AQUATICS

ALL TIMES ARE SUBJECT TO CHANGE

SAN RAMON OLYMPIC POOL & AQUATIC PARK

9900 Broadmoor Drive
(925) 973-3240
Fax (925) 828-3427

Parking Permit

Parking permits are required until June 12 for pool use, Monday to Friday, 8:00am–3:00pm. Due to the number of events at California High School, parking can become an issue and parking tickets are issued. Permits may be purchased during regular office hours only. Permits cost $1.00.

DOUGHERTY VALLEY AQUATIC CENTER

10550 Albion Road
(925) 973-3335
Fax (925) 803-0652

Parking

Parking for the Dougherty Valley Aquatic Center is located behind Venture School and next to the tennis courts. Please park here so as not to interrupt the high school.

Adaptive Equipment

Both pools are full service with ADA accessible locker rooms, easy entry stairs for entering the water, swim lifts and water wheel chairs for the enjoyment of the play pool.

Lap Swim

Swimming is the #1 exercise among American adults. Our pools are a comfortable 80°F and provide you with the opportunity to exercise at your own pace. Beginners to experts are welcome. Recreation swimming and horseplay are prohibited. Circle swimming may be enforced to accommodate more swimmers if crowded. Adults or guardians must accompany children ages 12 and under. **Children may not be left unattended on the pool deck or in the facility.**

San Ramon Olympic Pool

April – June 15
Mon, Wed, Fri 6:30am–8:30am
Mon-Fri. 11:00am–2:30pm
Mon-Thu 7:00pm–8:30pm
Sat 11:00am–2:00pm
Sat (May 10-June 14) . . .11:00am–4:00pm
Sun (May 11-June 15) . 12:00pm–4:00pm

June 16 – August 24
Mon, Wed, Fri 6:30am–8:30am
Mon-Fri. 11:00am–2:00pm
Mon/Tue/Thu/Fri. 7:00pm–8:30pm
Sat 11:00am–4:00pm
Sun. 12:00pm–4:00pm

Dougherty Valley Aquatic Center

April – June 15
Tue 6:00am–8:00am
Mon, Wed, Fri 4:00pm–6:30pm
Sat (May 10-June 14) 1:00pm–5:00pm

June 16 – August 23
Tue/Thu 6:00am–8:00am
Mon-Fri. 12:30pm–3:30pm
Mon, Wed, Fri 4:00pm–6:30pm
Sat 1:00pm–5:00pm

See the next page for pool entrance fees.

Recreation Swim Hours

Recreation swim is available for anyone to enjoy the water in a safe environment.

San Ramon Olympic Pool

May 10 – June 15
Sat 12–4pm
Sun. 12–4pm

June 16 – August 24
M-Th (6/23-8/14 play pool only)11am–1pm
Mon-Fri. 1–4pm
Mon/Tue/Thu/Fri. 7–8:30pm
Sat (play pool only) 11am–12pm
Sat & Sun 12–4pm

Dougherty Valley Aquatic Center

May 10 – June 14
Sat 1–5pm

June 16 – August 23
Mon-Fri. 12:30–3:30pm
Mon/Tue/Thu/Fri. 7:30–9pm
Sat 1–5pm

** Play pool closes at sunset (dusk).*

Holiday Recreation/Lap Swim Schedule

Memorial Day, May 26

San Ramon Olympic Pool
12:00pm-4:00pm (Recreation & Lap Swim)

Dougherty Valley Aquatic Center
Closed

Pool Closures

San Ramon Olympic Pool
April 26-27, July 4

Dougherty Valley Aquatic Center
May 26, July 4

Visit our website at:
www.SanRamon.ca.gov/aquatics,
or call (925) 973-3240 for more information.

General Pool Information

ALL SWIM PASS

The ALL swim pass is a convenient, cost-effective option for lap or recreation swim. Whether or not you come by yourself or bring 10 friends, our pass system is flexible to meet your needs. Buy one pass for your whole family. All ages swim for the same price. For more information visit www.SanRamon.ca.gov/Parks or call (925) 973-3240.

Benefits:

- All Ages Swim for the Same Price
- One Pass for Recreation and Lap Swim
- Purchase Passes Online in Advance for Fast Entry on Hot Days
- Fast Entry for Pass Holders
- Receive GO Points for Multiple Swim Passes

Daily Swim Entry	10 Swim Pass	20 Swim Pass	40 Swim Pass	60 Swim Pass
$4	$38	$72	$136	$192
All Ages	5% discount	10% discount	15% discount	20% discount

**See program information for hours and limitations for each program.*

Best Value! Only $3.20 per swim!

