



SUMMER AQUATICS CLASSES

REGISTRATION BEGINS MONDAY, APRIL 14 AT 9:00AM

	MON-THU	MON/WED	TUE/THU	SAT	SUN	
SESSION 1	Jun 9 - Jun 12	Jun 16 - Jul 2	Jun 17 - Jul 3	May 31 - Jun 21	Jun 1 - Jun 22	
SESSION 2	x	Jul 7 - Jul 23	Jul 8 - Jul 24	Jun 28 - Jul 26	Jun 29 - Jul 27	
SESSION 3	x	Jul 28 - Aug 13	Jul 29 - Aug 14	Aug 2 - Aug 23	Aug 3 - Aug 24	
SESSION 4	x	Aug 18 - Sep 3 (5)	Aug 19 - Sep 4	x	x	
Parent & Child	(*)Asterisk indicates a semi-private class.	9:30-9:55am C405 11:00-11:25am C420 3:30-3:55pm C455 4:30-4:55pm C467	10:00-10:25am C505 11:00-11:25am C520 3:30-3:55pm C555 4:30-4:55pm C567	10:00-10:25am C722 10:30-11:00am C729 11:00-11:25am C736	10:00-10:25am C822 10:30-11:00am C829 11:00-11:25am C836	
*Tiny Tot Seals		3:00-3:25pm C350 3:30-3:55pm C355 4:30-4:55pm C367	9:00-9:25am C400 10:00-10:25am C410 11:00-11:25am C421 3:00-3:25pm C450 4:00-4:35pm C461 5:00-5:25pm C473	9:00-9:25am C500 9:30-9:55am C510 11:00-11:25am C521 3:00-3:25pm C550 4:00-4:35pm C561 5:00-5:25pm C573	9:00-9:25am C711 9:30-9:55am C716 10:00-10:25am C723 11:00-11:25am C737	9:00-9:25am C811 9:30-9:55am C816 10:00-10:25am C823 11:00-11:25am C837
*Polliwogs		3:00-3:25pm C351 4:00-4:25pm C361 5:00-5:25pm C373	9:30-9:55am C406 10:30-10:55am C415 11:30-11:55am C425 3:30-3:55pm C456 4:30-4:55pm C468 5:30-5:55pm C479	9:30-9:55am C506 10:30-10:55am C515 11:30-11:55am C525 3:30-3:55pm C556 4:30-4:55pm C568 5:30-5:55pm C579	9:30-9:55am C717 10:30-10:55am C730 11:30-11:55am C743	9:30-9:55am C817 10:30-10:55am C830 11:30-11:55am C843
Seals		3:30-3:55pm C356 4:30-4:55pm C368 5:30-5:55pm C378	9:00-9:25am C401 10:00-10:25am C411 11:00-11:25am C422 *3:00-3:25pm C451 4:00-4:35pm C462 5:00-5:25pm C474	9:00-9:25am C501 10:00-10:25am C511 11:00-11:25am C522 *3:00-3:25pm C551 4:00-4:35pm C562 5:00-5:25pm C574	9:00-9:25am C712 10:00-10:25am C724 11:00-11:25am C738	9:00-9:25am C812 10:00-10:25am C824 11:00-11:25am C838
Dolphins		3:00-3:25pm C352 4:00-4:25pm C362 5:00-5:25pm C374	9:30-9:55am C407 10:30-10:55am C416 11:30-11:55am C426 3:30-3:55pm C457 4:30-4:55pm C469 *5:30-5:55pm C480	9:30-9:55am C507 10:30-10:55am C516 11:30-11:55am C526 3:30-3:55pm C557 4:30-4:55pm C569 *5:30-5:55pm C580	9:30-9:55am C718 10:30-10:55am C731 11:30-11:55am C744	9:30-9:55am C818 10:30-10:55am C831 11:30-11:55am C844
Otters	3:30-3:55pm C357 4:30-4:55pm C369 *5:30-5:55pm C379	9:00-9:25am C402 10:00-10:25am C412 *3:00-3:25pm C452 4:00-4:35pm C463 5:00-5:25pm C475	9:00-9:25am C502 10:00-10:25am C512 *3:00-3:25pm C552 4:00-4:35pm C563 5:00-5:25pm C575	9:00-9:25am C713 10:00-10:25am C725 11:00-11:25am C739	9:00-9:25am C813 10:00-10:25am C825 11:00-11:25am C839	
Stingrays	3:30-3:55pm C358 4:30-4:55pm C370	9:30-9:55am C408 11:00-11:25am C423 3:30-3:55pm C458 4:30-4:55pm C470	9:00-9:25am C503 11:00-11:25am C523 3:30-3:55pm C558 4:30-4:55pm C570	*9:30-9:55am C719 10:30-10:55am C732 11:30-11:55am C745	*9:30-9:55am C819 10:30-10:55am C832 11:30-11:55am C845	
Barracudas	3:00-3:25pm C353 4:00-4:25pm C363 5:00-5:25pm C375	9:00-9:25am C403 11:30-11:55am C427 *3:00-3:25pm C453 4:00-4:35pm C464 *5:30-5:55pm C481	9:00-9:25am C508 11:30-11:55am C527 *3:00-3:25pm C553 4:00-4:35pm C564 *5:30-5:55pm C581	*9:00-9:25am C714 10:00-10:25am C726 11:00-11:25am C740	*9:00-9:25am C814 10:00-10:25am C826 11:00-11:25am C840	
*Sharks	3:30-3:55pm C359 4:30-4:55pm C371 5:30-5:55pm C381	10:30-10:55am C417 3:30-3:55pm C459 5:00-5:25pm C476	10:30-10:55am 3:30-3:55pm 5:00-5:25pm	SWIM CLASS PRICING PRIVATE SEMI-PRIVATE GROUP \$176 \$102 \$67		

