:45-11:15 am	4	\$108/ \$123	47867	47870
Sat	12:20-12:45 pm	4	\$108/ \$123	47868	47871

Levels 1, & 2, (Ages 6-12 years): The Learn-To-Swim program is designed to help children develop their swimming and water safety skills. In Level 1 students learn elementary aquatic skills. Level 2 marks the beginning of true locomotion skills as students explore the arm and leg actions that lay the foundation for future strokes. Children will be divided into appropriate levels. No experience or skills necessary. Maximum 8 students per instructor.

Day	Time	Classes	Fee	Session 4/17-5/10	Session 5/15-6/7
Tue/ Thu	6:00- 6:30 pm	8	\$56/ \$66	47674	47672
Tue/ Thu	6:30- 7:00 pm	8	\$56/ \$66	47670	47673
Tue/ Thu	7:05- 7:35 pm	8	\$56/ \$66	47671	47675
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sat	10:15-10:45 am	4	\$32/ \$37	47676	47681
Sat	10:45-11:15 am	4	\$32/ \$37	47677	47682
Sat	11:20-11:50 am	4	\$32/ \$37	47678	47683
Sat	11:50-12:20 pm	4	\$32/ \$37	47679	47684
Sat	12:25- 12:55 pm	4	\$32/ \$37	47680	47685

Level 3 (Ages 6-12 years): This class builds on the skills in Level 2 through additional guided practice. Level 3 participants learn to jump into deep water from the side. Dive from kneeling or standing position. Submerge and retrieve an object in chest deep water. Bob with the head fully submerged. Rotary breathing in horizontal position. Perform front and back glide using two different kicks. Float on front and back in deep water. Change from horizontal to vertical position on front and back. Tread water using hand and leg movements. Perform front and back crawl. Butterfly—kick and body motion. Perform the HELP and Huddle position.

Day	Time	Classes	Fee	Session 4/17-5/10	Session 5/15-6/7
Tue/ Thu	6:30- 7:00 pm	8	\$56/ \$66	47686	47687
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sat	10:45-11:15 am	4	\$32/ \$37	47688	47689
Sat	11:50-12:20 pm	4	\$32/ \$37	47690	47691

Adult & Teen Beginners (Ages 13 years and older): Our adult class is designed for teens and adults who have never swam before or are looking to improve on their existing skills. Participants will swim every day that class meets. No experience or skill is necessary. **Maximum of 8 students per instructor.**

Day	Time	Classes	Fee	Session 4/17-5/10	Session 5/15-6/7
Tue/ Thu	7:05-7:35 pm	8	\$56/ \$66	47702	47703
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sat	12:25-12:55 pm	4	\$32/ \$37	47704	47705

Level 4 (Ages 6 years and older): For students who have successfully passed Level 3 of the Learn-To-Swim Program or can demonstrate all the Level 3 completion requirements. To be eligible, participants must be able to swim 15 yards of crawl stroke with side breathing; 15 yards back stroke, and 15 feet of the butterfly kick and body motion. Students will learn breaststroke, elementary backstroke, sidestroke and improve their crawl stroke, backstroke, butterfly and treading water skills. Maximum 8 students per instructor.

Day	Time	Classes	Fee	Session 4/17-5/10	Session 5/15-6/7
Tue/ Thu	6:30- 7:00 pm	8	\$56/ \$66	47694	47695
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sat	11:20-11:50 am	4	\$32/ \$37	47696	47693
Sat	12:25-12:55 pm	4	\$32/ \$37	47692	47697

Level 5/6 (Ages 6 years and older): For students who have successfully passed Level 4 of the Learn-To-Swim Program or can demonstrate all the Level 4 completion requirements. To be eligible, participants must be able to swim 25 yards each of crawl stroke and backstroke, 15 yards each of breaststroke, butterfly, elementary backstroke and sidestroke kick and tread water for 1 minute. Students will refine their performance of all strokes and learn flip turns and surface dives. To pass level 5/6, participants must be able to swim 50 yards each of crawl stroke and backstroke and 25 yards each of breaststroke, butterfly, elementary backstroke and sidestroke. Also students will be introduced to and practice the skills necessary to successfully complete the prerequisite swimming skills of the American Red Cross Lifeguard Training Course. Maximum 8 students per instructor.

Day	Time	Classes	Fee	Session 4/17-5/10	Session 5/15-6/7
Tue/ Thu	7:05- 7:35 pm	8	\$56/ \$66	47698	47699
Day	Time	Classes	Fee	4/21-5/12	5/19-6/9
Sat	11:50-12:20 pm	4	\$32/ \$37	47700	47701



DragonFish Swim Team • Ages 6+

Come be a part of the Union City DragonFish Swim Team! This program is perfect for kids who have completed our learn to swim program and are ready for the challenge of being on a swim team. Your child will learn how to perfect their stroke, increase how far they can swim, and get a great workout. To participate in the swim team your child must be able to swim 25 yards of crawl stroke, and 25 yards of backstroke. Come be a part of our team and you will find out what it takes to swim your heart out, be a team player and most importantly, have fun!