It is essential that each lesson is attended to receive the full benefit of the class.

Aquatics Registration Information

- No make-up lessons or credits for missed classes are given. If a class or session is canceled by the Parks & Community Services Department, a refund credit will be issued to your account.
- Registration for swim lessons will close 3 days prior to the start of the class with the exception of Private Swim lesson registration which will close the day before.
- Once the swim lesson has begun, staff will not be able to add additional students to the class.
- Refunds are not given for weather or lack of child participation.
- Transfers between classes may only be allowed if there is room in the class and approved by the Pool Manager on duty. A $5 processing fee or 7% will be charged.
- Refund/credit/transfer requests are allowed up to 7 days prior to the first day of class; All refunds/transfers will be charged a processing fee of $5 for classes less than $72, each class over $72 will be charged 7% of the class fee. Refunds after program has started are not guaranteed.
- Please keep in mind the possibility of student progression when signing up for multiple sessions.
- Please allow an adequate amount of time to find parking and arrive to your swim lesson on time.
- Please arrive 10-15 minutes early on the first day of class to check-in and receive further information at the Swim Lesson Check-In Table.

Learn to Swim Testing Day

The City of San Ramon Aquatics Staff will be assessing all Learn-To-Swim levels for participants ages 3 to 5 and 6 to 14 on their swimming ability prior to the start of each Summer Learn-To-Swim session to assist with placing students in the correct levels. Participants must be registered for an upcoming Summer Learn-To-Swim lesson to attend any of the Testing Days. Participants will be given a Testing Day Results form after they have been assessed, to be presented on the first day of class. For your convenience, participants may attend a testing day at either facility.

San Ramon Olympic Pool	6/15, 6/22, 7/6, 7/20, 8/3	9:30 – 11:30am
Dougherty Valley Aquatic Center	6/15, 6/22, 7/6, 7/20, 8/3	3:00 – 5:00pm

Family Pass Recreation Swim

One Pass, Two Aquatic Centers

Take advantage of our best swimming value! The family pass allows family members to use the pool during designated **Recreation Swim** hours, from May 10 to September 28. Go points now available!

Full Season: 5/10 – 9/28

Family of 4 . . . . . .$250(R/GO)/$315(N)
Each Additional Family Member . . . $34

Half Season: 7/26 – 9/28

Family of 4 . . . . . $125(R/GO)/$155(NR)
Each additional family member. . . . $17

Pool Picnics

Have your birthday at the pool! Picnics include a semi-private shaded picnic area and access to all pools. Adult chaperons required on a 1:5 ratio. Picnic reservations can be made for the San Ramon Olympic Pool & Aquatic Park or the Dougherty Valley Aquatic Center during publicized Recreation Swim hours. For fees, please call 973-3240.

ALL reservations must be made at least 2 weeks (14 days) prior to reservation date and paid in full.

LEARN-TO-SWIM PROGRAM

Skill Levels And Requirements For Ages 3 & Up

The City of San Ramon's Learn-To-Swim Program offers comprehensive course levels that teach participants how to swim skillfully and safely. The prerequisite for each level is successful demonstration of the skills taught in the preceding level. Beginners start at the Jellyfish level, which has no prerequisites and progress through the classes in the following order: Seahorses, Turtles, Otters, Stingrays, Sharks, and Dolphins. If you have any questions, please ask an Aquatic Staff member.

The 3-5 Year Old swim lessons follow class requirements for the Jellyfish, Seahorses, Turtles, and Otter levels. All 3 year old participants are recommended to complete Learn-To-Swim Parent/Tot prior to enrolling in 3 -5 Year Old lessons.

JELLYFISH

- Enter and Exit Water Independently
- Travel without support – 10 feet
- Bob (Submerge Face Underwater) – 10 times
- Blowing Bubbles – 10 Seconds
- Front Float– 5 seconds
- Flutter kick with support on front – 10 feet
- Introduction to arm strokes with support
- Back Float– 5 seconds
- Flutter kick with support on back – 10 feet
- Introduction to back stroke arms with support
- Rollover front to back and return to standing position with support
- Proper use of a life jacket in the water

