



# 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 13<sup>th</sup>.

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.

### ONLINE REGISTRATION

Register online at: <https://apm/activecommunities.com/upland>

#### UPLAND RESIDENTS

Begins Thursday, May 26<sup>th</sup>

#### OPEN REGISTRATION

Begins Friday, June 3<sup>rd</sup>



### 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 8<sup>th</sup>-August 12<sup>th</sup> 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 8<sup>th</sup>-August 12<sup>th</sup> 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 8<sup>th</sup>-August 12<sup>th</sup> 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 8<sup>th</sup>-August 12<sup>th</sup> M-F 7:00 p.m.-7:50 p.m. \$80

### 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 stroke, 20-25 feet 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, 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.



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

# 2016 Upland Aquatics Swim Schedule



***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**

