

Albany Aquatic Center

Summer 2022

Activity Guide

June 13- August 12



1311 Portland Ave,
Albany, Ca 94706
(510) 559-6640

www.albanyaquaticcenter.com/swim-lessons



ALBANY
AQUATIC
CENTER



Hiring Now:

Lifeguard: \$18.00-19.67

Swim Instructor: \$19.00-23.10

Senior Guard: \$20.00-21.86

Front Desk: \$15.00-16.88 (Summer Only)

Visit www.albanyaquaticcenter.com/job-opportunities
Email finished applications to albanypool@ausdk12.org



June 16-19, 9am-Varies



Lifeguard Certification

#1006082 (\$240R/\$280NR)

Participants acquire the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drownings and injuries. Participants must bring a sack lunch to class daily

Prerequisites

- Minimum age of 15.
- Swim 300 yards continuously using only freestyle and breaststroke.
- Starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7-10 feet, retrieve a 10 pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps within 1 minute and 40 seconds.
- Treading water without using arms for 2 minutes.

Certificate Requirement

- Attend all class sessions.
- Demonstrate competency in all required skills and activities.
- Demonstrate competency in the 3 final skill scenarios.
- Correctly answer at least 80 percent of the questions in the three sections of the final written exam.

Certificate Issued and Validity Period

Lifeguarding/First Aid: 2 years CPR/AED for Lifeguards: 2 years

Online content must be completed by start of class.

Class Descriptions

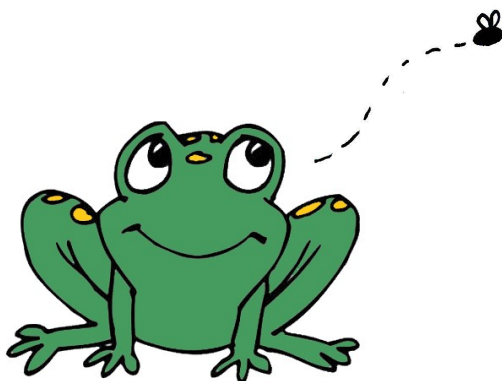
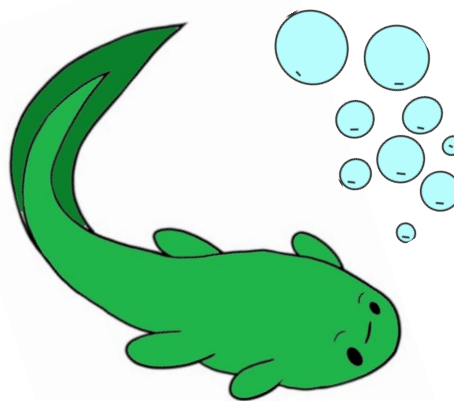
Aqua Tots Level 1 (Tadpoles)

Ages 3-5 years old (3:1)

An introductory level with a focus on underwater submersion and exploration, students will gain confidence in blowing bubbles, supported floats and glides, and basic arm and leg coordination. Tadpoles will learn through fun and engaging exercises. The goal of this level is to become comfortable enough to submerge on their own.

Prerequisite:

Child must be comfortable entering water without parents.



Aqua Tots Level 2 (Frogs)

Ages 3-5 years old (3:1)

Frogs starts supported and then progresses into guiding students to independently float, glide, kick and swim free-style.

Prerequisite:

Comfortable in the water and able to bob independently.

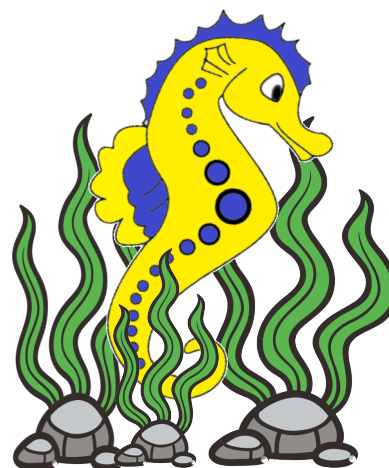
Youth Level 1 (Seahorse)

Ages 13 and younger (3:1)

An introductory level teaching the progressions of free-style. Students will learn to front float, glide, streamline kick and swim freestyle as well as learn to back float.

Prerequisite:

Comfortable entering the water without a parent. No skills needed.