SEAHORSES

- Enter water by jumping feet first from side of the pool
- Exit pool using ladder or side
- Bob while blowing bubbles – 10 times
- Front Glide– 10 feet
- Front Glide with flutter kick – 15 feet
- Freestyle – 15 feet
- Back Glide– 10 feet
- Back Glide with flutter kick – 15 feet
- Backstroke – 15 feet
- Rollover front to back and return to standing position without support
- Introduction to treading water in shallow water without support

TURTLES

- Enter water by jumping feet first into chest deep water from side of pool
- Freestyle with side breathing – 15 yards
- Backstroke – 15 yards
- Elementary Backstroke kick – 15 feet
- Arm and leg motions for treading water in deep water without support
- Move in water while wearing a life jacket

OTTERS

- Jump feet first into deep water from the side
- Bob in deep water – 10 times
- Back Float in deep water – 30 seconds
- Treading water – 30 seconds
- Change from vertical to horizontal positions on front and back in deep water
- Swim Freestyle with side breathing – 25 yards
- Swim Backstroke – 25 yards
- Swim Elementary Backstroke – 15 yards
- Demonstrate Dolphin Kick – 15 yards
- Demonstrate Scissor Kick – 15 yards
- Demonstrate Breaststroke Kick – 15 Yards

Optional Skill:

- Dive from the side from a sitting or kneeling position

STINGRAYS

- Swim underwater – 15 feet
- Survival float in deep water – 30 seconds
- Treading water – 2 minutes
- Swim freestyle – 50 yards
- Swim backstroke – 50 yards
- Swim breaststroke – 25 yards
- Swim sidestroke – 25 yards
- Swim elementary backstroke – 25 yards
- Open turn on front
- Open turn on back
- Feet first surface dive

Optional Skill:

- Dive from the side in a compact or stride position

SHARKS

- Treading water – 5 minutes
- Swim freestyle – 100 yards
- Swim backstroke – 75 yards
- Swim breaststroke – 50 yards
- Swim sidestroke – 50 yards
- Swim elementary backstroke – 50 yards
- Swim butterfly – 15 yards
- Flip turn on front
- Flip turn on back
- Tuck and pike surface dives

Optional Skill:

- Dive from side in a standing position

DOLPHINS

- Swim freestyle – 200 yards
- Swim backstroke – 100 yards
- Swim breaststroke – 50 yards
- Swim sidestroke – 50 yards
- Swim elementary backstroke – 50 yards
- Swim butterfly – 25 yards
- Breaststroke & butterfly open turns
- HELP position – 2 minutes
- Huddle position – 2 minutes
- Surface dive and retrieve object from bottom of pool
- Survival float – 5 minutes
- Back float – 5 minutes
- Swim 500 yards continuously using the strokes in the following order:
  - Freestyle – 100 yards
  - Backstroke – 100 yards
  - Breaststroke – 50 yards
  - Elementary backstroke – 50 yards
  - Sidestroke – 50 yards
  - Choice of stroke – 150 yards

Optional Skills:

- Shallow dive from side of pool
- Competitive start from diving block

DISTANCE GUIDE

Please use these distances as a reference when reading the descriptions for the learn to swim program:

10 feet =	approximately 1½ black lines		100 yards =	4 laps
15 feet =	approximately 2 black lines		200 yards =	8 laps
15 yards	=	¾ across the pool	500 yards =	20 laps
25 yards	=	1 lap (all the way across the pool)		
50 yards	=	2 laps		
75 yards	=	3 laps		

Learn to Swim Skill Requirements

Private Lessons

A private lesson is one 30-minute lesson of one-on-one instruction to meet the personal needs of students of all abilities. Students can register for a series of lessons or individually (minimum of two individual lessons is required when registering). Unless instructors are requested to teach specific skills, students will be tested during their first private lesson and are taught skills based on our normal learn to swim progressions. We are unable to accommodate requests for instructors.

Ages 3+
1 Class $32(R/GO)/$40(N)

