

# AQUATICS CATALOG

Summer  
2024



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LAP SWIM  
WATER WALKING  
AQUA ZUMBA.  
AQUA HIIT

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# ALAMEDA RECREATION & PARK DEPARTMENT AQUATIC POLICY

Please plan accordingly for lessons, as space is limited.

Due to limited lessons, please sign up for classes you are committed to as last-minute refunds for cancellations will not be honored.

Sign up your child for the correct level as there won't be space to add them to a new class after it has started.

Changes for lessons and levels will be limited this summer due to pool space and all lessons at Encinal Swim Center.

Please see the flow chart when signing up for swim lessons.

**We appreciate your patience as we enter into a new phase for the ARPD Aquatics Department**

A few things to expect when you arrive:

Please check in at the front desk  
Feel free to use the locker rooms  
Once class has started all parents will need to be outside the gate

**NO PARENTS WILL BE ABLE TO STAY ON DECK**

Parents will be allowed on the pool deck at the end of the lesson to pick the child up if needed



**Just Keep Swimming!**

# AQUA FITNESS

## June 17-Aug 10

### LAP SWIM

MON- TH: 8-9A , 3-4P

\*NO SHALLOW LANE  
ACCESS\*

FRI: 8-9A (3 LANES  
ONLY),  
6-7P (ALL LANES)

SAT: 5:30-7:30A , 2-4P

\*NO SHALLOW LANE  
ACCESS\*

SUN: 1-4P

\*NO SHALLOW LANE  
ACCESS\*

### WATER WALKING:

MON- TH: 5:30-7A

FRI: 5:30-8A

SAT/ SUN: 7-8A

### AQUA ZUMBA:

MON/ WED 7-8:30A

### AQUA H.I.I.T :

TUE/ THUR 7-7:45A



SEE PAGE 4 FOR INFORMATION ON SUMMER  
FITNESS PASSES/ DROP IN RATES



# DROP IN RATES/ PASSES

Swimmer	Drop-In	SUMMER PASS
YOUTH	\$4	\$65
SENIOR Resident	\$3	\$170
SENIOR Non-Resident	\$4	\$170
ADULT Resident	\$5	\$250
ADULT Non-Resident	\$6	\$250

*\*ALL ADULT/SENIOR SUMMER 24' PASSES INCLUDE ALL AQUA FITNESS CLASSES, LAP SWIM, AND PUBLIC SWIM FOR SUMMER MONTHS. PASSES CAN BE PURCHASED ONLINE OR IN PERSON*