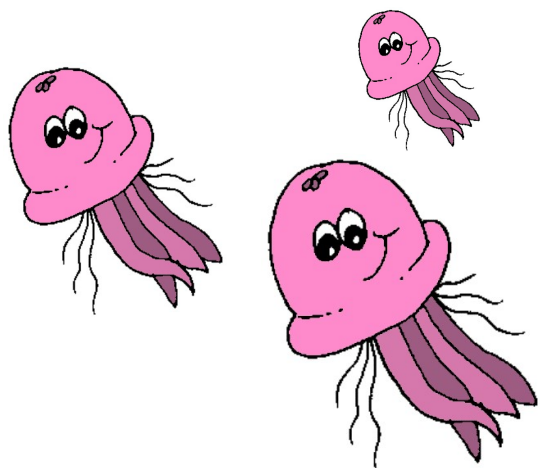
Youth Level 2 (Jellyfish)

Ages 13 and younger(4:1)

Jellyfish builds on what was learned in Level 1. Now we take the freestyle and add in how to breath while swimming using Pancakes (flipping to back). Students will also learn backstroke.

Prerequisite:

Successfully swim freestyle for 5 feet and back float for 10 seconds



Class Descriptions Cont.

Youth Level 3a (Alligator)

Ages 13 and younger (4:1)

Students will learn to turn their pancakes into side breaths with the ability to take it 15 feet successfully. Focus on technique and quality breaths.

Prerequisite:

Ability to swim freestyle with pancakes and backstroke for 15 feet.



Youth Level 3b (Crocodile)

Ages 13 and younger (4:1)

Crocodiles will work on building the endurance it takes to swim across a 25 yard pool safely with good technique. They will also be introduced to deep water.

Prerequisite:

Successfully swim 15 feet of freestyle with quality side breaths and good technique.

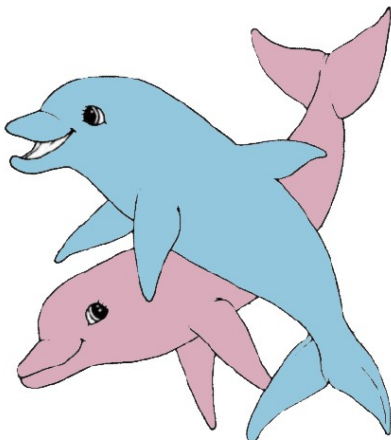
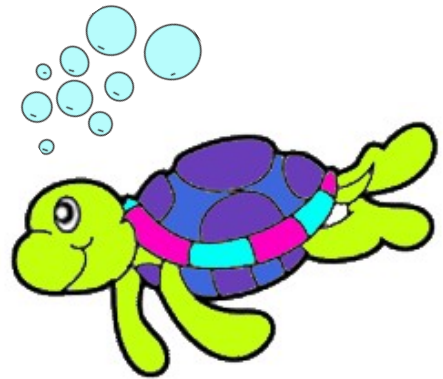
Youth Level 4 (Sea Turtle)

Ages 13 and younger (5:1)

Turtles focus on breaststroke and building more on the endurance from 3b. Class is taught entirely in deep water

Prerequisite:

Swim 25 yards of freestyle with side breathing and backstroke with good technique and endurance. Must be deep water safe.



Youth Level Advanced (Dolphins)

Ages 13 and younger (6:1)

Dolphins will learn the final stroke of butterfly and build the endurance and fine tune stroke for swim team.

Prerequisite:

Breaststroke must have correct kick and timing along with the ability to swim 2 laps of freestyle, backstroke and breaststroke

Class Descriptions Cont.

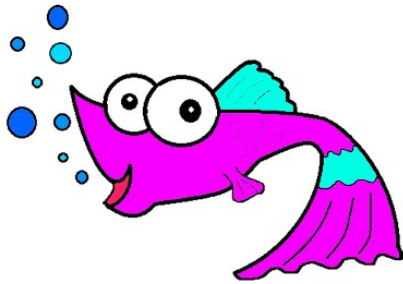
Pre Swim Team (Orca)

Ages 13 and younger (10:1)

Students will learn swim team terms and proper swim etiquette. Practice will consist of a workout set with corrective feedback further improving on skills.

Prerequisite:

Ability to swim all strokes correctly with good endurance for 4 laps at a time.



Tiny Tots Level 1 (Minnow)

Ages 6 months to 2 years (12:1)

Tiny Tots promote early adjustment to the aquatic environment, providing a solid foundation for your child's first years. Must be accompanied by an adult.

