

POOL LOCATIONS

MCADAM POOL

38115 30TH STREET EAST • 661/267-5654

TIME	DAY	SESSION
10:30 am-12:30 pm	Tu, Th	Junior Lifeguard
12-1:30 pm	Tu, Th	Recreational Swim
2:30-3:30 pm	Tu-F	Adaptive Aquatics
4-5 pm	Tu-F	Lessons
5-6 pm	Tu-F	Private Lessons
6-7 pm	Tu-Th	Adult Swim Lessons

PALMDALE OASIS POOL

3850-C EAST AVENUE S • 661/267-6157

TIME	DAY	SESSION
9-11:35 am	Tu-F	Lessons
12-2 pm	M-F	Lap Swim
2:30-4 pm	Tu-F	Novice Water Polo
4:30-6:05 pm	Tu-F	Lessons
6:30-7:30 pm	Tu-F	Novice Swim Team
6:30-8:30 pm	M, W, F	Resistance Exercise (Drytown)
7:45-9 pm	Tu, Th	Lap Swim
7:45-9 pm	Tu	Drop-in Scuba

MARIE KERR POOL

2723 RANCHO VISTA BLVD. • 661/267-6145

TIME	DAY	SESSION
8-10:35 am	Tu-F	Lessons
11:30 am-1:30 pm	Tu, Th	Junior Lifeguard
11-12 pm	M-F	Senior Swim
12-2 pm	M, W, F	Lap Swim
1-2:30 pm	Tu, Th	Recreational Swim
4:30-6:05 pm	Tu-F	Lessons
6:30-7:30 pm	Tu-F	Novice Swim Team
7:45-9 pm	Tu, Th	Lap Swim
7-9 pm	M	Aquathon Series (July Only)

Swim Lesson Registration

Swim lesson registration is available online at www.cityofpalmdale.org/playpalmdale and at the parks and recreation office, 38260 10th Street East Monday-Thursday only. Registration for online customers begins at 10 am on the dates below. Space is limited; online and walk-in registration is handled on a first-come, first served basis. Open your online account now. (see page 23). No class Wednesday, July 4.

LESSON DATES	SESSION	REGISTRATION BEGINS
June 26-July 6	A	Monday, June 11
July 10-20	B	Saturday, July 7
July 24-August 3	C	Saturday, July 21
August 7-17	D	Saturday, August 4
August 21-August 31	E	Saturday, August 18

Aquatic Programs Scholarships Available

In conjunction with the LA84 Foundation, the parks and recreation department has a limited number of Aquatics Scholarships available for children ages 17 and under who wish to participate in classes and programs offered by the City of Palmdale aquatics division. The maximum amount of any scholarship awarded shall not exceed \$50. Additional costs (i.e., material fees, uniforms, etc.) over and above the initial registration fee are not included. To determine eligibility, please call 661/267-5611 for more information or visit www.cityofpalmdale.org

Note: Please make your online selections carefully. It is not always possible to transfer children from one level to another if they are incorrectly placed. After reading the course description, if you are unsure of the correct level, call 661/267-5611 or email aquatics@cityofpalmdale.org.

Schedule of classes may be modified. Classes may be canceled or combined when minimum registration levels are not met.

Levels

INFANT/PRESCHOOL (6 MOS.-5 YRS.)

Parents/guardians work one-on-one with their children to help them develop a high comfort level with water and a readiness to swim. Instructors are available to provide guidance and assistance.

Session Fee (Session A): \$36R/\$43NR

Session Fee (Session B, C, D, or E): \$41R/\$49NR

LEVEL 1 – INTRODUCTION TO WATER SKILLS

Introduction to water skills. Participants become familiar with the aquatic environment and learn elementary skills to build on as they progress through the swim program.

Session Fee (Session A): \$36R/\$43NR

Session Fee (Session B, C, D, or E): \$41R/\$49NR

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

Child must be able to: Enter pool unassisted, retrieve an object from below the surface with eyes open, flutter kick, maintain an assisted front and rear float, recover to a standing position and exit the pool unassisted. This class builds on fundamental aquatic locomotion, safety and rescue skills presented in Level 1. Emphasis placed on swimming skills.