*Adult Beginner	4:00-4:25pm C364	10:00-10:25am C413	10:00-10:25am C513	9:30-9:55am C720	9:30-9:55am C820
	5:30-5:55pm C380	5:00-5:25pm C478	5:00-5:25pm C578	10:30-10:55am C734	10:30-10:55am C834
Catch-Up Lvl. 1	4:00-4:25pm C365	10:30-10:55am C418	10:30-10:55am C518	10:00-10:25am C727	10:00-10:25am C827
		4:00-4:35pm C465	4:00-4:35pm C565		
		5:00-5:25pm C477	5:00-5:25pm C577		
Catch-Up Lvl. 2	5:00-5:25pm C376	11:30-11:55am C428	11:30-11:55am C528	11:00-11:25am C741	11:00-11:25am C841
		4:30-4:55pm C471	4:30-4:55pm C571		
		5:30-5:55pm C482	5:30-5:55pm C582		
Private Instruction	3:00-3:25pm C354	9:00-9:25am C404	9:00-9:25am C504	9:00-9:25am C715	9:00-9:25am C815
	3:30-3:55pm C360	9:30-9:55am C409	9:30-9:55am C509	9:30-9:55am C721	9:30-9:55am C821
	4:00-4:25pm C366	10:00-10:25am C414	10:00-10:25am C514	10:00-10:25am C728	10:00-10:25am C828
	4:30-4:55pm C372	10:30-10:55am C419	10:30-10:55am C519	10:30-10:55am C735	10:30-10:55am C835
	5:00-5:25pm C377	11:00-11:25am C424	11:00-11:25am C524	11:00-11:25am C742	11:00-11:25am C842
	5:30-5:55pm C382	11:30-11:55am C429	11:30-11:55am C529	11:30-11:55am C748	11:30-11:55am C848
		3:00-3:25pm C454	3:00-3:25pm C554		
		3:30-3:55pm C460	3:30-3:55pm C560		
		4:00-4:35pm C466	4:00-4:35pm C566		
		4:30-4:55pm C472	4:30-4:55pm C572		
	5:30-5:55pm C483	5:30-5:55pm C583			