San Ramon Olympic Pool

Weekdays	6/16	6/17	6/18	6/19	6/20	6/23	6/24	6/25
9:45am-10:15am	-	-	-	-	-	89847	89855	89863
10:20am-10:50am	-	-	-	-	-	89848	89856	89864
10:55am-11:25am	-	-	-	-	-	89849	89857	89865
11:30am-12:00pm	-	-	-	-	-	89850	89858	89866
4:10pm-4:40pm	89827	89831	89835	89839	89843	89851	89859	89867
5:20pm-5:50pm	89829	89833	89837	89841	89845	89853	89861	89869
5:55pm-6:25pm	89830	89834	89838	89842	89846	89854	89862	89870
Weekdays	**6/26**	**6/30**	**7/1**	**7/2**	**7/3**	**7/7**	**7/8**	**7/9**
9:45am-10:15am	89871	89879	89887	89895	90498	89903	89911	89919
10:20am-10:50am	89872	89880	89888	89896	90499	89904	89912	89920
10:55am-11:25am	89873	89881	89889	89897	90500	89905	89913	89921
11:30am-12:00pm	89874	89882	89890	89898	90501	89906	89914	89922
4:10pm-4:40pm	89875	89883	89891	89899	90502	89907	89915	89923
5:20pm-5:50pm	89877	89885	89893	89901	90503	89909	89917	89925
5:55pm-6:25pm	89878	89886	89894	89902	90504	89910	89918	89926
Weekdays	**7/10**	**7/14**	**7/15**	**7/16**	**7/17**	**7/21**	**7/22**	**7/23**
9:45am-10:15am	89927	89935	89943	89951	89959	89967	89975	89983
10:20am-10:50am	89928	89936	89944	89952	89960	89968	89976	89984
10:55am-11:25am	89929	89937	89945	89953	89961	89969	89977	89985
11:30am-12:00pm	89930	89938	89946	89954	89962	89970	89978	89986
4:10pm-4:40pm	89931	89939	89947	89955	89963	89971	89979	89987
5:20pm-5:50pm	89933	89941	89949	89957	89965	89973	89981	89989
5:55pm-6:25pm	89934	89942	89950	89958	89966	89974	89982	89990
Weekdays	**7/24**	**7/28**	**7/29**	**7/30**	**7/31**	**8/4**	**8/5**	**8/6**
9:45am-10:15am	89991	89999	90007	90015	90023	90031	90039	90047
10:20am-10:50am	89992	90000	90008	90016	90024	90032	90040	90048
10:55am-11:25am	89993	90001	90009	90017	90025	90033	90041	90049
11:30am-12:00pm	89994	90002	90010	90018	90026	90034	90042	90050
4:10pm-4:40pm	89995	90003	90011	90019	90027	90035	90043	90051
5:20pm-5:50pm	89997	90005	90013	90021	90029	90037	90045	90053
5:55pm-6:25pm	89998	90006	90014	90022	90030	90038	90046	90054

Private Lessons continued, San Ramon Olympic Pool...

Weekdays	8/7	8/11	8/12	8/13	8/14
9:45am-10:15am	90055	90063	90071	90079	90087
10:20am-10:50am	90056	90064	90072	90080	90089
10:55am-11:25am	90057	90065	90073	90081	90090
11:30am-12:00pm	90058	90066	90074	90082	90091
4:10pm-4:40pm	90059	90067	90075	90083	90092
5:20pm-5:50pm	90061	90069	90077	90085	90099
5:55pm-6:25pm	90062	90070	90078	90086	90100

Dougherty Valley Aquatic Center

Weekdays	6/16	6/17	6/18	6/19	6/20	6/23	6/24	6/25
9:30am-10:00am	-	-	-	-	-	90445	90107	90108
10:05am-10:35am	-	-	-	-	-	90446	90456	90109
10:40am-11:10am	-	-	-	-	-	90447	90457	90110
11:15am-11:45am	-	-	-	-	-	90448	90458	90111
11:50am-12:20pm	-	-	-	-	-	90449	90459	90112
4:15pm-4:45pm	90093	90102	90428	90434	90440	90451	90461	90114
4:50pm-5:20pm	90094	90103	90429	90435	90441	90452	90462	90115
5:30pm-6:00pm	90095	90104	90430	90436	90442	90453	90463	90116
6:05pm-6:35pm	90096	90105	90431	90437	90443	90454	90464	90117
6:40pm-7:10pm	90097	90106	90432	90438	90444	90455	90465	90118
Weekdays	**6/26**	**6/30**	**7/1**	**7/2**	**7/3**	**7/7**	**7/8**	**7/9**
9:30am-10:00am	90466	90128	90138	90147	90509	90157	90167	90177
10:05am-10:35am	90119	90129	90139	90148	90510	90158	90168	90178
10:40am-11:10am	90120	90130	90140	90149	90511	90159	90169	90179
11:15am-11:45am	90467	90468	90469	90471	90518	90472	90473	90474
11:50am-12:20pm	90121	90131	90141	90150	90512	90160	90170	90180
4:15pm-4:45pm	90123	90133	90143	90152	90513	90162	90172	90182
4:50pm-5:20pm	90124	90134	90144	90153	90514	90163	90173	90183
5:30pm-6:00pm	90125	90135	90145	90154	90515	90164	90174	90184
6:05pm-6:35pm	90126	90136	90146	90155	90516	90165	90175	90185
6:40pm-7:10pm	90127	90137	90470	90156	90517	90166	90176	90186