Session Fee (Session A): \$36R/\$43NR

Session Fee (Session B, C, D, or E): \$41R/\$49NR

LEVEL 3 – STROKE DEVELOPMENT

Child must be able to: Jump from side of pool unassisted, submerge and retrieve an object from the bottom of the pool with eyes open, float unassisted on stomach and back, tread water and display forward locomotion with alternating arms and a rhythmic kick. This class builds on aquatics locomotion, safety, and rescue skills taught in Levels 1 & 2. This class also prepares students for more advanced levels of swimming.

Session Fee (Session A): \$36R/\$43NR

Session Fee (Session B, C, D, or E): \$41R/\$49NR

LEVEL 4 – STROKE IMPROVEMENT

Must be able to: Dive into pool from a compact or stride position, swim underwater, survival float, perform open turn on both front and back, and show competency in front crawl, breaststroke, butterfly and backstroke. Class develops confidence and competency in aquatic locomotion, safety and rescue skills, and prepares student swimmers for stroke analysis and a feet-first surface dive.

Session Fee (Session A): \$36R/\$43NR

Session Fee (Session B, C, D, or E): \$41R/\$49NR

LEVEL 5/LEVEL 6 COMBO – SWIMMING AND SKILL PROFICIENCY

Must be able to: Demonstrate competency in Level 5 skills. Class coordinates and refines key strokes presented in previous levels and enables students to use them with greater ease, efficiency, power and smoothness over greater distances. Pike dive, tuck surface dive, additional turns and endurance swimming are introduced.

Session Fee (Session A): \$36R/\$43NR

Session Fee (Session B, C, D, or E): \$41R/\$49NR

TIME	LOCATION	DAYS	SESSION				
			A	B	C	D	E

Infant/Parent

8:50-9:20 am	MKP	Tu-F	13531	13532	13518	13520	
9:50-10:20 am	POP	Tu-F	13526	13527	13528	13529	
4-4:30 pm	MP	Tu-F	13537	13538	13539	13540	13541
4:30-5 pm	MKP	Tu-F	13519	13521	13522	13523	13525
4:30-5 pm	POP	Tu-F	13533	13534	13535	13536	13530

Swimming - Level 1

8-8:35 am	MKP	Tu-F	13548	13549	13550		
8-8:35 am	MKP	Tu-F	13580	13589	13590		
8:50-9:25 am	MKP	Tu-F	13582	13557	13558		
9-9:35 am	POP	Tu-F	13543	13544	13545	13546	
9-9:35 am	POP	Tu-F	13579	13585	13586	13587	
9:40-10:15 am	MKP	Tu-F	13556	13564	13565		
9:40-10:15 am	MKP	Tu-F	13563	13595	13596		
9:50-10:25	POP	Tu-F	13551	13552	13553	13554	
9:50-10:25	POP	Tu-F	13581	13591	13592	13593	
10:40-11:15 am	POP	Tu-F	13559	13560	13561	13562	
4-4:35 pm	MP	Tu-F	13611	13612	13613	13614	13547
4:30-5:05 pm	MKP	Tu-F	13566	13567	13568	13569	13588
4:30-5:05 pm	POP	Tu-F	13571	13572	13573	13575	13594
4:30-5:05 pm	MKP	Tu-F	13602	13603	13597	13598	
4:30-5:05 pm	POP	Tu-F	13607	13609	13610	13608	
5:20-5:55 pm	POP	Tu-F	13574	13576	13577	13578	
5:20-5:55 pm	MKP	Tu-F	13583	13604	13605	13606	13555
5:20-5:55 pm	POP	Tu-F	13584	13599	13600	13601	13570

Swimming - Level 2

8-8:35 am	MKP	Tu-F	13619	13620	13621		
8:50-9:25 am	MKP	Tu-F	13627	13628	13629		
8:50-9:25 am	MKP	Tu-F	13652	13659	13660		
9-9:35 am	POP	Tu-F	13615	13616	13617	13618	
9:40-10:15 am	MKP	Tu-F	13634	13635	13636		
9:50-10:25 am	POP	Tu-F	13623	13624	13625	13626	
10:40-11:15 am	POP	Tu-F	13630	13631	13632	13633	
10:40-11:15 am	POP	Tu-F	13651	13656	13657	13658	
4-4:35 pm	MP	Tu-F	13642	13643	13644	13645	13646
4:30-5:05 pm	POP	Tu-F	13647	13648	13649	13650	13637
4:30-5:05 pm	MKP	Tu-F	13654	13639	13640	13641	13622
4:30-5:05 pm	MKP	Tu-F	13671	13665	13675	13666	
5:20-5:55 pm	MKP	Tu-F	13638	13662	13663	13664	13667
5:20-5:55 pm	MKP	Tu-F	13653	13672	13673	13674	
5:20-5:55 pm	POP	Tu-F	13655	13668	13669	13670	13661

