



City of Beverly Hills

# AQUATICS

Fall 2019 • Sept. 3 - Nov. 7



## Sunday Swim Lessons

### PARENT & CHILD SWIMMING 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.**

3644 10:00am - 10:25am Su 9/15 - 10/20 \$79/\$99 BHHS

### YOUTH & ADULT PRIVATE LESSONS [ages 4+]

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.**

#### Sunday | Session 1

3647 10:00am - 10:25am Su 9/15 - 9/29 \$130/\$163 BHHS

3648 10:30am - 10:55am Su 9/15 - 9/29 \$130/\$163 BHHS

#### Sunday | Session 2

3649 10:00am - 10:25am Su 10/6 - 10/20 \$130/\$163 BHHS

3650 10:30am - 10:55am Su 10/6 - 10/20 \$130/\$163 BHHS

## Youth Group Lessons

### 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.**

3645 11:00am - 11:25am Su 9/15 - 10/20 \$79/\$99 BHHS

3646 11:30am - 11:55am Su 9/15 - 10/20 \$79/\$99 BHHS

All aquatics classes are held at the Beverly Hills High School Swim Gym  
241 Moreno Drive, Beverly Hills  
Information: 310.285.6823

No payments will be taken at the Swim Gym

### 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 \$5 administrative charge will be assessed for each requested class transfer.

NOT SPONSORED BY BHUSD

## 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 9/30, 10/1, & 10/9. 10 weeks.**

3658 6:30pm - 7:30pm M/W 9/4 - 11/6 \$230/\$288 BHHS

3655 6:30pm - 7:30pm Tu/Th 9/3 - 11/7 \$230/\$288 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 9/30, 10/1, & 10/9. 10 weeks.**

#### Silver Team - Intermediate

3660 6:30pm - 8:00pm M/W 9/4 - 11/6 \$240/\$300 BHHS

3656 6:30pm - 8:00pm Tu/Th 9/3 - 11/7 \$240/\$300 BHHS

#### Gold Team - Advanced with Water Polo Fundamentals

3661 6:30pm - 8:00pm M/W 9/4 - 11/6 \$240/\$300 BHHS

3657 6:30pm - 8:00pm Tu/Th 9/3 - 11/7 \$240/\$300 BHHS

## Youth Teams continued...

### 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. **No class 9/30 & 10/9. 10 weeks.**

3659 7:30pm - 8:30pm M/W 9/4 - 11/6 \$230/\$288 BHHS

## Teens

### 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 10/1. 10 weeks.**

3652 7:30pm - 8:30pm Tu/Th 9/3 - 11/7 \$140/\$175 BHHS

## Adults

### 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 10/1. 10 weeks.**

3653 7:30pm - 8:30pm Tu/Th 9/3 - 11/7 \$140/\$175 BHHS

### 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 10/1. 7 or 10 weeks.**

3651 7:30pm - 8:30pm Tu/Th 9/3 - 11/7 \$140/\$175 BHHS

3654 6:00am - 6:50am Tu/Th 8/20 - 9/26 \$80/\$100 BHHS

3662 6:00am - 6:50am Tu/Th 10/8 - 11/21 \$80/\$100 BHHS

## 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](http://www.beverlyhills.org/BHRec). For registration information, call 310.285.6850

Parent Name: \_\_\_\_\_ Participant's Name: \_\_\_\_\_

Age: \_\_\_\_\_ Sex: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Address: \_\_\_\_\_

City: \_\_\_\_\_ Zip: \_\_\_\_\_ DayPhone: \_\_\_\_\_ EveningPhone: \_\_\_\_\_

Email: \_\_\_\_\_

Method of Payment:  Check (Please make check payable to the City of Beverly Hills)

Visa  MasterCard  Discover  American Express

Credit Card Number: \_\_\_\_\_ Exp Date: \_\_\_\_\_

Cardholder's Name: \_\_\_\_\_

Cardholder's Signature: \_\_\_\_\_

Please indicate:

Course #: \_\_\_\_\_

Total Enclosed: \$ \_\_\_\_\_

### PLEASE READ and 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.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_