It is the goal of the City of San Ramon and its Aquatic Staff to offer quality instruction to you and your family. Individuals have diverse backgrounds associated with the aquatic environment. For this reason individuals will progress at different rates. Patience and understanding is a must for everyone learning new skills. Help our swim instructors by always being positive and working with your child(ren) to learn the skills at each level. Please do not hesitate to contact the Aquatic Staff to answer any questions. Thank you for enrolling in the City of San Ramon's Learn-To-Swim Program.

Private Lessons continued, Dougherty Valley Aquatic Center...

Weekdays	7/10	7/14	7/15	7/16	7/17	7/21	7/22	7/23
9:30am-10:00am	90187	90197	90207	90216	90226	90236	90246	90256
10:05am-10:35am	90188	90198	90208	90217	90227	90237	90247	90257
10:40am-11:10am	90189	90199	90209	90218	90228	90238	90248	90258
11:15am-11:45am	90475	90476	90477	90479	90480	90481	90482	90483
11:50am-12:20pm	90190	90200	90210	90219	90229	90239	90249	90259
4:15pm-4:45pm	90192	90202	90212	90221	90231	90241	90251	90261
4:50pm-5:20pm	90193	90203	90213	90222	90232	90242	90252	90262
5:30pm-6:00pm	90194	90204	90214	90223	90233	90243	90253	90263
6:05pm-6:35pm	90195	90205	90215	90224	90234	90244	90254	90264
6:40pm-7:10pm	90196	90206	90478	90225	90235	90245	90255	90265
Weekdays	**7/24**	**7/28**	**7/29**	**7/30**	**7/31**	**8/4**	**8/5**	**8/6**
9:30am-10:00am	90266	90276	90286	90296	90306	90316	90326	90336
10:05am-10:35am	90267	90277	90287	90297	90307	90317	90327	90337
10:40am-11:10am	90268	90278	90288	90298	90308	90318	90328	90338
11:15am-11:45am	90484	90485	90486	90487	90488	90489	90490	90491
11:50am-12:20pm	90269	90279	90289	90299	90309	90319	90329	90339
4:15pm-4:45pm	90271	90281	90291	90301	90311	90321	90331	90341
4:50pm-5:20pm	90272	90282	90292	90302	90312	90322	90332	90342
5:30pm-6:00pm	90273	90283	90293	90303	90313	90323	90333	90343
6:05pm-6:35pm	90274	90284	90294	90304	90314	90324	90334	90344
6:40pm-7:10pm	90275	90285	90295	90305	90315	90325	90335	90345
Weekdays	**8/7**	**8/11**	**8/12**	**8/13**	**8/14**			
9:30am-10:00am	90346	90355	90365	90375	90385			
10:05am-10:35am	90347	90356	90366	90376	90386			
10:40am-11:10am	90348	90357	90367	90377	90387			
11:15am-11:45am	90492	90493	90494	90495	90496			
11:50am-12:20pm	90497	90358	90368	90378	90388			
4:15pm-4:45pm	90350	90360	90370	90380	90390			
4:50pm-5:20pm	90351	90361	90371	90381	90391			
5:30pm-6:00pm	90352	90362	90372	90382	90392			
6:05pm-6:35pm	90353	90363	90373	90383	90393			
6:40pm-7:10pm	90354	90364	90374	90384	90394			

Saturdays	6/21	6/28	7/12	7/19	7/26	8/2	8/9	8/16
9:30am-10:00am	90395	90399	90403	90407	90411	90415	90419	90423
10:05am-10:35am	90396	90400	90404	90408	90412	90416	90420	90424
10:40am-11:10am	90397	90401	90405	90409	90413	90417	90421	90425
11:15am-11:45am	90398	90402	90406	90410	90414	90418	90422	90426

Learn-To-Swim: Parent/Tot

Students must be accompanied by an adult for all classes. If needed, swim diapers must be worn by students. The Aquatic Staff will assess the student's abilities based on age and comfort level in the water on the first day of class. Students, with their parent's support, will begin to explore front and back floating, gliding, and kicking, as well as entering and exiting the pool. As students become comfortable with basic skills they will begin to explore using their arms and legs so they feel more comfortable with the motions of swimming. These classes are not designed to teach the student to swim independently, but to increase the comfort level of the student in and around the water.