Swimming - Level 3

8-8:35 am	MKP	Tu-F	13680	13681	13682		
8:50-9:25 am	MKP	Tu-F	13687	13688	13689		
9-9:35 am	POP	Tu-F	13676	13677	13678	13679	
9:40-10:15 am	MKP	Tu-F	13702	13703	13704		
9:50-10:25 am	POP	Tu-F	13683	13684	13685	13686	
10:40-11:15 am	POP	Tu-F	13690	13691	13692	13693	
4-4:35 pm	MP	Tu-F	13694	13695	13696	13697	13699
4:30-5:05 pm	POP	Tu-F	13709	13710	13712	13713	13701
4:30-5:05 pm	MKP	Tu-F	13705	13706	13707	13708	13698
5:20-5:55 pm	MKP	Tu-F	13717	13718	13719	13720	13700
5:20-5:55 pm	POP	Tu-F	13711	13714	13715	13716	13721

TIME	LOCATION	DAYS	SESSION				
			A	B	C	D	E

Swimming - Level 4

8-8:45 am	MKP	Tu-F	13726	13727	13728		
8:50-9:35 am	MKP	Tu-F	13734	13735	13736		
9-9:45 am	POP	Tu-F	13722	13723	13724	13725	
9:40-10:25 am	MKP	Tu-F	13741	13742	13743		
9:50-10:35 am	POP	Tu-F	13730	13731	13732	13733	
10:40-11:25 am	POP	Tu-F	13737	13738	13739	13740	
4-4:45 pm	MP	Tu-F	13767	13744	13745	13746	13748
4:30-5:15 pm	MKP	Tu-F	13750	13751	13752	13753	13747
4:30-5:15 pm	POP	Tu-F	13754	13755	13757	13758	13729
5:20-6:05 pm	POP	Tu-F	13756	13759	13760	13761	13766
5:20-6:05 pm	MKP	Tu-F	13762	13763	13764	13765	13749

Swimming - Level 5/6

8-8:45 am	MKP	Tu-F	13473	13487	13488		
9-9:45 am	POP	Tu-F	13472	13484	13485	13486	
9:40-10:25 am	MKP	Tu-F	13470	13479	13480		
4-4:45 pm	MP	Tu-F	13474	13493	13492	13491	13490
5:20-6:05 pm	MKP	Tu-F	13469	13476	13477	13478	13489
5:20-6:05 pm	POP	Tu-F	13471	13481	13482	13483	13475

Recreation Swim

Recreation swim is open to all ages. In-water supervision is required for children under 47 inches in height or under 7 years of age.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13877	All	Jun 26-Aug 16	Tu, Th	12-1:30 pm	MP	Free/\$1
13878	All	Jun 26-Aug 2	Tu, Th	1-2:30 pm	MKP	Free/\$1

Recreational Swim Guidelines

- Children under 47" in height or under 7 years of age must be accompanied on a one-on-one ratio by an adult 18 years or older.
- A swim test is required for anyone not demonstrating an ability to swim safely in deep water.
- Infants/toddlers must wear swim diapers under suits.
- Only Coast Guard approved life jackets are permitted in pools.
- No cut off jeans or shorts below the knees.
- Masks, fins, snorkels and goggles are not permitted.
- No alcohol or tobacco products permitted within facilities.
- No outside food or beverage (except bottled water) is permitted.

Recreational swim guidelines listed above are taken from the aquatics division "Pool Rules and Regulations." To request a complete set of pool rules please email aquatics@cityofpalmdale.org.

