

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

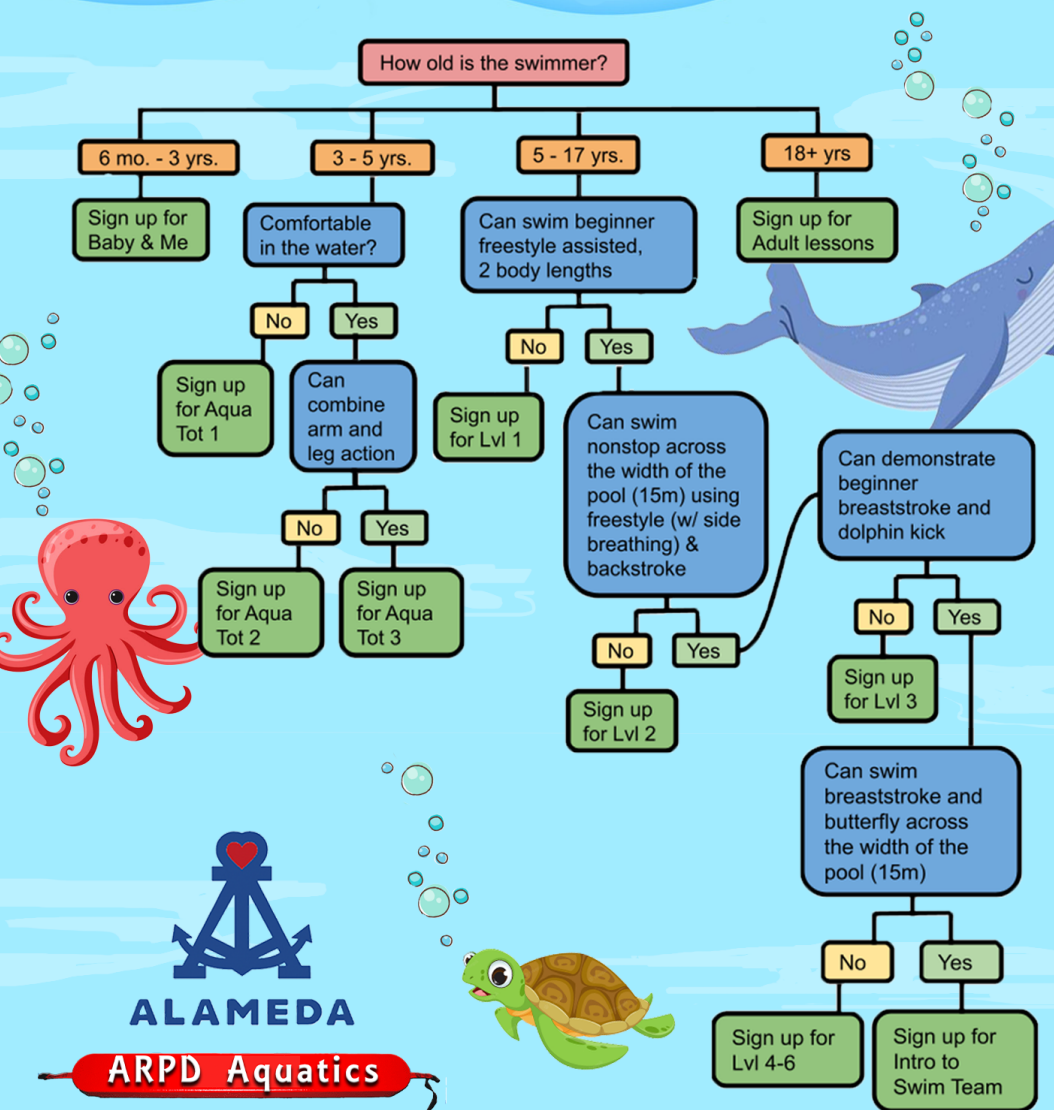
July 29- Aug 1

Aug 5-8



WHAT SWIM LEVEL IS MY CHILD?

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



ALAMEDA
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

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

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 July 29-August 1

July 22-25 August 5-8

**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

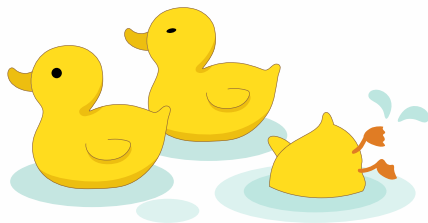
6:25P- 6:55P

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

PRICE:

WEEKDAY \$48R/56NR

Learn to Swim (ages 6-17)

4 classes per session

5-7 on 1 (Lvl 3)

7-12 on 1 (Lvl 4-6)

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

JUNE 11-14

AGES 7-12

R\$350 / NR \$400

#25901

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

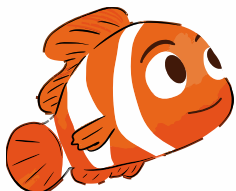
#25903

12-3PM

JUNE 17-20
CARDBOARD BOAT CAMP
AGES 9-14



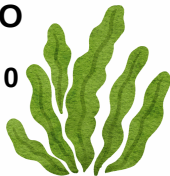
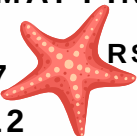
Campers will get to swim, create their own boat design, and finish the session with a boat race across our pool. Now's the time to sink or sail.