Ages 6 months - 3 years

San Ramon Olympic Pool

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
5:20pm-5:50pm	90551
6:30pm-7:00pm	90552

$8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
10:20am-10:50am	90553	90556	90559	90562
5:20pm-5:50pm	90554	90557	90560	90563
6:30pm-7:00pm	90555	90558	90561	90564

Dougherty Valley Aquatic Center

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
4:50pm-5:20pm	90565
6:05pm-6:35pm	90566

$8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
11:15am-11:45am	90567	90570	90573	90576
4:50pm-5:20pm	90568	90571	90574	90577
6:05pm-6:35pm	90569	90572	90575	90578

4 Classes $41(R/GO)/$52(N) No class 7/5

Sat	6/21-7/19	7/26-8/16
10:05am-10:35am	90580	90584
10:40am-11:10am	90581	90585
11:15am-11:45am	90582	90586

Learn to Swim Classes

Learn-To-Swim: 3 - 5 Year-Olds

All 3-year old students are recommended to complete Learn-to-Swim: Parent/Tot prior to this course. Please bring a progress report from a previous City of San Ramon Learn-to-Swim class or a Testing Day Results form to assist in placing students in the correct level. Learn-to-Swim 3-5 Year- Old classes are designed for students who have no experience in the water, to students who have already developed basic swimming skills. The goal of these classes is for students to gain independence and confidence in and around the water without the company of their parents. Please reference Skill Levels and Requirements for Jellyfish, Sea Horses, Turtles, and Otters for further details. Staff will be assessing levels prior to their first day of lessons. You must attend one of the following dates.

Test Dates: 6/15, 6/22, 7/6, 7/20, 8/3
San Ramon Olympic Pool: 9:30-11:30am
Dougherty Valley Aquatic Center: 3:00-5:00pm

San Ramon Olympic Pool

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
4:10pm-4:40pm	90737
4:45pm-5:15pm	90738
5:20pm-5:50pm	90739
5:55pm-6:25pm	90740
6:30pm-7:00pm	90741

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
10:55am-11:25am	90742	90749	90756	90763
11:30am-12:00pm	90743	90750	90757	90764
4:10pm-4:40pm	90744	90751	90758	90765
4:45pm-5:15pm	90745	90752	90759	90766
5:20pm-5:50pm	90746	90753	90760	90767
5:55pm-6:25pm	90747	90754	90761	90768
6:30pm-7:00pm	90748	90755	90762	90769

Dougherty Valley Aquatic Center

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
3:40pm-4:10pm	90770
4:15pm-4:45pm	90771
4:50pm-5:20pm	90772
5:30pm-6:00pm	90773
6:05pm-6:35pm	90774

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
9:30am-10:00am	90775	90783	90790	90798
10:40am-11:10am	90776	90784	90791	90799
11:50am-12:20pm	90777	90785	90792	90800
3:40pm-4:10pm	90778	90786	90793	90801
4:15pm-4:45pm	90779	90787	90794	90802
4:50pm-5:20pm	90780	90788	90795	90803
5:30pm-6:00pm	90781	90810	90796	90804
6:05pm-6:35pm	90782	90789	90797	90805

4 Classes $41(R/GO)/$52(N) No class 7/5

Sat	6/21-7/19	7/26-8/16
9:30am-10:00am	90806	90811
10:05am-10:35am	90807	90812
10:40am-11:10am	90808	90813
11:15am-11:45am	90809	90814

Learn to Swim Classes

Learn-To-Swim: Jellyfish, Seahorses, Turtles, Otters, Stingrays & Sharks

Please bring a report card from a previous City of San Ramon Learn-to-Swim class or a Testing Day Results form to assists in placing students in the correct level. Please reference Skill Levels and Requirements for Jelly Fish, Sea Horses, Turtles, Otters, Sting Rays, and Sharks for further details. Staff will be assessing levels prior to their first day of lessons. You must attend one of the following dates.