SWIM CLASS PRICING

PRIVATE	SEMI-PRIVATE	GROUP
\$176	\$102	\$67

THOUSAND OAKS HIGH SCHOOL POOL
 2323 MOORPARK ROAD, THOUSAND OAKS, CA 91360 | 805-496-8564

	MON/WED	TUE/THU		MON/WED	TUE/THU
SESSION 1	Jun 16 - Jul 2	Jun 17 - Jul 3	Stingrays	*10:30-10:55am 1704	*11:00-11:25am 1809
SESSION 2	Jul 7 - Jul 23	Jul 8 - Jul 24		*12:00-12:25pm 1712	*3:00-3:25pm 1856
SESSION 3	Jul 28 - Aug 13	Jul 29 - Aug 14		*3:30-3:55pm 1756	4:00-4:25pm 1864
				4:30-4:55pm 1764	
*Polliwogs	10:00-10:25am 1700	10:00-10:25am 1802	Barracudas	*11:00-11:25am 1707	*10:30-10:55am 1806
	11:30-11:55am 1709	11:00-11:30am 1808		4:00-4:25pm 1760	3:30-3:55pm 1860
	3:30-3:55pm 1754	3:00-3:25pm 1854		*5:30-5:55pm 1772	*5:00-5:25pm 1872
	4:30-4:55pm 1762	4:00-4:25pm 1862			
	5:30-5:55pm 1770	5:00-5:25pm 1870			
Seals	11:00-11:25am 1706	10:30-10:55am 1805	*Sharks	12:00-12:25pm 1713	12:00-12:25pm 1815
	3:00-3:25pm 1750	11:30-11:55am 1811		3:00-3:25pm 1752	2:30-2:55pm 1852
	4:00-4:25pm 1758	2:30-2:55pm 1850		5:00-5:25pm 1768	4:30-4:55pm 1868
	5:00-5:25pm 1766	4:30-4:55pm 1866			
Dolphins	10:30-10:55am 1703	10:00-10:25am 1803	Private Instruction	10:00-10:25am 1702	9:30-9:55am 1801
	3:30-3:55pm 1755	12:00-12:25pm 1814		10:30-10:55am 1705	10:00-10:25am 1804
	4:30-4:55pm 1763	3:00-3:25pm 1855		11:00-11:25am 1708	10:30-10:55am 1807
	5:30-5:55pm 1771	4:00-4:25pm 1863		11:30-11:55am 1711	11:00-11:25am 1810
		5:00-5:25pm 1871		12:00-12:25pm 1714	11:30-11:55am 1813
		12:30-12:55pm 1715	12:00-12:25pm 1816		
		3:00-3:25pm 1753	12:30-12:55pm 1817		
		3:30-3:55pm 1757	2:30-2:55pm 1853		
		4:00-4:25pm 1761	3:00-3:25pm 1857		
		4:30-4:55pm 1765	3:30-3:55pm 1861		
		5:00-5:25pm 1769	4:00-4:25pm 1865		
		5:30-5:55pm 1773	4:30-4:55pm 1869		
			5:00-5:25pm 1873		

(*)Asterisk indicates a semi-private class.

SPRINGBOARD DIVING - LVL 1

This class is for confident swimmers who are ready to learn the basics of springboard diving; **Ages 8-18**

3408	12:00-1:00pm	T/Th	6/17-7/3	\$156
3408	12:00-1:00pm	T/Th	7/8-7/24	\$156
3408	12:00-1:00pm	T/Th	7/29-8/14	\$156

SPRINGBOARD DIVING - LVL 2

For divers who completed Level 1, refines skills, advancing techniques and introducing competition basics; **Ages 8-18**

3409	1:00-2:00pm	T/Th	6/17-7/3	\$156
3409	1:00-2:00pm	T/Th	7/8-7/24	\$156
3409	1:00-2:00pm	T/Th	7/29-8/14	\$156

