

AQUATICS PROGRAM

SPRING 2020 • March 23 - April 30

SUNDAY SWIM LESSONS

Parent & Child Swim Lessons [1 - 3 yrs]

Introduce your child to fun in the water! Skills include blowing bubbles, kicking, holding onto the wall, floating on front and back, and other water safety skills. This class requires both parent and child to be in the water. **All children must wear swim diapers.** Instructor: Beverly Hills

Aquatics. **6 weeks.**

4666 10:00am - 10:25am Su 4/5 - 4/26 \$60/\$75

Location: BHHS

Youth Group Swim Lessons [4 - 14 yrs]

Lessons are designed for children of all ages and ability levels; from inexperienced or fearful students to swimmers that are confident in the water. In a small class environment, students will work with our trained staff to learn proper kicking, arm movement, and body position for all strokes. Instructor: Beverly Hills Aquatics. **6 weeks.**

4667 11:00am - 11:25am Su 4/5 - 4/26 \$60/\$75

4668 11:30am - 11:55am Su 4/5 - 4/26 \$60/\$75

Location: BHHS

Youth & Adult Private Lessons [4+ yrs]

One-on-one classes are offered to maximize students learning. Lessons are designed for swimmers of all ages and ability levels. These classes are highly customized to meet each student's needs. Instructor: Beverly Hills Aquatics. **3 weeks.**

4669 10:00am - 10:25am Su 4/5 - 4/26 \$175/\$219

4670 10:30am - 10:55am Su 4/5 - 4/26 \$175/\$219

Location: BHHS



LIFEGUARD CERTIFICATION

American Red Cross Lifeguard Certification Course [15+ yrs]

Lifeguard certification training provides lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. Certifications issued include: Red Cross Lifeguard, First Aid and CPR/AED for the Professional Rescuer valid for 2 years. Lifeguard training participants must be at least 15 years old, complete an online pre-course and pass a swim test on the first class day: swim 300 yards (12 lengths of a 25 yard pool) without stopping using front crawl and breaststroke, tread water for 2 minutes using legs only, and retrieve a 10-lb. object from 7 feet deep and swim 20 yards with the weight, using legs only and exit the water without using a ladder or steps within 1 minute 40 seconds.

Classroom Training

9:00am - 2:00pm Sa 3/28, 4/4

Location: Roxbury Community Center

4658

\$175/\$219

In-water Training

9:00am - 3:15pm Su 3/29, 4/5,

Location: BHHS & 4/12

YOUTH TEAMS

Novice Swim Team [6 - 14 yrs]

The Novice team serves to transition swimmers from lessons to competitive swimming. This team focuses on developing technique in each of the four strokes to become more efficient swimmers. Students must be able to swim the length of the pool unassisted to enroll. Instructor: Beverly Hills Aquatics. **No class 4/9. 8 weeks.**

4690 6:30pm - 7:30pm M/W 3/23 - 4/29 \$175/\$219

4671 6:30pm - 7:30pm Tu/Th 3/24 - 4/30 \$175/\$219

Location: BHHS

Thundersharks Swim Team [6 - 14 yrs]

This team focuses on developing strength and technique in each of the four strokes to become more efficient swimmers. Instructor: Beverly Hills Aquatics. **No class 4/9. 8 weeks.**

Silver Team - Intermediate

4693 6:30pm - 8:00pm M/W 3/23 - 4/29 \$185/\$231

4694 6:30pm - 8:00pm Tu/Th 3/24 - 4/30 \$185/\$231

Gold Team - Advanced

4695 6:30pm - 8:00pm M/W 3/23 - 4/29 \$185/\$231

4696 6:30pm - 8:00pm Tu/Th 3/24 - 4/30 \$185/\$231

Location: BHHS

Water Polo [6th - 8th graders]

Come learn the fastest growing sport in high school athletics. Water polo is a fun and challenging sport requiring skill, speed, conditioning, and endurance. No prior experience is required, but participants must already know how to swim. Instructor: Beverly Hills Aquatics. **8 weeks.**

4692 7:30pm - 8:30pm M/W 3/23 - 4/29 \$175/\$219

Location: BHHS

TEEN CLASSES

Teen Swim Conditioning [14 - 17 yrs]