Adult Lap Swim

Jump in and swim! This low impact, full body workout will help you reach your fitness goals. **Youth ages 8-15 must be accompanied by an adult.** You must obtain an Aqua Pass (see pg. 23) to participate. Times and locations are subject to change.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13981	8+	Apr 30-Jun 22	M-F	12-2 pm	MKP	\$3R/\$4NR
13982	8+	Apr 30-Jun 22	M-F	12-2 pm	POP	\$3R/\$4NR
13983	8+	Apr 30-Jun 22	M, W, F	7:30-9 pm	MKP	\$3R/\$4NR
13985	8+	Apr 30-Jun 22	M, W, F	7:30-9 pm	POP	\$3R/\$4NR
13986	8+	Jun 25-Aug 31	M, W, F	12-2 pm	MKP	\$3R/\$4NR
13987	8+	Jun 25-Aug 31	M-F	12-2 pm	POP	\$3R/\$4NR
13494	8+	Jun 26-Aug 30	Tu, Th	7:45-9 pm	MKP	\$3R/\$4NR
13495	8+	Jun 26-Aug 30	Tu, Th	7:45-9 pm	POP	\$3R/\$4NR

Adult Swim Lessons

It's never too late to learn to swim. Adults of all ages are welcome in this semi-private learn-to-swim program. Skills taught are front and back float, supine and prone glide, and stroke development. **NO CLASS WEDNESDAY, JULY 4.**

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
13459	18+	Session A	Jun 26-Jul 5	Tu-Th	6-7 pm	MP	\$34R/\$40NR
13460	18+	Session B	Jul 10-19	Tu-Th	6-7 pm	MP	\$40R/\$48NR
13461	18+	Session C	Jul 24-Aug 2	Tu-Th	6-7 pm	MP	\$40R/\$48NR
13462	18+	Session D	Aug 7-16	Tu-Th	6-7 pm	MP	\$40R/\$48NR

Senior Citizen Swim

Seniors, grab your suit and towel and head to the pool for a refreshing, therapeutic swim.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13496	55+	Jun 26-Sep 7	M-F	11 am-12 pm	MKP	\$1.50

Resistance Water Exercise

Join us at DryTown Water Park and train with the resistance of a current. This course will provide a full body workout while reducing the impact on your body.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13890	All	Jun 4-28	M, W-Th	6:30-7:30 pm	POP	\$40R/\$48NR
13889	All	Jun 4-28	M, W-Th	7:30-8:30 pm	POP	\$40R/\$48NR
13892	All	Jul 9-Aug 2	M, W-Th	6:30-7:30 pm	POP	\$40R/\$48NR
13891	All	Jul 9-Aug 2	M, W-Th	7:30-8:30 pm	POP	\$40R/\$48NR
13894	All	Aug 6-30	M, W-Th	6:30-7:30 pm	POP	\$40R/\$48NR
13893	All	Aug 6-30	M, W-Th	7:30-8:30 pm	POP	\$40R/\$48NR
13896	All	Sep 5-Oct 1	W-Th, M	6:30-7:30 pm	POP	\$37R/\$45NR
13895	All	Sep 5-Oct 1	W-Th, M	7:30-8:30 pm	POP	\$37R/\$45NR

Adaptive Aquatics

Those who are physically or mentally challenged, or require special attention, are encouraged to join. Instructors are trained in American Red Cross Water Safety. Prerequisite: Must be at least 5 years of age and able to function in a small group setting. **NO CLASS WEDNESDAY, JULY 4.**

COURSE	AGE	LEVEL	DATE	DAY	TIME	LOC	FEE
13434	5+	Session A	Jun 26-Jul 6	Tu-F	2:30-3:30 pm	MP	\$35R/\$42NR
13435	5+	Session B	Jul 10-20	Tu-F	2:30-3:30 pm	MP	\$40R/\$48NR
13436	5+	Session C	Jul 24-Aug 3	Tu-F	2:30-3:30 pm	MP	\$40R/\$48NR
13437	5+	Session D	Aug 7-17	Tu-F	2:30-3:30 pm	MP	\$40R/\$48NR