Test Dates: 6/15, 6/22, 7/6, 7/20, 8/3
San Ramon Olympic Pool: 9:30-11:30am
Dougherty Valley Aquatic Center: 3:00-5:00pm

Ages 6-14

San Ramon Olympic Pool

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
4:10pm-4:40pm	90587
4:45pm-5:15pm	90588
5:20pm-5:50pm	90589
5:55pm-6:25pm	90590
6:30pm-7:00pm	90591

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
9:45am-10:15am	90592	90601	90610	90619
10:20am-10:50am	90593	90602	90611	90620
10:55am-11:25am	90594	90603	90612	90621
11:30am-12:00pm	90595	90604	90613	90622
4:10pm-4:40pm	90596	90605	90614	90623
4:45pm-5:15pm	90597	90606	90615	90624
5:20pm-5:50pm	90598	90607	90616	90625
5:55pm-6:25pm	90599	90608	90617	90626
6:30pm-7:00pm	90600	90609	90618	90627

Dougherty Valley Aquatic Center

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
3:40pm-4:10pm	90628
4:15pm-4:45pm	90629
4:50pm-5:20pm	90630
5:30pm-6:00pm	90631
6:05pm-6:35pm	90632
6:40pm-7:10pm	90633

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
9:30am-10:00am	90634	90645	90656	90667
10:05am-10:35am	90635	90646	90657	90668
10:40am-11:10am	90636	90647	90658	90669
11:15am-11:45am	90637	90648	90659	90670
11:50am-12:20pm	90638	90649	90660	90671
3:40pm-4:10pm	90639	90650	90661	90672
4:15pm-4:45pm	90640	90651	90662	90673
4:50pm-5:20pm	90641	90652	90663	90674
5:30pm-6:00pm	90642	90653	90664	90675
6:05pm-6:35pm	90643	90654	90665	90676
6:40pm-7:10pm	90644	90655	90666	90677

4 Classes $41(R/GO)/$52(N) No class 7/5

Sat	6/21-7/19	7/26-8/16
9:30am-10:00am	90678	90682
10:05am-10:35am	90679	90683
10:40am-11:10am	90680	90684
11:15am-11:45am	90681	90685

Learn-To-Swim: Dolphins

Please bring a report card from a previous City of San Ramon Learn to Swim class or a Testing Day Results form to assists in placing students in the correct level. Please reference Skill Levels and Requirements for Dolphins on page 9 for further details.

Ages 6-14

San Ramon Olympic Pool

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
4:45pm-5:15pm	90686
5:55pm-6:25pm	90687

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
10:55am-11:25am	90688	90691	90694	90697
4:45pm-5:15pm	90689	90692	90695	90698
5:55pm-6:25pm	90690	90693	90696	90699

Dougherty Valley Aquatic Center

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
3:40pm-4:10pm	90700
4:15pm-4:45pm	90701
4:50pm-5:20pm	90702
5:30pm-6:00pm	90703
6:05pm-6:35pm	90704

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
10:05am-10:35am	90705	90713	90721	90729
10:40am-11:10am	90706	90714	90722	90730
11:15am-11:45am	90707	90715	90723	90731
3:40pm-4:10pm	90708	90716	90724	90732
4:15pm-4:45pm	90709	90717	90725	90733
4:50pm-5:20pm	90710	90718	90726	90734
5:30pm-6:00pm	90711	90719	90727	90735
6:05pm-6:35pm	90712	90720	90728	90736

Learn-To-Swim: Adult/Teen

This class is designed for Adults and Teens of all abilities. In this class, individualized instruction will be provided for basic skill development. This class is designed for adults and teens to feel comfortable in the water and develop basic stroke technique. Instructors are able to work with students at their own pace.

Ages 14+

San Ramon Olympic Pool

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
6:30pm-7:00pm	90825

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
6:30pm-7:00pm	90817	90822	90816	90823

Dougherty Valley Aquatic Center

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
6:40pm-7:10pm	90827

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
11:15am-11:45am	90824	90815 & 90820	90818	90819
6:40pm-7:10pm	90821	90826	90828	90829

Learn-To-Swim: Introduction to Diving

For students who are comfortable in deep water and can tread water. In this class, beginner students will be introduced to proper springboard diving mechanics, the front and back dive approach, and dives in the straight, tuck, and pike positions from the 1-meter springboard. Prerequisite: Must have passed Learn-To-Swim Otters.

Ages 7-14

San Ramon Olympic Pool

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
4:10pm-4:40pm	90839

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
4:10pm-4:40pm	90840	90841	90842	90843

Dougherty Valley Aquatic Center

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
3:40pm-4:10pm	90848

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
3:40pm-4:10pm	90849	90850	90851	90852

Learn-To-Swim: Advanced Diving

For students who are comfortable in deep water, can tread water, and have prior diving experience. In this class students will continue to refine skills learned in Introduction to Diving, and be introduced to inward and reverse dives, as well as exploring diving from the 3 meter springboard.