## PUBLIC SWIM

PATRONS UNDER 16 MUST BE  
ACCOMPANIED BY AN ADULT

**FRIDAY: 1:30-3:30 PM**

**SAT/SUN: 4:30-6:30 PM**

**Please Check Website for Public  
Swim Rules**

# Swim Lessons Sessions



Summer 2024 Will Be At Encinal Swim  
Center Only

## SATURDAY:

June 15-29

July 6-20

August 10-24

## SUNDAY:

June 16-30

July 7-21

August 11-25

Weekday - 4 classes per session

Weekends - 3 classes per session

## Mon- Thu:

June 17-20

June 24-27

July 1-3/5\* -Friday

July 8-11

July 15-18

July 22-25

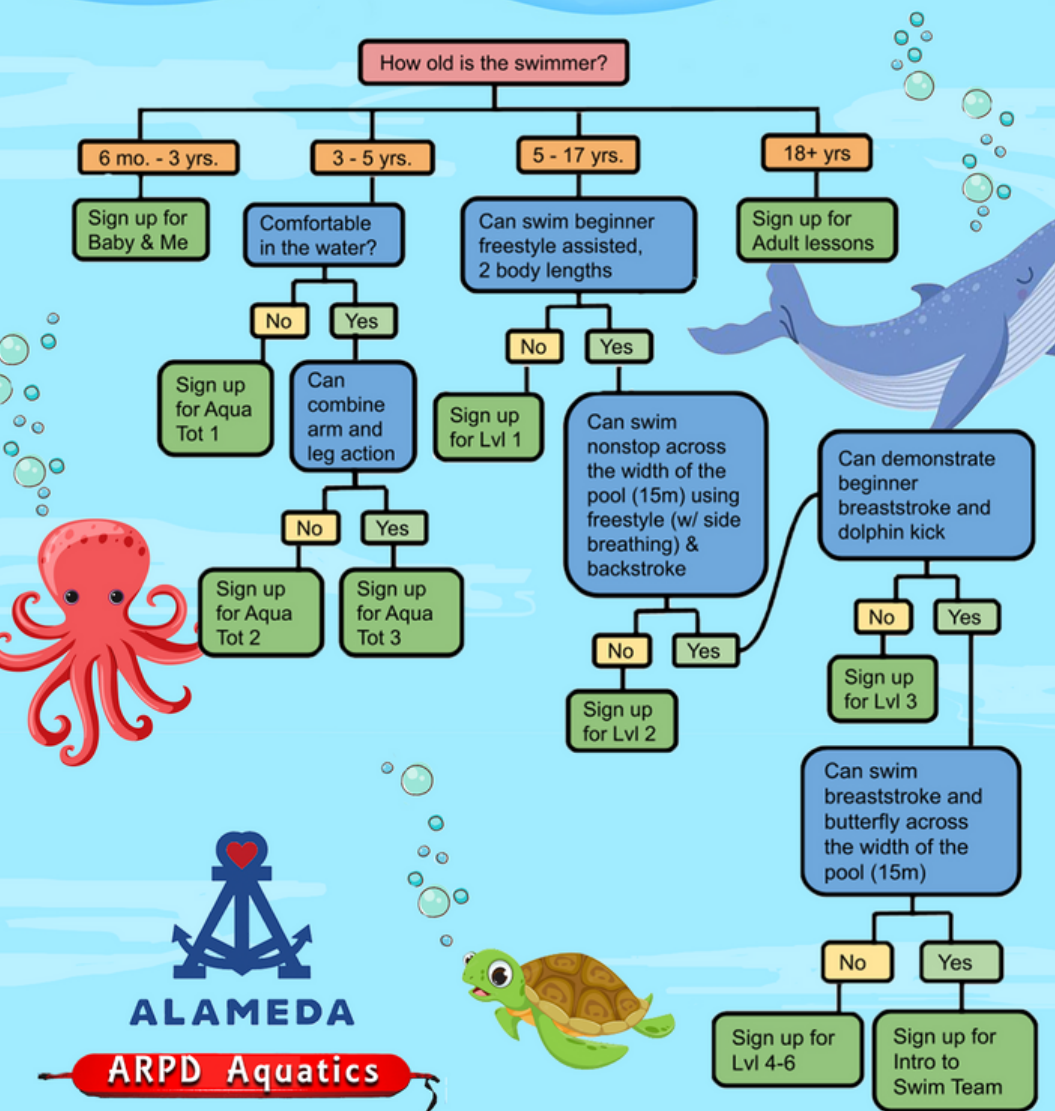
July 29- Aug 1

Aug 5-8



# WHAT SWIM LEVEL IS MY CHILD?

Baby & Me | Aqua Tot 1-3 | Level 1-6 | Adult



**ARPD Aquatics**

## Lessons Information:

If you are in the Baby and Me class (6 months - 3 years), a parent is required in the pool and the swim instructor will be out of the water

If you are an AquaTot (2.5 years - 5.11 years), a parent isn't required to get in the water, however, if a student can't separate, We can switch you into Baby and Me

If you are in Learn to Swim (5 years - 17 years), a parent isn't required to be in the pool

6

You are an Adult (18 and over) depending on your level a staff person will be in the water with you

# PRIVATE SWIM LESSONS COMP POOL

Private: 1 on 1  
4 classes per session  
\$136R/156NR

## WEEKDAYS

8:00A-8:30A  
9:35A-9:05A  
9:10A-9:40A  
9:45A-10:15A  
10:20A-10:50A  
10:55A-11:25A  
11:30A-12:00P  
12:30P-1:00P  
1:05P-1:35P



