

2016 AQUATIC PROGRAM



Michael D. Antonovich Aquatic Center at Covina Park
301 N. Fourth Ave.

Parks
Make
Life
Better!

The City of Covina in partnership with Blueray Management is proud to offer:



Blueray swim lessons are taught with a student-first focus, emphasizing safety and swimming skills together as part of an individual's development.

Free! Open House
Sunday, June 5
1-3 pm

In-Water Assessments
Free Swim Lesson
Meet the Blueray Staff

New! Register by Level

- No Mandatory In-Water Test.
- Parents determine child's level by referring to descriptions on back page of flyer.
- If child has never taken swim lessons, they must register for Level 1.
- If registering for multiple sessions, parents should estimate child's progression. If Level transfers are required after registration, every effort will be made to accommodate child at same time slot. However, transfer options may include other times.

Registration Dates

MONDAY, APRIL 11 (postmarked) — MAIL-IN Registration begins

NO drop-off registration forms will be accepted. Envelopes postmarked prior to April 11 will be returned unopened.

MONDAY, MAY 9 — PHONE-IN and WALK-IN Registration begins - Call (626) 384-5340.

****Registration only accepted until 5 pm on the Thursday prior to each session start date, or until filled, whichever occurs first. Classes fill quickly, so register early!****

Registration Location

Covina Parks & Recreation Department, 1250 N. Hollenbeck Avenue (between Covina Blvd. and Arrow Hwy.)

Office hours are Monday-Thursday and alternate Fridays, 10 am-5:45 pm

Open Fridays: 4/29, 5/13, 5/27, 6/10, 6/24, 7/8, 7/22, 8/5, 8/19, 9/2, 9/16 **Closed Holidays:** 5/30, 9/5

Important Information

- Transfers or credits **MUST** be requested by **5 pm on the Thursday prior to session start date.**
- **NO REFUNDS** will be issued for swim lessons.
- **No refunds, credits or makeups for classes canceled due to fecal/biohazard incidents or inclement weather.**
- Classes or programs with low enrollment may be cancelled.

WEEKDAY SWIM LESSONS Monday-Thursday (8 days)

WEEKDAY LESSON DATES

Session 1: 6/13-6/23	Session 5: 8/8-8/18
Session 2: 6/27-7/7* (no class 7/4)	Session 6: 8/22-9/1 <i>(Sessions 6 and 7: classes offered at 3:50 pm and later only)</i>
Session 3: 7/11-7/21	Session 7: 9/6-9/15* (no class 9/5)
Session 4: 7/25-8/4	

WEEKDAY LESSON FEES

Group Lessons: \$60 per session; *\$53 - Sessions 2 and 7 only
Semi-Private Lessons: \$110 per person/per session; *\$97 per person Sessions 2 and 7 only
Private Lessons: \$160 per session; *\$140 Session 2 and 7 only

Classes offered at times indicated by “X”

	PRIVATE AND SEMI-PRIVATE	PARENT/CHILD 6 mos. - 2 years	ADULT/TEEN (Ages 13 & up)	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
9:00 - 9:40 a.m.	X			X	X	X	X	X
9:50 - 10:30 a.m.	X	X	X	X	X	X		
10:40 - 11:20 a.m.	X	X		X	X		X	X
11:30 a.m.-12:10 p.m.	X			X	X	X	X	
12:20 - 1:00 p.m.	X			X	X	X		X
3:00 - 3:40 p.m.	X			X	X	X	X	
3:50 - 4:30 p.m.	X		X	X	X		X	
4:35 - 5:15 p.m.	X	X		X	X	X		
5:20 - 6 :00 p.m.	X			X	X	X	X	X
6:10 - 6:50 p.m.	X	X	X	X	X	X	X	X

SATURDAY SWIM LESSONS (5 Saturdays)

SATURDAY LESSON DATES

Session 1: 6/11-7/9
Session 2: 7/16-8/13
Session 3: 8/20-9/17

SATURDAY LESSON FEES

Group Lessons: \$40 per session
Semi-Private Lessons: \$70 per person/per session
Private Lessons: \$100 per session

Classes offered at times indicated by “X”

	PRIVATE AND SEMI-PRIVATE	PARENT/CHILD 6 mos. - 2 years	ADULT/TEEN (Ages 13 & up)	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5
9:00 - 9:40 a.m.	X			X	X	X	X	X
9:50 - 10:30 a.m.	X	X	X	X	X	X		
10:40 - 11:20 a.m.	X	X		X	X		X	X
11:30 a.m.-12:10 p.m.	X			X	X	X	X	
12:20 - 1:00 p.m.	X							

CLASS RATIOS

Group Lessons: Maximum of 6 per class
Parent/Child: Maximum of 10 per class
Adult/Teen: Maximum of 10 per class
Private Lessons: 1 per class

Semi-Private Lessons: 2 or 3 per class*
 *Participants must register together. The Parks & Recreation Department does NOT “match up” participants.

