



2015 Summer Aquatics

Recreation and Community Services

REGISTRATION

Pre-registration

Magnolia Recreation Center

South Hall

651 W. 15th Street

for

UPLAND RESIDENTS

Saturday, May 30th, 10:00 a.m. – 12:00 noon

OPEN REGISTRATION

Saturday, June 6th, 10:00 a.m. – 12:00 noon

FEES

Session I, II, III, IV & V

\$70.00

Each two week session meets
Monday through Friday.

(No make-ups if child misses class.)

REGISTRATION WILL BE TAKEN AT THE POOL
MONDAY – FRIDAY, 10:15 a.m. – 2:15 p.m.
BEGINNING JUNE 15th.

**REGISTRATION WILL NOT BE TAKEN AT THE
RECREATION OFFICE.**

FEES MUST BE PAID AT TIME OF REGISTRATION.
**CASH, CHECK, VISA, MASTERCARD & AMERICAN
EXPRESS ACCEPTED.**

► CHECK OUT OUR CAMPS & CLINICS ◀

YOUTH COMPETITIVE SWIM CAMP Ages 8 – 16
This camp will cover the four competitive strokes: butterfly, freestyle, breaststroke, and backstroke. Starts, turns, and conditioning will also be covered. Swimmers must be at the intermediate level or higher. Includes T-Shirt.

August 10 – 14 M – F 10:00 a.m. – 12:00 noon \$80.00

YOUTH WATER POLO CAMP Ages 8 – 16
This camp will cover passing, dribbling, shooting, rules, and team concepts. Swimmers must be at the intermediate level or higher. Participants will be grouped according to ability. Includes T-Shirt.

August 10 – 14 M – F 1:00 p.m. – 3:00 p.m. \$80.00

ADULT SWIM CLINIC Ages 16 & UP
Learn to swim, or work on improving your strokes. Individuals will be grouped according to ability.

August 10 – 14 M – F 6:00 p.m. – 8:00 p.m. \$80.00

ME AND MY PARENT

2 – 4 years

Must be accompanied by an adult and be toilet trained or wear "Swimmer Diapers."

PRE-BEGINNERS

4 years +

Must be ready to be unaccompanied in the water.

SKILLS COVERED INCLUDE: Basic water adjustment, going underwater, prone float, and beginner's strokes.

BEGINNERS

5 years+

Must be able to perform Pre-Beginner skills.

SKILLS COVERED INCLUDE: Swimming across the pool with proper breathing and good arm coordination, prone float and glide, back float and kick, jump into deep water, survival float and combining stroke on back.

ADVANCED BEGINNERS

5 years+

Must be able to swim across pool.

SKILLS COVERED INCLUDE: Crawl stroke 75 yds, elementary backstroke, survival float, tread water, and standing front dive.

INTERMEDIATE

5 years+

SKILLS COVERED INCLUDE: 50 yds of elementary back stroke, 50 yd crawl stroke, backstroke, 50 yd side stroke, and 5 minute endurance swim.

SWIMMERS

5 years+

SKILLS COVERED INCLUDE: This highest level class will include mastering 50 yds breaststroke with proper timing and coordination, 50 yd backstroke, 100 yds sidestroke, 100 yds crawl stroke, 20 – 25 ft. underwater swim, surface dives, long-shallow dive, turns and 10 minute endurance swim.

ALL CLASSES ARE HELD AT:

**UPLAND HIGH SCHOOL
SWIMMING POOL**

565 W. 11th STREET

(Adjacent to the gym)



NO DRESSING FACILITIES ARE AVAILABLE. SWIMSUITS MUST BE WORN TO THE POOL. NO CUTOFFS ALLOWED. LONG HAIR MUST BE PULLED BACK. PARTICIPANTS NEED TO GO TO THE RESTROOM BEFORE ENTERING THE POOL.

**NO REFUNDS AFTER 7 BUSINESS DAYS BEFORE YOUR SESSION BEGINS – NO EXCEPTIONS
FOR MORE INFORMATION, CALL (909) 931-4285**

"This is Not a UUSD Sponsored Activity and This Material Has Not Been Prepared at School District Expense."

<i>SESSION I</i> 6/15 - 6/26	<i>SESSION II</i> 6/29 - 7/10	<i>SESSION III</i> 7/13 - 7/24	<i>SESSION IV</i> 7/27 - 8/7	
<u>10:00-10:35AM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>10:00-10:35AM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>10:00-10:35AM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>10:00-10:35AM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>4:15-4:50PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Swimmer
<u>10:45-11:20AM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>10:45-11:20AM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>10:45-11:20AM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>10:45-11:20AM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>5:00-5:35PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Intermediate Swimmer
<u>11:30-12:05PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>11:30-12:05PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>11:30-12:05PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>11:30-12:05PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>5:45-6:20PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Swimmer
<u>12:15-12:50PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>12:15-12:50PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>12:15-12:50PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>12:15-12:50PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>6:30-7:05PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Intermediate
<u>1:00-1:35PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>1:00-1:35PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>1:00-1:35PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>1:00-1:35PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>7:15-7:50PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Intermediate Swimmer
<u>1:45-2:20PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>1:45-2:20PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Intermediate	<u>1:45-2:20PM</u> Me & My Parent Pre-Beginner Beginner Adv. Beginner Adv. Beginner Swimmer	<u>1:45-2:20PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Intermediate Swimmer	<u>8:00-8:35PM</u> Pre-Beginner Pre-Beginner Beginner Beginner Adv. Beginner Intermediate Swimmer

SESSION V will be one week only with clinics from 8/10-8/14

CLASS SIZE IS LIMITED.
NO REFUNDS AFTER 7 BUSINESS DAYS BEFORE YOUR SESSION BEGINS – NO EXCEPTIONS
FOR MORE INFORMATION CALL (909) 931-4285

2015 Upland Aquatics Swim Schedule