Ages 7-14

San Ramon Olympic Pool

5 Classes $43(R/GO)/$54(N)

Mon-Fri	6/16-6/20
4:45pm-5:15pm	90830

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
4:45pm-5:15pm	90831	90832	90833	90834

Introduction to Water Polo

Interested in the game of water polo? This program introduces participants to the basics of the game. Skill development, knowledge, and experience are all part of this water polo experience. Prerequisite: Must have passed Learn-To-Swim Stingrays.

Ages 7-14

Dougherty Valley Aquatic Center

8 Classes $54(R/GO)/$68(N)

Mon-Thu	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
10:05am-10:35am	91035	91036	91037	91038

Star Guards Aquatic Camp

The City of San Ramon's Star Guard Aquatic Camp offers participants a day of structured aquatic activities and free time for Recreation Swim. Star Guards will be introduced to water safety, lifeguarding, CPR and First Aid skills. Participants will improve in their swimming ability and be introduced to various aquatic activities, such as, water exercise, water polo, and swimming. Recreation swim will be available for participants on class days from 3pm-4pm for a reduced fee. Participants must bring a lunch with them to class. Prerequisite: Participants must be able to swim at least 25 yards to participate.

Ages 9-12

San Ramon Olympic Pool

9 Classes $250(R/GO)/$313(N)

Mon-Fri 6/23-7/3* 10:00 am-3:00pm Act #89821

**No class 7/4/14*

10 Classes $275(R/GO)/$344(N)

Mon-Fri 8/4-8/15 10:00am-3:00pm Act #89822

Lifeguard Training

American Red Cross Lifeguard Training includes certifications in Lifeguarding, First Aid, CPR/AED for Lifeguards, Oxygen Administration and Preventing Disease Transmission upon successful completion of all practical skills and written tests. Prerequisite: Must be 15 years old, able to swim 300 yards non-stop, recover a 10 lb weight from 7ft of water, and tread water for 2 minutes with no hands. Eligible to apply for lifeguard jobs after completing this course. ***Scholarships are available for this program!***

Ages 15+ 6 Classes $200(R/GO)/$250(N)

San Ramon Olympic Pool

7/ 7-7/19 Act# 91085
Mon, Wed 5:30pm-9:00pm
Sat 9:00am-5:00pm

WE'RE HIRING!

The City of San Ramon is currently looking for ***Lifeguards, Senior Lifeguards, and Pool Managers.*** Please visit our website at www.SanRamon.ca.gov or (925) 973-2608 for more information.

Jr. Lifeguard - Basics

An introduction course designed to physically train and mentally prepare young adults for the demanding job lifeguarding. Throughout the course participants will be introduced to a leadership course to teach good decision making, work ethic, professionalism and develop characteristics such as leadership, responsibility, and teamwork. Participants will be introduced to First Aid/CPR as well as injury prevention. Participants will also focus on the physical aspects of what it takes to be a lifeguard. Activities include physical fitness exercises in the pool, water based rescues, and First Aid and CPR training. Fee includes a Junior Guard rash guard.

Ages 12 – 15

16 Classes $200(R/GO)/$250(N)

San Ramon Olympic Pool

Mon-Thu 6/23-7/17 1:00pm-4:00pm Act #89818
Mon-Thu 7/21-8/14 1:00pm-4:00pm Act #89819

Dougherty Valley Aquatic Center

Mon-Thu 6/23-7/17 1:00pm-4:00pm Act #89820

Jr. Lifeguard - Advanced

This course will put the skills from the Basics program to work while continuing to further train and prepare for the demanding job of lifeguarding. This course will introduce advanced lifeguarding skills, including; rescues, First Aid and CPR. Participants will build their leadership and teamwork skills as well as training for the physical aspects of the job. Upon completion participants should have the knowledge and ability to become a lifeguard. Fee includes a Junior Guard T-Shirt. Prerequisite: Must have completed Junior Lifeguard - Basics.

Ages 12-15

16 Classes $200(R/GO)/$250(N)

San Ramon Olympic Pool

Mon-Thu 7/21-8/14 1:00pm-4:00pm Act #89816

Dougherty Valley Aquatic Center

Mon-Thu 7/21-8/14 1:00pm-4:00pm Act #89817