NEWBURY PARK HIGH SCHOOL POOL

456 REINO ROAD, NEWBURY PARK, CA 91320 | 805-750-7296

	MON/WED		TUE/THU		SAT	
SESSION 1	Jun 16 - Jul 2		Jun 17 - Jul 3		Jun 14 - Jul 26	
SESSION 2	Jul 7 - Jul 23		Jul 8 - Jul 24		x	
SESSION 3	Jul 28 - Aug 13		Jul 29 - Aug 14		x	
Parent & Child	11:30-11:55am 2216 5:00-5:25pm 2266		11:30-11:55am 2316 5:00-5:25pm 2366		10:00-10:25am 2008	
*Tiny Tot Seals	9:30-9:55am 2200 10:30-10:55am 2208 3:00-3:25pm 2250 4:00-4:25pm 2258		9:30-9:55am 2300 10:30-10:55am 2308 3:00-3:25pm 2350 4:00-4:25pm 2358		9:00-9:25am 2000 11:00-11:25am 2016	
*Polliwogs	10:00-10:25am 2204 11:00-11:25am 2212 12:00-12:25pm 2220 3:30-3:55pm 2254 4:30-4:55pm 2262 5:30-5:55pm 2270		10:00-10:25am 2304 11:00-11:25am 2312 12:00-12:25pm 2320 3:30-3:55pm 2354 4:30-4:55pm 2362 5:30-5:55pm 2370		9:30-9:55am 2004 10:30-10:55am 2012 11:30-11:55am 2020	
Seals	9:30-9:55am 2201 10:30-10:55am 2209 11:30-11:55am 2217 3:00-3:25pm 2251 4:00-4:25pm 2259 5:00-5:25pm 2267		9:30-9:55am 2301 10:30-10:55am 2309 11:30-11:55am 2317 3:00-3:25pm 2351 4:00-4:25pm 2359 5:00-5:25pm 2367		9:00-9:25am 2001 10:00-10:25am 2009 11:00-11:25am 2017	
Dolphins	10:00-10:25am 2205 11:00-11:25am 2213 12:00-12:25pm 2221 3:30-3:55pm 2255 4:30-4:55pm 2263 5:30-5:55pm 2271		10:00-10:25am 2305 11:00-11:25am 2313 12:00-12:25pm 2321 3:30-3:55pm 2355 4:30-4:55pm 2363 5:30-5:55pm 2371		9:30-9:55am 2005 10:30-10:55am 2013	
Otters	9:30-9:55am 2202 11:30-11:55am 2218 3:00-3:25pm 2252 5:00-5:25pm 2268		9:30-9:55am 2302 11:30-11:55am 2318 3:00-3:25pm 2352 5:00-5:25pm 2368		9:00-9:25am 2002 11:00-11:25am 2018	
Stingrays	10:00-10:25am 2206 3:30-3:55pm 2256		10:00-10:25am 2306 3:30-3:55pm 2356		9:30-9:55am 2006 *11:30-11:55am 2021	
Barracudas	10:30-10:55am 2210 4:00-4:25pm 2260		10:30-10:55am 2310 4:00-4:25pm 2360		10:00-10:25am 2010	
*Sharks	11:00-11:25am 2214 4:30-4:55pm 2264		11:00-11:25am 2314 4:30-4:55pm 2364		11:30-11:55am 2022	
*Adult Beginner	12:00-12:25pm 2222 5:30-5:55pm 2272		12:00-12:25pm 2322 5:30-5:55pm 2372		10:30-10:55am 2014	
Private Instruction	9:30-9:55am 2203 10:00-10:25am 2207 10:30-10:55am 2211 11:00-11:25am 2215 11:30-11:55am 2219 12:00-12:25pm 2223 3:00-3:25pm 2253 3:30-3:55pm 2257 4:00-4:25pm 2261 4:30-4:55pm 2265 5:00-5:25pm 2269 5:30-5:55pm 2273		9:30-9:55am 2303 10:00-10:25am 2307 10:30-10:55am 2311 11:00-11:25am 2315 11:30-11:55am 2319 12:00-12:25pm 2323 3:00-3:25pm 2353 3:30-3:55pm 2357 4:00-4:25pm 2361 4:30-4:55pm 2365 5:00-5:25pm 2369 5:30-5:55pm 2373		9:00-9:25am 2003 9:30-9:55am 2007 10:00-10:25am 2011 10:30-10:55am 2015 11:00-11:25am 2019 11:30-11:55am 2023	

CRPD SWIM TEAM

A novice swim team focused workouts on speed, endurance, strokes, and conditioning, tailored by age and ability; **Ages 8-16**

Community Pool CLU - C800

9:00-9:55am	Sa	5/31-6/21	\$60
9:00-9:55am	Su	6/1-6/22	\$60
9:00-9:55am	Sa	6/28-7/26	\$60
9:00-9:55am	Su	6/29-7/27	\$60
9:00-9:55am	Sa	8/2-8/23	\$60
9:00-9:55am	Su	8/3-8/24	\$60