This swim program is one of the best ways to build muscle and get lean. Swimming will help your teen build both muscular fortitude and cardiovascular endurance. Beginner to experienced swimmers are welcome. Instructor: Beverly Hills Aquatics. **No class 4/9. 8 weeks.**

4685 7:30pm - 8:30pm Tu/Th 3/24 - 4/30 \$105/\$131
Location: BHHS

ADULT CLASSES

Aqua Exercise [18+ yrs]

This is an exercise class for adults of all ages, swimmers and nonswimmers. Exercises utilize the aquatic environment to increase resistance and reduce impact through buoyancy. This is a great way to work-out without getting hot, sweaty, and sore. Dress comfortably for the water. Instructor: Beverly Hills Aquatics. **No class 4/9. 8 weeks.**

4686 7:00am - 8:00am Tu/Th 3/24 - 4/30 \$105/\$131
Location: BHHS

Adult Group Swim Lessons [18+ yrs]

This class is designed to introduce the inexperienced or fearful adult to the water. The objective of this course is to help students feel more comfortable in the water and enjoy the water safely. Students will learn rhythmic breathing, proper kicking and body position for Freestyle, Backstroke, and Breaststroke. Instructor: Beverly Hills Aquatics. **No class 4/9. 8 weeks.**

4687 7:30pm - 8:30pm Tu/Th 3/24 - 4/30 \$105/\$131
Location: BHHS

ADULT CLASSES continued

Adult Swim [18+ yrs]

Designed to help swimmers improve fitness and provide active support for a healthy lifestyle. This class is for adults of all swimming abilities looking for stroke refinement and stimulating cardio workouts. Instructor: Beverly Hills Aquatics. **No class 4/9. 8 weeks.**

4688 6:00am - 6:50am Tu/Th 3/24 - 4/30 \$105/\$131
4689 7:30pm - 8:30pm Tu/Th 3/24 - 4/30 \$105/\$131
Location: BHHS

Refund Policy:

A refund will only be issued if class is full and your space can be filled from the waiting list. A \$10 service charge will be applied as well as payments for courses attended. A prorated refund plus a service charge may be assessed for a student's inability to continue due to medical reasons. Prorated refunds will be based on when we receive notification of the request for a refund. A thorough doctor's note is required. Every effort is made by the School District to maintain the pool temperature at an appropriate level for swim instruction. No refunds will be issued based on pool temperature unless determined by the City. A \$10 administrative charge will be assessed for each requested class transfer. Not sponsored by BHUSD.

REGISTRATION FORM

Mail this form today to: **Registration Office, 455 N Rexford Dr, Room 260, Beverly Hills, CA 90210** or Fax to **310.274.9571**

You may also register online at www.beverlyhills.org/BHRec. For registration information, call 310.285.6850

Participant's Name: _____ Age: _____ Sex: _____ DOB: _____

Primary Guardian Name: _____

Address: _____ City: _____ State: _____ Zip: _____

Cell Phone: _____ Home Phone: _____ Work Phone: _____

Email: _____

Emergency Contact Name and Phone Number: _____

Method of Payment: Check (Made payable to the "City of Beverly Hills")

Visa MasterCard AMEX Discover

Credit Card #: _____ Exp. Date: _____ CVC: _____

Cardholder's Name: _____ Cardholder's Signature: _____

Course Code(s): _____ Amount Enclosed: \$ _____

PLEASE READ & SIGN THE FOLLOWING:

I hereby agree to indemnify, defend and hold harmless the City of Beverly Hills, and its officers, employees, agents and volunteers, from and against any and all damages, loss, liability, charges and expenses in any way arising out of my (or my children's) participation in the program for which I am registering. I hereby consent to the photographing, recording and reproduction in any other manner (including use of video and audio) of the likeness, voice, and/or activities of the participant and further authorize the City of Beverly Hills, its agents or assigns, to make unlimited use of such reproductions, including but not limited to broadcasting of the reproductions over radio, television and on the Internet. I understand that I will not receive any monetary compensation now or in the future for participating. I do hereby release and hold harmless the City of Beverly Hills, its officers and employees from any claims. I have read and acknowledge the refund policy.

Parent/Legal Guardian Signature: _____ Date: _____