1:40P-2:10p  
2:15P-2:45p  
3:25P-3:55p  
4:00P-4:30p  
4:35P-5:05p  
5:10P-5:40p  
5:45P-6:15p  
6:20P-6:50p  
6:55P-7:25p  
7:30P-8:00p

**ALL PRIVATE LESSONS  
AGE 3-ADULT**



# PRIVATE SWIM LESSONS COMP POOL

\$102R/\$117NR

Private: 1 on 1  
3 classes per session

8:00A-8:30A

9:35-9:05A

9:10-9:40A

9:45-10:15A

10:20-10:50A

10:55-11:25A

11:30-12:00P

12:30-1:00P

1:05-1:35P

1:40-2:10P

2:15-2:45P

3:25-3:55P



See Next Page for Training pool Private Lessons

W  
E  
E  
K  
E  
N  
D  
S

# SPECIAL PRIVATES IN TRAINING POOL

**WEEKDAYS** FOR AGES 2-8 OR  
LEVELS AQUA TOT-RED  
CROSS 2

**1 lesson a week for 4 weeks:**

**June 17- July 11 #26374**

Private: \$136/156

\*PATRONS CAN CHOOSE TO HAVE  
A CLASS ON MON/WED/ OR TH\*  
CLASS MUST STAY ON THE SAME  
DAY PER WEEK

## WEEKDAYS

### Weekly Sessions

**Start July 15th**

Private: \$136/156

### Session

FOR AGES 2-8 OR  
LEVELS AQUA TOT-RED  
CROSS 2

July 15-18 #26408 July 29-August 1 #21425

July 22-25 #26415 August 5-8 #26422

**SEE TIMES ONLINE FOR  
SPECIAL CLASSES**

# AQUA TOTS (AGES 2.5-5.11 ONLY)

ALL Aqua Tot Lessons are  
2-3 students a teacher

## WEEKDAYS

9:10A-9:40A

10:20A-10:50A

3:30P-4:00P

4:40P-5:10P

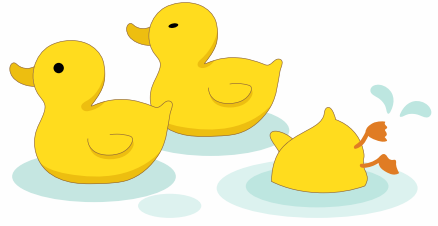
6:25P- 6:55P

### PRICES:

WEEKDAYS: \$108/136

WEEKENDS: \$81/102

RES/ NON-RES



## WEEKENDS

8:35-9:05A

9:45-10:15A

10:55-11:25A

1:05-1:35P

2:50-3:20P



## BABY N' ME

GROUP SWIM LESSONS  
AGES: 6 mo. - 3y/o

**12-12:30 PM**

**SATURDAY AND  
SUNDAYS ONLY**

\$36/ \$42

R/NR



# GROUP SWIM LESSONS



## TRAINING POOL

ALL GROUP  
LESSONS  
AGE 6+

### WEEKDAYS

LEVELS 1 & 2:

8:00A-8:30A

8:35A-9:05A

9:45A-10:15A

4:05P-4:35P

5:15P-5:45P

7:00P-7:30P

7:35P-8:05P

### WEEKENDS

LEVELS 1 & 2:

8:00-8:30A

9:10-9:40A

10:20-10:50A

11:30-12:00P

1:40-2:10P

2:15-2:45P

3:25-3:55P

LEARN TO SWIM (AGES 6-17)

WEEKDAYS - 4 CLASSES PER SESSION

WEEKENDS - 3 CLASSES PER SESSION

5-7 ON 1 ( LVL 1-2)