Prerequisite:

Child must be 6 months of age on first day of class.

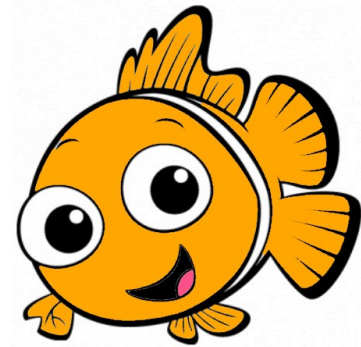
Tiny Tots Level 2 (Guppies)

Ages 2 –4 years (12:1)

Guppies provides fun environment for kids to expand their water skills and learn to swim with an instructor. Must be accompanied by an adult.

Prerequisite:

Must be 2 years of age on first day of class.



Youth Private Lessons

Ages 13 and younger

Privates give you the ability to work on specific goals for your child. This is a one on one class.

Prerequisite:

Child must be comfortable being in the water with an instructor and no parent

Teen/Adult Private Lessons

Ages 14 and older

Privates give you the ability to work on specific goals for your needs. This is a one on one class

Teen/Adult Group Lessons

Ages 14 and older (4:1)

Learn to swim with fellow teen/adults in a nonjudgmental and encouraging environment. Participants will work individually with the instructor as well as have activities in a group setting.

Adapted Lessons

Ages 14 and older

Privates give you the ability to work on specific goals for your needs. This is a one on one class

Swim Lesson Sessions: click her or copy and paste into your browser to view all classes:

https://docs.google.com/spreadsheets/d/1ZXJ3yrgQiM564w4NBb_Dasoutl7OGyLj/edit?usp=sharing&ouid=108393894221470991652&rtpof=true&sd=true

Days/sessions of swim sessions:

Summer_1_Saturday_22: June 18-July 16

Summer_1_M-TH_22: June 13-June 23

Summer_2_M-TH_22: June 27-July 7 (no July 4th)

Below sessions will be updated online within weeks.

Summer_3_M-TH_22: July 11-July 20

Summer_2_Saturday_22: July 11-Aug 13

Summer_4_M-TH: July 25-Aug 4

Summer_5_M-th_22Aug 9-Aug 11

Important Dates:

Online Registration:

Residents - May 19th

Non-Residents - May 20th

Group Lessons	Resident	Non Resident
Sessions 1, 3, 4	\$144.00	\$168.00
Session 2	\$126	\$147
Session 5	\$72	\$84
Saturday 1	\$72	\$84
Saturday 2	\$72	\$84
Private Lessons	Resident	Non Resident
Sessions 1, 3, 4	\$280	\$320
Session 2	\$214	\$245
Session 5	\$70	\$80
Saturday 1	\$72	\$84
Saturday 2	\$72	\$84

Registration Information

1. There are **no refunds** or **make ups**.
2. Signature of Disclaimer required.
3. More than one participant may be listed on the form.
4. You may register for more than one lesson at a time.
5. Please read the level descriptions and prerequisites to ensure that participants are enrolled in the appropriate level. If the participant is not signed up for the appropriate level you may have to forfeit your spot in the class. Consider contacting the AAC Swim School Coordinator to discuss the appropriate level.
6. A responsible adult must be present during the entire duration of the lesson if the participant is under the age of 14.
7. Registrations are only available online.
8. Confirmations/receipts will be emailed once your registration is completely processed. Please check them for accuracy.
9. All cancellations and transfers must be made a minimum of five business days prior to the first class meeting. After this time no refunds are issued other than for classes cancelled by AUSD.
10. If placed on a waiting list, you may not attend the class unless you are notified that a space is available.
11. We reserve the right to cancel any sessions due to low enrollment. If a class is cancelled you will have the option to receive a full refund or transfer into another class.
12. No make-ups or refunds will be given due to inclement weather or unforeseen environmental conditions.
13. We reserve the right to hold lessons in either pool.
14. You will not be allowed to enter the facility until it is time for your lesson to begin. We ask that you and/or your child are dressed and ready to enter the water before arriving at the facility. Once your lesson has ended, we ask that everyone exit the pool area and the facility as quickly as possible. Swimming is for participants during their lessons/class only. Participants must leave the pool when class ends.

PLEASE REGISTER EARLY!

Revised 4.22.22