Level	Day	Time	Fee	Session 4/17-5/10	Session 5/15-6/7
Begginer	Tue/ Thur	6:00-6:45 pm	\$40/ \$45	47706	47708
Inter/ Adv	Tue/ Thur	6:00-7:00 pm	\$45/ \$50	47707	47709

High School Swim Team Clinic • Ages 13+

If you want to be in swimming shape for the start of your high school swim season, this is the class you need to take! This class will get you in tip top shape and ready to be the best swimmer you can be this swim season. Students will practice swimming all four competitive strokes (butterfly, breaststroke, freestyle, and backstroke) while participating in the high school level swim sets. All swimmers will be divided among their current abilities.

Day	Time	Classes	Fee	Session 1/2-1/27
M/ W/ F	4:30- 6:30 pm	12	\$100/ \$115	47880

Lifeguard Training • Ages 15+

The American Red Cross Lifeguard Training class provides lifeguard candidates with the skills and aquatic knowledge necessary to keep patrons of aquatic facilities safe in and around water. This course teaches lifeguard skills, first aid and CPR for the professional Rescuer (CPR/ FPR). Upon successful completion, students will have the skills and knowledge to prevent and respond to emergencies and to provide care for injuries and sudden illness until advanced medical personnel arrive and take over. The American Red Cross will issue certificates upon successful completion. Prerequisites: Must have the ability to swim 500 yards continuously and retrieve a 10-pound brick from the bottom of the pool; must be 15 years of age by the last day of class. Fee includes books, certification fee and facility use. Attendance and participation is required at all class meetings.

Day	Time	Classes	Fee	Session I 4/2-4/6	Session II 5/12-5/27
Mon-Fri	9:00- 5:00 pm	5	\$185/ \$205	48051	N/A
Sat/ Sun	10:00- 5:00 pm	6	\$185/ \$205	N/A	48052



Have a Happy Birthday Party with UCLS Aquatics!

Join UCLS for your child's birthday at the Dan Oden Swim Complex. Your birthday party package includes an aquatic themed party, supervised recreation swimming (all participants must provide their own swim attire and towels), party decorations, cake and ice cream, drinks, paper products, set-up and clean-up. Reservations must be made at least 2 weeks in advance and payment is due at the time of reservation. Reservations are taken on a first come, first served basis. Birthday party packages will be available beginning May 19th. For more information and reservations, call 675-5486.

# of Children	Fee (res/non)
Up to 10	\$170/\$185
Up to 20	\$220/\$240
Up to 30	\$270/\$295

Junior Lifeguarding • Ages 11+

Do you like working with kids? Do you want to help teach them how to swim? Want to get volunteer hours in a fun and exciting environment? Then this class is perfect for you. You will learn the basic skills necessary to become a swim instructor aide and help teach kids how to swim. After completion of this course we strongly encourage all available applicants to apply as a junior guard with UCLS Aquatics during the summer as a volunteer in our aquatics programs. For more information or questions, please contact us at 510 471-3837 or you can call the Kennedy Community Center at 675-5329.

Day	Time	Classes	Fee	Session 5/29-6/7
Tue/ Thu	5:00-8:00 pm	4	\$70/ \$77	48053
Day	Time	Classes	Fee	5/19-6/2
Sat	9:00-1:00 pm	3	\$70/ \$77	48054

NEW!!! Youth Waterpolo

Beginner and Intermediate/Advanced Waterpolo

Want to learn how to play the great game of waterpolo? Need to stay in shape for high school season? Want to perfect your water polo skills? This class is just for you! Students will learn how to pass, catch, shoot, play defense, and a variety of other skills using drills and scrimmages. Students will be divided among abilities and ages. All students will be challenged according to their ability. Whether you're a beginner who can't eggbeater or an experienced high school player who wants to perfect their game, everyone will get something from this class.

Level	Days	Time	Fee	Ages	Session I 5/15-6/7
Beginners	Tues- Thur	6:45- 7:30 pm	\$40/ \$45	9+	47881
Inter/ Adv	Tues- Thur	6:45- 7:45 pm	\$45/ \$50	13+	47882

NEW!!! SPLASHBall Youth Waterpolo

Ages 8 and under

SplashBall waterpolo was designed by USA Waterpolo to teach kids 8 and under the game of waterpolo in an easy, fun and safe way. Its like playing tee-ball before playing baseball. The game is played similar to waterpolo except the kids can stand on the bottom and use two hands. During each session, your child will practice passing, shooting and swimming and then they will play a fun game of SplashBall! Sign your child up for a fun way to play in the pool!

Day	Time	Fee	Session I 4/21-5/12	Session II 5/19-6/9
Saturday	12:00- 12:45 pm	\$26/ \$31	47883	47884