### PRICES:

WEEKDAY \$48R/56NR

WEEKEND \$36R/42NR



# GROUP SWIM LESSONS WEEKDAYS

## COMP POOL

### LEVEL 3:

9:10A-9:40A

9:45A-10:15A

10:20A-10:50A

10:55A-11:25A

3:30P-4:00P

4:05P-4:35P

4:40P-5:10P

5:15P-5:45P

6:20P-6:50P



### LEVEL 4:

9:10A-9:40A

10:20A-10:50A

4:35P-5:05P

5:45P-6:15P

### LEVEL 5 & 6:

8:35A-9:05A

6:55P-7:25P

7:30P-8:00P

Learn to Swim (ages 6-17)

4 classes per session

5-7 on 1 ( Lvl 3)

7-12 on 1 ( Lvl 4-6)

**PRICE:**  
WEEKDAY \$48R/56NR

## GROUP ADULT SWIM LESSONS

4 CLASSES PER  
SESSION

WEEKDAY \$48R/56NR

**ADULT (18+)**

1:05P-1:35P

1:40P-2:10P

2:15P-2:45P

Classes for beginning, intermediate, and advanced swimmers. No matter your level, our classes are taught in a comfortable, positive environment.



# GROUP SWIM LESSONS

WEEKENDS ALL GROUP LESSONS  
AGE 6+

## COMP POOL

### LEVEL 3:

10:55-11:25A

11:30-12:00P

1:40-2:10P

2:15-2:45P

2:50-3:20P

3:25-3:55P

### LEVEL 4:

9:45-10:15A

10:20-10:50A

12:30-1P

1:05-1:35P

### LEVEL 5 & 6:

8:35-9:05A

9:10-9:40A

Learn to Swim (ages 6-17)

3 classes per session

5-7 on 1 ( Lvl 3)

7-12 on 1 ( Lvl 4-6)

PRICE:  
GROUP: \$36R/42NR

## AQUATIC INTERNS

The Aquatic Intern Program trains youth aged 12-15 aspiring to become lifeguards and Water Safety Instructors until they meet the age requirement, with participants contributing to pool safety and swim lesson instruction.

- Must be 12 - 15 years old of age.
- Must have a 2.5 GPA or higher.
- Be able to swim at a Red Cross Level 4 standard or above (pass the swim assessment test).
- Unofficial Transcript
- Letter of Recommendation
- Resume



# AQUATIC CAMPS 2024



**JUNE 11-14**

**MERPERSON UNIVERSITY**

**AGES 7-13**

**R\$450 / NR \$500**

**#25882**

**9am-4pm**

Mermaid University puts safety first, starting our merpersons-in-training with basic swimming skills. Swim sessions incorporate movement skills, fitness, and more. All this excitement builds up to learning choreography, a final day with costumes, and a photo shoot. Best of all, the fin is yours to keep! (Mermen are welcome to sign up too!) Mono Fin and Mer-Tails included. Children must be at a minimum Red Cross Level 3 swim ability. Please bring a lunch and snacks.



**PIRATE CAMP**

**R\$350 / NR \$400**

**JUNE 11-14**

**#25901**

**AGES 7-12**

**9AM-4PM**

Ahoy mateys! Campers will swim across the seven seas, find treasure, and create plenty of pirate crafts and memories! Please bring a lunch and snacks.



**R\$170 / NR\$200**

**#25902**

**9AM-12PM**

**AQUA DRAMA: MOANA**

**JUNE 17-20**

**AGES 7-12**

Campers will be using the pool and drama skills to put on a production of Moana



**R\$170 / NR\$200**

**#25903**

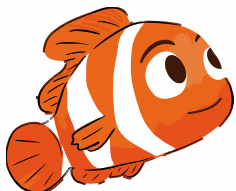
**12-3PM**

**JUNE 17-20**  
**CARDBOARD BOAT CAMP**

**AGES 9-14**

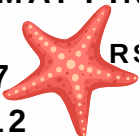


Campers will get to swim, create their own boat design, and finish the session with a boat race across our pool. Now's the time to sink or sail.

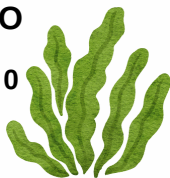


## AQUA DRAMA: FINDING NEMO

JUNE 24-27  
AGES 7-12



R\$170 / NR\$200  
#25916  
9AM-12PM



From swimming around, becoming their favorite sea creature, and crafting the set, everyone is sure to have fun creating the final performance!