Newbury Park High School Pool - 3403

10:00-10:55am	M/W	6/16-8/13	\$257
4:00-4:55pm	T/Th	6/17-8/14	\$257

Thousand Oaks High School Pool - 3404

4:00-4:55pm	M/W	6/16-8/13	\$257
10:00-10:55am	T/Th	6/17-8/14	\$257

STROKE TECHNIQUE

Improve stroke technique, endurance, and confidence with an experienced instructor in a small group, at your own pace; **Ages 14+**

Community Pool CLU - C805

9:00-9:55am	M/W	6/16-7/2	\$90
9:00-9:55am	M/W	7/7-7/23	\$90
9:00-9:55am	M/W	7/28-8/13	\$90

Newbury Park High School Pool - 3413

5:00-5:55pm	T/Th	6/17-7/3	\$90
5:00-5:55pm	T/Th	7/8-7/24	\$90

JUNIOR LIFEGUARDS

Teaches youth essential skills and techniques for future lifeguard training at age 15; **Ages 11-14**

Community Pool at CLU - 3407

10:00am-2:00pm	M-Th	6/30-7/3	\$245
10:00am-2:00pm	M-Th	7/14-7/17	\$245

INTRO WATER POLO

Introduction into the sport of water polo. No previous water polo experience is needed. Must be able to swim 50-yards (2 laps) freestyle; **Ages 8-16**

Thousand Oaks High School Pool - 3405

5:00-5:55pm	M/W	6/16-7/2	\$90
5:00-5:55pm	M/W	7/7-7/23	\$90

(*)Asterisk indicates a semi-private class.

In-District registration begins Monday, April 14 at 9:00am, **Out-of-District** on Monday, April 21, at 9:00am



WATER AEROBICS

DEEP WATER

Use the power of water resistance and your body to exercise suspended in 5 feet of water with the help of a flotation belt. **Ages 18+**

Community Pool CLU - C802

10:00-10:55am	M	6/2-6/30	\$71
10:00-10:55am	M	7/7-7/28	\$57
10:00-10:55am	M	8/4-8/25	\$57

Community Pool at CLU

Fun F R I D A Y Swim

Fr Fridays 12:30-3:30pm

- ★ June 27
- ★ July 11
- ★ July 18
- ★ July 25

Class # 3401

NOODLE AEROBICS

SHALLOW WATER

Explore the versatility of a pool noodle while improving core, strength, flexibility, and balance. Gentle on the joints and ideal for arthritis. **Ages 18+**

Community Pool CLU - C802

11:00-11:55am	M	6/2-6/30	\$71
11:00-11:55am	M	7/7-7/28	\$57
11:00-11:55am	M	8/4-8/25	\$57

Aquatic Summer Fun Camp

\$240 PER WEEK

June 23-26	3415	CLU
July 7-10	3415	CLU
July 21-24	3415	CLU
July 28-31	3416	NPP
August 4-7	3415	CLU



WATER AEROBICS

SHALLOW WATER

The class utilizes different exercises and routines in shallow water coupled with mild aerobics, all at the pace and comfort level of everyone. **Ages 18+**

Community Pool CLU - C804

10:00-10:55am	W	6/4-6/25	\$57
10:00-10:55am	F	6/6-6/27	\$57
10:00-10:55am	W	7/2-7/30	\$71
10:00-10:55am	F	7/11-7/25	\$43
10:00-10:55am	W	8/6-8/27	\$57
10:00-10:55am	F	8/1-8/29	\$71
6:00-6:55pm	T	7/22-8/12	\$57
6:00-6:55pm	Th	7/24-8/14	\$57

The Community Pool at Clu

SUNDAY SUNSET SWIM

\$5 a person per entry ★ 5:30-8:30pm



June 29

July 27

August 24

LIFEGUARD TRAINING

Looking for a job? Get started here! Includes CPR/AED/FA. **Ages 15+.**



Class # C806

LIFEGUARD REVIEW

For current Lifeguards with an expiring certification. **Ages 16+.**



Class # C807

CPR/FA/AED TRAINING

Includes Adult and Pediatric CPR/AED/FA skills. **Ages 15+.**



Class # C808

WATER SAFETY INSTRUCTOR

Recommend at least 1 year of lifeguard experience. **Ages 16+.**



Class # C809

ONLINE REGISTRATION begins Monday, April 14 at 9:00am at WWW.CRPD.ORG/REG