Novice Swim Team

Offered in association with LA84 Foundation. Swimmers 7 years old must be able to swim a minimum of one pool length; ages 8-17 must be able to swim a minimum of two pool lengths. Fee includes picture package, T-shirt, cap and swim meet awards. Additional costs include swimsuit and goggles. Mandatory parent meeting will be held on June 21, at 6:30 pm, at Marie Kerr Pool. Estimated additional costs for swimsuit and goggles will be approximately \$25 for boys, \$40 for girls. **Limited space, register early!** Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13498	7-17	Jun 26-Aug 11	Tu-F	6:30-7:30 pm	MKP	\$80R/\$96NR
13499	7-17	Jun 26-Aug 11	Tu-F	6:30-7:30 pm	POP	\$80R/\$96NR

Novice Water Polo

Offered in association with LA84 Foundation. This is a beginner to intermediate program. High energy, fast-paced, physically demanding water polo will provide participants with the skills, stamina and teamwork to compete against other novice teams. Mandatory parent meeting on June 21, at 5 pm at Oasis Pool. Instructor: Staff

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13500	12-14	Jun 26-Aug 12	Tu-F	2:30-4 pm	POP	\$60R/\$72NR
13501	9-11	Jun 26-Aug 12	Tu-F	2:30-4 pm	POP	\$60R/\$72NR

World's Largest Swim Lesson

On Thursday, June 14 over 190 aquatic facilities from 30+ states and six different countries will participate in an attempt to set the new Guinness World Record™ for the world's largest swimming lesson. This attempt will aid in the Swimming Lessons Save Lives™ campaign. The Department of Parks and Recreation will be participating in this event and is looking for kids ages 1-17 to participate. The lesson must start at exactly 8 am to ensure that the lesson is being conducted at the same time across the globe. If you would like your child to participate in this world record attempt please register them online or call parks and recreation for more information.

COURSE	AGE	DATE	DAY	TIME	LOC	FEE
13902	1-17	Jun 14	Th	8-8:45 am	MKP	Free

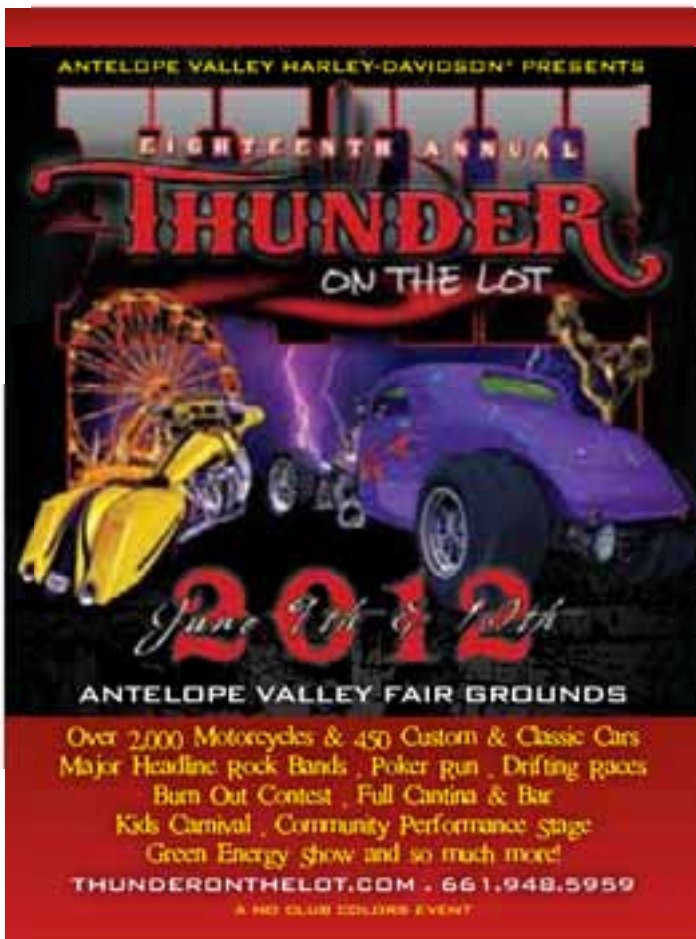


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Celebrate your summer birthday at DryTown!

Let our friendly birthday experts make your party planning easy and affordable. Your child will have a memorable, fun day, and you get to sit back and relax while we do the work! It's a fantastic deal – **hurry, space is limited!**




www.cityofpalmdale.org/drytown
661/267-6161



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