## AQUA HERO CAMP



JUNE 24-27

AGES 7-12  
Join our aqua hero camp to unleash your true power!  
We'll see you soon recruits!



R\$220/NR\$250  
#25922  
12PM-3PM

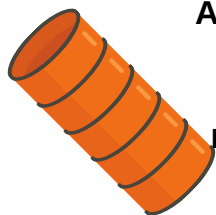
## AQUA SPORTS CHALLENGE

AGES 9-13

R\$170 / NR\$200

#25935

9AM-12PM



JULY 1-3 & 5th  
Campers will play sports, swim, and of course, complete fun obstacle courses!  
Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water.



## JULY 1-3 & 5th ARIEL'S WORKSHOP/ STEM

Come join us at Ariel's workshop! Spend the week flipping your fins and creating fun crafts and STEM adventures.

AGES 7-12  
R\$300 / NR\$375  
#25941  
12PM-3PM



## AQUA ECO AGES 7-11

Perfect opportunity to swim around, do arts and crafts, and learn about different oceans and their ecosystems.



R\$220 / NR\$250  
#25953  
9am-12pm



## SPLISH SPLASH FUN

Join us for games in/out of the pool and meet new friends

R\$170 / NR\$200  
#25958  
AGES 6-10 12PM-3PM

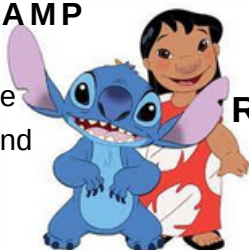




## LILO AND STITCH CAMP

**AGES 7-12**

"Ohana means family." Come out and enjoy some fun Lilo and Stich-themed activities in preparation for our dive-in movie.



**JULY 15-18**

**R\$220 / NR\$250**

**#25959**

**9AM-12PM**

## AQUAMAZING RACE

**AGES 7-12**

Join the aquamazing race, filled with daring adventure that leads up to water! Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water.



**JULY 15-18**

**R\$220 / NR\$250**

**#25960**

**12PM-3PM**

## INTRO TO POLO

**AGES 7-12**

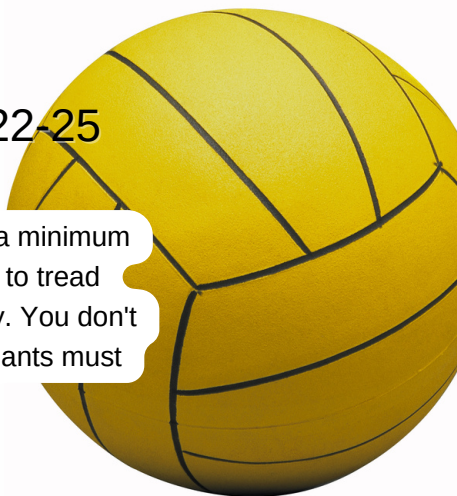
**R\$170 / NR\$200**

**#25961**

**9AM-12PM**

Learn water polo basics! Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water. A swim test will be given on the first day. You don't need prior water polo experience, but participants must be comfortable in deep water.

**JULY 22-25**



## INTRO TO DIVE

**AGES 7-15**

**JULY 22-25**

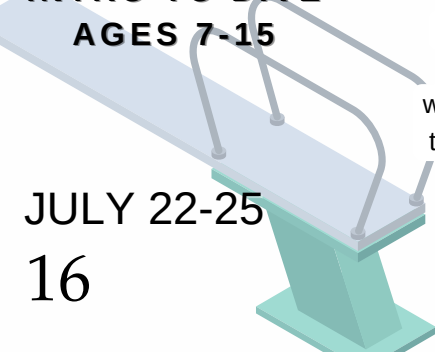
**16**

Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water. This class offers a series of successful techniques that teach a progression of basic skills that teach dive team skills.

