

# City of Monterey Park

## SUMMER AQUATICS 2023

Online registration begins Tuesday, May 30, 2023 starting at 7:30 a.m. at [www.MontereyPark.ca.gov](http://www.MontereyPark.ca.gov) or call to register at (626) 307-1388.

### George Elder Park Pool – 1950 Wilcox Ave. (626) 307-1397

Prerequisites can be met by showing a certificate or demonstrating all completion requirements.

**NO MAKE-UPS OR REFUNDS ALLOWED FOR SUMMER SWIM CLASSES!**

#### LAP SWIM

For the fitness conscious, a Morning Lap Swim Program is available at George Elder Park Pool.

##### George Elder Park Pool

Mon-Fri 6:00 to 8:00am

Sat & Sun 6:00 to 10:00 am

**Fees:** \$5.25 Daily Swim **Fees increase after July 1<sup>st</sup>**

**Fees:** \$27.00 per month **Fees increase after July 1<sup>st</sup>** – SENIORS

50yrs & Up

**Fees:** \$40.00 per month **Fees increase after July 1<sup>st</sup>** – ADULT

14yrs & Up

**Fees:** \$75.00 per month **Fees increase after July 1<sup>st</sup>** – Family

2 Family members max

#### SWIM LESSONS

We offer a number of courses in which the objective is to teach people to swim and to be safe in, on and around the water. Our Learn-to-Swim programs are the most comprehensive and effective programs of their kind available anywhere.

**SCHEDULE SUBJECT TO CHANGE**

##### George Elder Park Pool – Saturday Lessons

Cycle 1 – Saturdays: June 10 – July 8, 2023

Cycle 2 – Saturdays: July 15 – August 12, 2023

##### George Elder Park Pool – Weekday Lessons

Cycle 1 - Weekdays: June 12 – June 23, 2023

Cycle 2 - Weekdays: June 26 – July 7, 2023

Cycle 3 – Weekdays: July 10 – July 21, 2023

Cycle 4 – Weekdays: July 24 – August 4, 2023

**Swim Lesson Fees Per Cycle: \$46.00 All Fees after July 1<sup>st</sup> will increase (\$TBD)**

#### PARENT & TOT

Parents and children (ages 6 months up to 5 years) learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control.

##### 6mos to 5yrs

Saturday 10:30 am to 11:20 am

Saturday 11:30 am to 12:20 pm

Saturday 12:30 pm to 1:20 pm

Monday-Friday 9:30 am to 9:55 am

Monday-Friday 10:00 am to 10:25 am

Monday-Friday 11:00 am to 11:25 am  
Monday-Friday 2:00 pm to 2:25 pm  
Monday-Friday 3:00 pm to 3:25 pm

### **LEVEL I: WATER EXPLORATION**

Introduction to Water Skills: helps students feel comfortable in the water and to enjoy the water safely.

#### **5yrs to 7yrs**

Saturday 10:30 am to 11:20 am  
Saturday 11:30 am to 12:20 pm  
Saturday 12:30 pm to 1:20 pm  
Monday-Friday 9:00 am to 9:25 am  
Monday-Friday 9:30 am to 9:55 am  
Monday-Friday 10:00 am to 10:25 am  
Monday-Friday 10:30 am to 10:55 am  
Monday-Friday 11:00 am to 11:25 am  
Monday-Friday 2:00 pm to 2:25 pm  
Monday-Friday 2:30 pm to 3:00 pm  
Monday-Friday 3:00 pm to 3:25 pm

### **LEVEL II: PRIMARY SKILLS**

Fundamental Aquatic Skills: gives students success with fundamental skills.

*Prerequisite: Completion of Level 1: Water Exploration*

#### **5yrs to 17yrs**

Saturday 10:30 am to 11:20 am  
Saturday 11:30 am to 12:20 pm  
Saturday 12:30 pm to 1:20 pm  
Monday-Friday 9:00 am to 9:25 am  
Monday-Friday 9:30 am to 9:55 am  
Monday-Friday 10:00 am to 10:25 am  
Monday-Friday 10:30 am to 10:55 am  
Monday-Friday 11:00 am to 11:25 am  
Monday-Friday 2:00 pm to 2:25 pm  
Monday-Friday 2:30 pm to 3:00 pm  
Monday-Friday 3:00 pm to 3:25 pm

### **LEVEL III: STROKE READINESS**

Stroke Readiness: builds on the skills in Level 2 by providing additional guided practice.

*Prerequisite: Completion of Level 2: Primary Skills*

#### **5yrs to 17yrs**

Saturday 10:30 am to 11:20 am  
Saturday 11:30 am to 12:20 pm  
Saturday 12:30 pm to 1:20 pm  
Monday-Friday 9:00 am to 9:25 am  
Monday-Friday 10:00 am to 10:25 am  
Monday-Friday 10:30 am to 10:55 am  
Monday-Friday 11:00 am to 11:25 am  
Monday-Friday 2:00 pm to 2:25 pm  
Monday-Friday 2:30 pm to 3:00 pm

### **LEVEL IV: STROKE DEVELOPMENT**

Stroke Development: develops confidence in the strokes learned and to improve other aquatic skills.

*Prerequisite: Completion of Level 3: Stroke Readiness*

#### **5yrs to 17yrs**

Saturday	10:30 am to 11:20 am
Saturday	11:30 am to 12:20 pm
Saturday	12:30 pm to 1:20 pm
Monday-Friday	9:30 am to 9:55 am
Monday-Friday	10:30 am to 10:55 am
Monday-Friday	11:00 am to 11:25 am
Monday-Friday	2:30 pm to 3:00 pm
Monday-Friday	3:00 pm to 3:25 pm

### **LEVEL V: STROKE REFINEMENT**

Stroke Refinement: provides further coordination and refinement of strokes.

*Prerequisite: Completion of Level 4: Stroke Development*

#### **5yrs to 17yrs**

Saturday	10:30 am to 11:20 am
Saturday	11:30 am to 12:20 pm
Saturday	12:30 pm to 1:20 pm
Monday-Friday	9:00 am to 9:25 am
Monday-Friday	10:30 am to 10:55 am
Monday-Friday	2:00 pm to 2:25 pm
Monday-Friday	3:00 pm to 3:25 pm

### **LEVEL VI: STROKE PROFICIENCY**

Swimming and Skill Proficiency: refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances.

*Prerequisite: Completion of Level 5: Stroke Refinement*

#### **5yrs to 17yrs**

Saturday	10:30 am to 11:20 am
Saturday	11:30 am to 12:20 pm
Saturday	12:30 pm to 1:20 pm
Monday-Friday	9:00 am to 9:25 am
Monday-Friday	10:30 am to 10:55 am
Monday-Friday	2:00 pm to 2:25 pm
Monday-Friday	3:00 pm to 3:25 pm

## **Competitive Swim & Water Polo – High School Students**

A comprehensive summer program seeking to challenge and prepare individuals for competitive swimming and water polo. It is also a maintenance program for current high school athletes. It is an opportunity for future swimming and water polo participants to develop and learn new skills. The program will focus on swimming/ water polo technique refinement (skill you know), skill introduction (new skills), and conditioning (speed, strength, and stamina). You must pass a skill test.

**Ismael Perez**

**George Elder Park Pool**

For more information, please visit [www.montereypark.ca.gov/aquatics](http://www.montereypark.ca.gov/aquatics).