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

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



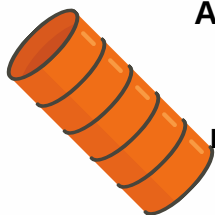
JUNE 24-27



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

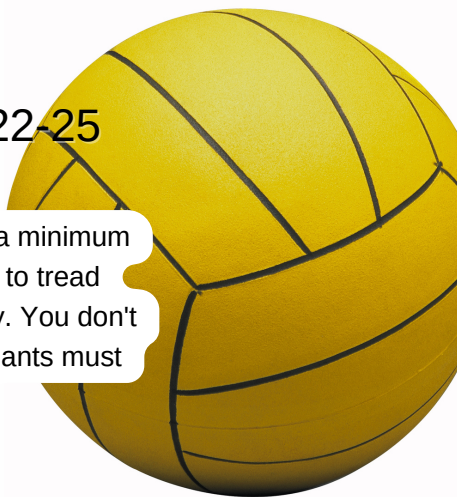
R\$170 / NR\$200

#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

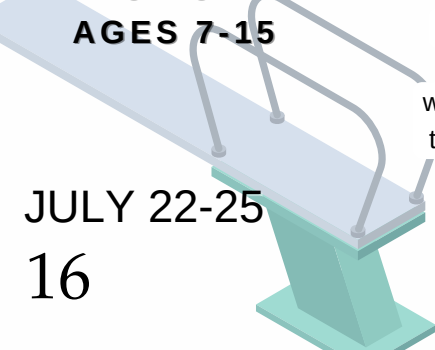
16

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





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

#25963

9AM-12PM

**INTERMEDIATE
 POLO
 AGES 11-16**

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.



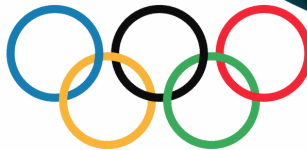
AQUA OLYMPICS

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**

TRIATHLON 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

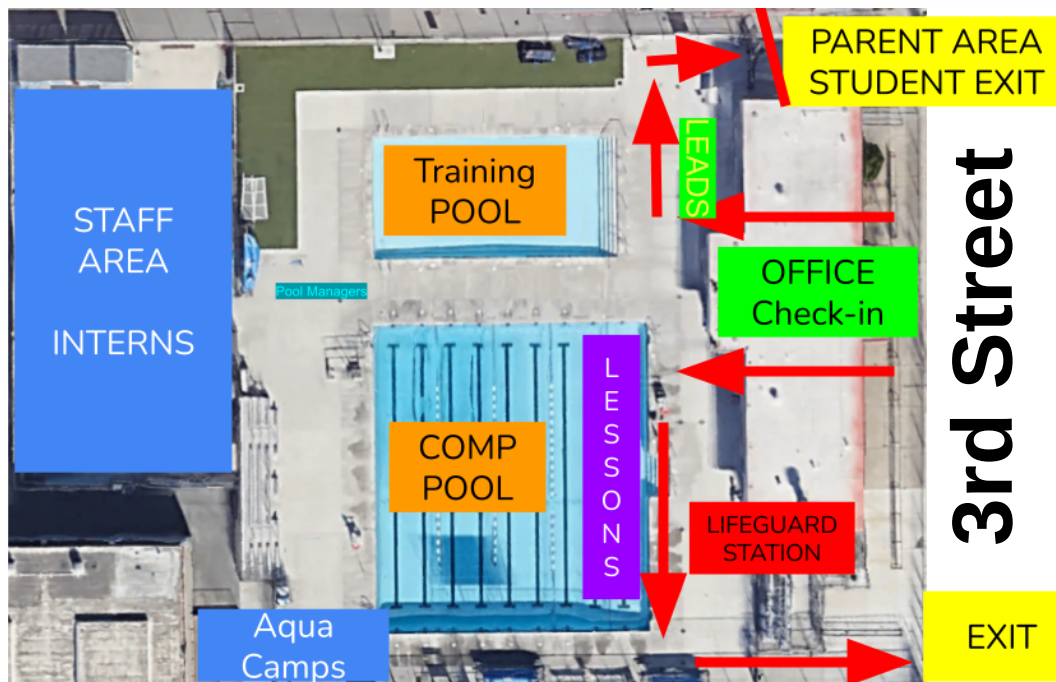


Designed for swimmers ready to join a competitive swim team and want to refine It is intended for swimmers prepared to join a competitive swim team, and want to refine skills and learn new skills necessary for competitive swimming. It is also for those who already have competitive swimming experience 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



stthomas@alamedaca.gov

ARPDAAquatics@alamedaca.gov

REGISTER



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

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

(Interviews Start In March 2024)

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Life
Better!**

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