**R\$170 / NR\$200**

**#25962**

**12-3PM**





**INTERMEDIATE  
POLO  
AGES 11-16**

**JULY 29- AUG 1**  
**R\$170 / NR\$200**

**#25963**  
**9AM-12PM**

Intermediate water polo drills and swim development are the focus of every practice session. Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water.

**JULY 29- AUG 1**  
**INTERMEDIATE  
DIVE  
AGES 11-17**

**R\$170 / NR\$200**  
**#25964**  
**9AM-12PM**

Children must be at a minimum Red Cross Level 4 swim ability and be able to tread water. This class offers a series of successful techniques that teach an intermediate-level water entry for diving.



**AQUA OLYMPICS**  
**AGES 7-14**  
**R\$170 / NR\$200**  
**#25966**  
**12PM-3PM**



Consisting of swimming, fun pool challenges, Olympic-themed crafts, and more you are bound to have fun. Do you have what it takes to bring home the gold?!

**AUGUST 5-8**

**AQUA SPORTS**  
**AGES 7-14**

Aqua Sports Camp Students will make a splash playing fun sports and getting into the playful spirit. Participant must be able to tread water.

**R\$170 / NR\$200**  
**#25965**  
**9AM-12PM**

**17** **AUGUST 5-8**

# AQUATICS CAMPS **FULL SUMMER**

## **TRIATHALON CAMP**

**AGES 10-15**

**\$175R /\$200NR PER WEEK**

**\$1260R/\$1440NR ALL SUMMER**

**#25967**

**8AM-11AM**



“Triathlon-specific swim, biking, and running clinics for youth athletes of all levels and advanced junior swimmers! Build endurance, speed, and power in the water so you feel fresh heading out for the bike! Each class will include a warm-up, drills & skills, a main set, and a finish with triathlon-specific training. Pack swimming, deep water starts, and drafting are just a few examples. Athletes will not only get in a great swim workout but also practice skills that will make them comfortable and competitive in the open water with other swimmers.

**JUNE 11- AUGUST 8, 2024**

8am Morning Drop off- Encinal Swim Center with their bikes.

11am Pick-up - Alameda Point Gym.