Aquatic Fitness Programs!

June 13-August 18

AQUA ZUMBA® CLASSES (Ages 13 & up)

This low-impact, high-energy workout is one you don't want to miss!

DAYS & TIMES: Monday-Thursday, 7:45-8:45 am
Monday & Wed., 8:10-9:10 pm

FEES: \$5 per class drop-in or \$95 Flex Pass*

*Use for any 20 classes. (NO refunds for unused classes.)

LAP SWIMMING (Ages 13 & up)

DAYS & TIMES: Monday-Thursday, 7-8:45 am
Monday-Thursday, 8:10-9:10 pm

FEES: \$2 per visit or \$70 per person unlimited pass

Recreational Swimming

June 13-August 18

Supersoakers and beach balls are allowed!

(Ages 6 and under must be accompanied by an adult in the water.)

DAYS/TIME: Monday-Thurs., 1:30-2:45 pm

FEE: \$1 per person per visit

Parent & Me Practice Swim

June 14-August 18

For children, ages 1-12, who must be accompanied by an adult at all times in the water. Maximum of two children per adult.

DAYS/TIME: Tues. & Thurs., 8:10-9:10 pm

FEE: \$2 per person per visit

Swim Team

(Ages 5-17)

DATES: June 13-August 18

DAYS & TIME: Monday-Thursday, 7-8 pm

FEE: \$195 (includes T-shirt and meets)

REGISTER BY: Friday, June 10 or until filled

MANDATORY TRYOUT: Thursday, June 9, 5:30-6:30 pm

Swimmers **MUST** be able to swim each of the following for 25 yards: Butterfly, Backstroke, Breaststroke, Freestyle.

American Red Cross Jr. Lifeguard Course

For ages 11-14, program covers water safety and the duties and responsibilities of a lifeguard. For intermediate to advanced swimmers. Swim test at first class. Visit www.covinaca.gov for specific list of prerequisites.

DATES & TIMES:

Monday-Thursday, July 18-21, 9 am-1 pm

Friday, July 22, 9 am-4 pm

FEE: \$75 (includes instructional book and certificate)

BLUERAY'S PROGRESSIVE LEARN-TO-SWIM SKILLS

LEVEL 1—SAND SHARKS (Water Orientation)



Enter/exit water; blow bubbles with nose; bobbing with bubbles; front float; back float; front glide; recover from front glide to standing; into to kicking; recover from back float to standing; front float to back float; retrieve submerged object

LEVEL 2—TIGER SHARKS (Water Safety)



Enter/exit shoulder deep water; bobbing in chest deep water; submerge and hold breath; retrieve submerged toy; Superman kicking on board; roll front to back and back to front; back glide recovery to front float; back float recovery to kicking; intro to arm propulsion; change direction of travel; combined arm and leg action

LEVEL 3—HAMMERHEAD SHARKS (Water Balance)



Bobbing while moving toward safety; bobbing with bubbles; intro to streamline; push off and streamline; push off and streamline with kick; side breathing on wall; side breathing with board; unassisted side breathing to instructor; move from horizontal to vertical position; independent front crawl; intro to backstroke drills

LEVEL 4—GREAT WHITE SHARKS (Arm Propulsion)



Front and back streamline with kicks; front crawl/back stroke open turn; intro to breaststroke; intro to butterfly kick; diving from sitting position; diving from kneeling position; feet first surface dive; underwater swim; intro to standing dive; independent front crawl; independent back stroke

LEVEL 5—SWIM TEAM PREP

Front crawl; back stroke; intro to breaststroke arms; intro to butterfly arms; proper starts for all strokes; breaststroke; butterfly stroke; shallow-angle dive from side; shallow-angle dive to streamline; tread water