# 2016 Summer Aquatics

## City of Upland Recreation Division

**ON-SITE REGISTRATION WILL BE TAKEN AT THE POOL:**

**Located at Upland High School Swimming Pool**
**565 W. 11th Street, Upland**

**Monday through Friday, 10:15 a.m. to 2:15 p.m.**
**beginning Monday, June 13th.**

**Registration will NOT be taken at the Upland Recreation Division Office.**

**Registration fees must be paid at the time of registration.**
**Cash, check, VISA, Mastercard, and American Express accepted.**

**FEES**

| | |
|---|---|
| SESSION I, III & IV | $70 |
| SESSION II | $63 |

Each two week session meets Monday through Friday.
(No make-up if child misses class.)

**ME AND MY PARENT** **Ages:** 2-4 yrs.
Must be accompanied by an adult and be toilet trained or wear "Swimmer Diapers"

**PRE-BEGINNERS** **Ages:** 4 yrs +
**Must be ready to be unaccompanied in the water.** Skills covered include: Basic water adjustment, going underwater, prone float, and beginner's strokes.

**BEGINNERS** **Ages:** 5 yrs +
**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** **Ages:** 5 yrs +
**Must be able to swim across pool.** Skills covered include: Crawl stroke 75 yards, elementary backstroke, survival float, tread water, and standing front dive.

**INTERMEDIATE** **Ages:** 5 yrs +
Skills covered include: 50 yards of elementary back stroke, 50 yard crawl stroke, backstroke, 50 yard side stroke, and 5-minute endurance swim.

**SWIMMERS** **Ages:** 5 yrs +
Skills covered include: This highest level class will include mastering 50 yards breaststroke with proper timing and coordination, 50 yard backstroke, 100 yards sidestroke, 100 yards crawl stoke, 20-25 feet underwater swim, surface dives, long-shallow dive, turns, and 10 minute endurance swim.

**ONLINE REGISTRATION**

**Register online at:** https://apm/activecommunities.com/upland

NEW!!!

**UPLAND RESIDENTS**
Begins Thursday, May 26th

**OPEN REGISTRATION**
Begins Friday, June 3rd

**CHECK OUT OUR CAMPS & CLINICS**

**YOUTH COMPETITIVE SWIM CAMP** **Ages:** 8-16 yrs.
This camp will cover the four competitive strokes: Butterfly, freestyle, breast-stroke, and backstroke. Starts, turns, and conditioning will also be covered. Swimmers must be at the Intermediate level or higher. Includes camp T-shirt.

August 8th-August 12th M-F 10:00 a.m.-Noon $80

**YOUTH WATER POLO CAMP** **Ages:** 8-16 yrs.
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 camp T-shirt.

August 8th-August 12th M-F 1:00 p.m.-3:00 p.m. $80

**WATER AEROBIC WORKOUT** **NEW!!!** **Ages:** 16 yrs +
This shallow water aerobic workout is designed to be fun while toning and firming muscles, burning fat, and providing an awesome aerobic conditioning workout with less impact on the body. Swim experience not necessary.

August 8th-August 12th M-F 6:00 p.m.-6:50 p.m. $80

**ADULT SWIM CLINIC** **Ages:** 16 yrs +
Learn to swim or work on improving your strokes. Individuals will be grouped according to ability.

August 8th-August 12th M-F 7:00 p.m.-7:50 p.m. $80

**ALL CLASSES ARE HELD AT:**

**UPLAND HIGH SCHOOL SWIMMING POOL**
**565 W. 11TH STREET, UPLAND**
(Adjacent to the gym)

**For more information, please contact the Upland Recreation Division at (909) 931-4285.**

No dressing facilities are available. ● Swimsuits must be worn to the pool. ● No cut-offs are allowed. ● Long hair must be pulled back.
● Participants need to use the restroom prior to entering the pool. ●

**NO REFUNDS AFTER 7 BUSINESS DAYS BEFORE YOUR SESSION BEGINS. NO EXCEPTIONS.**

*This is not a UUSD sponsored activity and this material has not been prepared at school district expense.

# 2016 Upland Aquatics Swim Schedule

| SESSION I<br>6/13 - 6/24 | SESSION II<br>6/27 – 7/8 | SESSION III<br>7/11 – 7/22 | SESSION IV<br>7/25 – 8/5 | |
|---|---|---|---|---|
| **10:00-10:35AM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **10:00-10:35AM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **10:00-10:35AM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **10:00-10:35AM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **4:15-4:50PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer |
| **10:45-11:20AM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **10:45-11:20AM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **10:45-11:20AM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **10:45-11:20AM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **5:00-5:35PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Intermediate<br>Swimmer |
| **11:30-12:05PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **11:30-12:05PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **11:30-12:05PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **11:30-12:05PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **5:45-6:20PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer |
| **12:15-12:50PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **12:15-12:50PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **12:15-12:50PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **12:15-12:50PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **6:30-7:05PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate |
| **1:00-1:35PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **1:00-1:35PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **1:00-1:35PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **1:00-1:35PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **7:15-7:50PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Intermediate<br>Swimmer |
| **1:45-2:20PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **1:45-2:20PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Intermediate | **1:45-2:20PM**<br>Me & My Parent<br>Pre-Beginner<br>Beginner<br>Adv. Beginner<br>Adv. Beginner<br>Swimmer | **1:45-2:20PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Intermediate<br>Swimmer | **8:00-8:35PM**<br>Pre-Beginner<br>Pre-Beginner<br>Beginner<br>Beginner<br>Adv. Beginner<br>Intermediate<br>Swimmer |

***SESSION V will be one week only with clinics from 8/8-8/12***

CLASS SIZE IS LIMITED.

NO REFUNDS AFTER 7 BUSINESS DAYS BEFORE YOUR SESSION BEGINS – NO EXCEPTIONS

FOR MORE INFORMATION CALL (909) 931-4285