## **INTRO TO SWIM TEAM**

**AGES 10-17**

**N\$1,000 / NR\$1380**

**#26431**

**M-TH 5:30-7PM**

**JUNE 17- AUGUST 3**

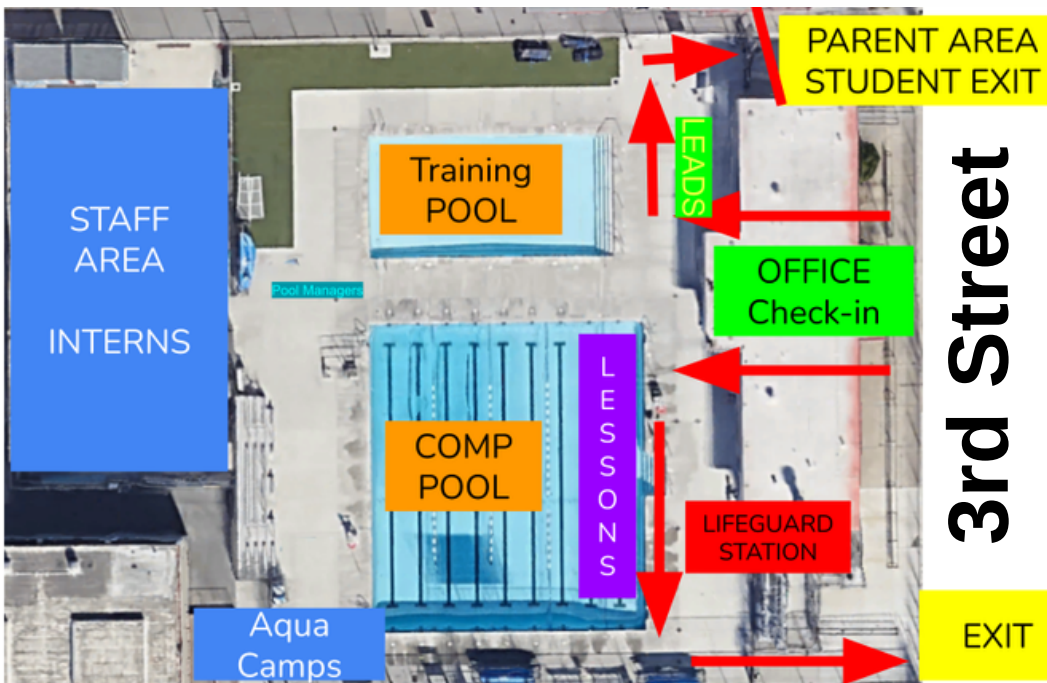


Designed for swimmers ready to join a competitive swim team and want to refine their skills. It is intended for swimmers prepared to join a competitive swim team, and want to refine skills and learn new skills necessary for competitive swimming. It is also for those who already have competitive swimming experience and are looking to improve and refine their stroke turns, and it starts with the help of experienced college swimmers. This is an all-summer class.

Swimmers must be able to show at least a level 3 card.

Swimmers will have the opportunity to swim in the Alameda City Meet at the end of the Summer

# Encinal Swim Center



## Contact Us



sthomas@alamedaca.gov

ARPDAAquatics@alamedaca.gov



<https://www.alamedaca.gov/Departments/Recreation-Parks/Aquatics>

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## Social Media



@PLAYARPD



@ARPDAAquatics



# Looking for a Job?

ALAMEDA RECREATION AND PARK DEPARTMENT  
2226 Santa Clara Avenue, Alameda, CA 94501—(510) 747-7529  
arpd@alamedaca.gov—www.alamedaca.gov/recreation



## ***NOW HIRING: 2024 PART-TIME SUMMER POSITIONS***

**Parks  
Make  
Life  
Better!**

*(Interviews Start In March 2024)*

**Pay rates start at \$17 per hour & up based on experience and program placement**



- EARLY CHILDHOOD RECREATION LEADER
- LIFEGUARD & AQUATIC INSTRUCTOR
- SUMMER RECREATION LEADER
- TENNIS INSTRUCTOR

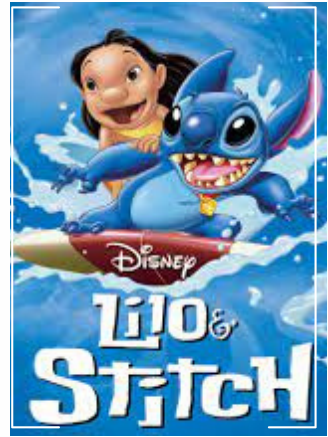
***For More Information Or To Apply Online:***

***<https://www.governmentjobs.com/careers/alamedaca>***

# Apply Now

# AQUATIC EVENTS

DOORS OPEN AT  
6:30P,  
MOVIE STARTS AT  
8:30P



July 19th, 2024

Join ARPD this summer for our  
Annual Dive-In Movie!

We will be watching  
Disney's Lilo and Stitch!

*\*Registration fee: \$15.*

Bring your Ohana and have a great dive  
with us!

**#26639**

## CITY OF ALAMEDA, 69TH ANNUAL CITY SWIM CHAMPIONSHIP Aug 3-4, 2024



The 2024 City of Alameda Swim Championships is sponsored by the Alameda Recreation and Park Department in cooperation with the Alameda Gators swim team. This Meet is organized and run by dedicated volunteers, parents, coaches, and friends for the sole enjoyment of their children and to foster their continued interest in swimming.

# Save the Date



Thank your ARPD lifeguard simply by telling them “Thank you for all you do”. Celebrate them with special thank you posters, photos, staff treats, an extra cooler full of ice-cold water, or a visit from the ice-cream truck.

The best way to show your appreciation to a lifeguard is to follow the facility rules, keep an eye on your children or weak swimmers, and willingly follow lifeguard instructions.

Come support your favorite ARPD Aquatic Staff as they show off their lifeguard skills in the 2024 BAPPOA Lifeguard Games!



# August 4th



New this year: Jr Guard Games

22 **August 11th**

