

Aquatic Refund Policy – The Pleasant Hill Recreation & Park District strives to provide the highest quality in programs and services. In accordance with the District's "Satisfaction Guaranteed Policy", all requests for credits/refunds must be requested by the second class meeting. For any concerns regarding the quality of our programs and/or instructors, please contact us immediately, 682-0896, so that we may work to resolve your concerns.

If circumstances beyond your control impact your ability to participate in our programs and/or it becomes necessary for you to transfer to another date/time, transfers or credits on account will be assessed a \$5 administration fee and a cash refund/credit to your charge card will be assessed a \$10 processing fee (unless the activity is changed or canceled by the District.) With the exception of medical emergencies, all requests for transfers or credits on account must be received two weeks prior to the first class meeting. Credits/refunds for medical emergencies require a doctor's/health plan documentation.

Note: Pools are subject to closure without warning based on attendance, weather, emergencies, training, maintenance or safety issues.

Aquatic Events



For details on Aquatic events, see page 2.

29th Annual

Dolphins Tree Lot

November 25–December 23

- ❖ Mon–Sat., 9 am–9 pm
- ❖ Winslow Center Parking Lot: 2590 Pleasant Hill Road

Polar Bear Plunge

- ❖ Sat., Dec 31
- Thank you Sports Basement Walnut Creek for your support!



Dolphins Crab Feed

- ❖ Sat., Feb. 25

Family Fun Triathlon

- ❖ Sun., April 29

Classes

Lifeguard Training

(16 yrs & up)

Become an American Red Cross certified Lifeguard! After successful completion, the American Red Cross will issue certificates in Lifeguard Training, CPR/AED for Lifeguards and Administering Emergency Oxygen. Bring lunch each day. Visit www.pleasanthillrec.com for the required prerequisites, which must be successfully completed on the first day of class.

Instructor: Aquatics Staff

8715.501 Apr. 2–Apr. 6

8715.502 Apr. 9–Apr. 13

- ❖ Mon–Fri., 9 am–5 pm*
*30-minute daily lunch break included.

8715.503 Apr. 20–May 5

8715.504 May 11–May 26

- ❖ Fri., 5–8 pm, & Sat., 8:30 am–5:30 pm*
*30-minute Saturday lunch break included.

8715.505 June 11–June 14

- ❖ Mon–Th., 8 am–6 pm*
*30-minute daily lunch break included.

- ❖ \$205 / Dist. Res. \$190
(includes course book, pocket mask and \$35 certification fee to ARC)

- ❖ PH Aquatic Park: 147 Gregory Ln.

Lifeguard Training Challenge

(16 yrs & up)

For students who have taken a lifeguard training course within the last four years and want to renew their certifications. Participants must bring their most recent certification cards, current ARC Lifeguard Manual, pocket mask, and swimsuit to class. A challenge is testing only; there will be NO instruction. Lifeguard Manuals and pocket masks are available for an additional fee when registering.

Instructor: Aquatics Staff

Full Lifeguard Training Challenge

(includes First Aid & CPR/AED for Lifeguards)

8717.501 Mar. 30–Mar. 31

8717.502 June 1–June 2

- ❖ Fri., 4–8 pm & Sat., 9 am–1 pm
- ❖ \$115 / Dist. Res. \$100
(includes \$35 certification fee to ARC)
- ❖ PH Aquatic Park: 147 Gregory Ln.

CPR/AED

for Lifeguards Challenge Only

Did you know your Lifeguard Training certification is not valid unless you have a current CPR/AED for Lifeguards certificate?

8718.501 Mar. 30

8718.503 June 1

- ❖ Fri., 4–8 pm
- 8718.502** Apr. 7
- ❖ Sat., 9 am–1 pm
- ❖ \$72 / Dist. Res. \$58
(includes \$27 certification fee to ARC)
- ❖ PH Aquatic Park: 147 Gregory Ln.

Water Safety Instructor

(16 yrs & up)

The American Red Cross WSI Course provides training needed to teach classes in the ARC Swimming and Water Safety Program. After successful completion, you will be able to teach a variety of swimming and water safety classes and receive certification in FIT and WSI. Must pass pre-requisite swimming skills test first day of class: Swim 25 yards each of crawl stroke, back stroke, breaststroke, elementary back stroke and side stroke; 15 yards butterfly; tread water for one minute; and float or scull on back in deep water for one minute.

Note: Homework is assigned after each class and is required for successful completion of the course.

Instructor: Korey Riley

8716.501 Apr. 16–May 21

- ❖ Mon/Wed, 5:30–8:30 pm
- ❖ \$195 / Dist. Res. \$180
(\$55 materials fee included)
- ❖ PH Aquatic Park: 147 Gregory Ln.

Splashball

(6–10 yrs)

Splashball is a "T-ball" version of water polo designed to introduce the sport to children. This dynamic class will give basic skills and understanding of the sport of water polo in a recreational format while providing social development through participation in a team sport. Students should be comfortable in the water. Strong swimming skills a plus!

Instructor: Aquatics Staff

8750.402 Nov. 28–Dec. 14

- ❖ Mon/Wed., 6–7 pm
- ❖ \$69 / \$56 Dist. Res.
- ❖ PH Education Ctr. Pool: 1 Santa Barbara Rd.

8750.501 Apr. 15–June 3

- ❖ Sun., 10–11 am
- ❖ \$84 / Dist. Res. \$69
- ❖ PH Aquatic Park: 147 Gregory Ln.

Triathlon Training Camp

(8 yrs through Adult) (8 weeks)

Swim, Bike, Run! Learn how to train for a triathlon with basic to intermediate swimming, cycling, and running techniques. Includes information on bike safety and maintenance, transition training, and nutrition. **Note: Includes entry in Family Fun Triathlon on April 29. For details, see page 2.**

Instructor: Jessica O'Dea

8250.501 Feb. 26–Apr. 22*

- ❖ Sun., 8:30–11:30 am
*No class Apr. 8
- ❖ \$154 / Dist. Res. \$139
(**\$25 less each add'l registration in same household**)
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.



Water Exercise



Water Aerobics To Energize and Revitalize!

(Year-round AM & PM classes)
The ultimate in low-impact aerobics for men and women! Classes offer all the benefits of land aerobics while cushioning the body from impact and providing resistance during all exercise. Emphasis is on cardiovascular workout while toning muscles and slimming the body. Swimming skills are not required.

Instructor: Jeaneen Cowen

AM Classes

- ❖ Tue/Th, 8:30–9:30 am (year-round)
Wed, 7:30–8:30 am
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd. (Nov.–Mar. 22)
- ❖ PH Aquatic Park:
147 Gregory Ln. (beginning Mar. 27)

PM Classes

- ❖ Tue/Th, 6–7 pm
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd. (Nov.–Mar. 22)
- ❖ Tue/Th, 7–8 pm
- ❖ PH Aquatic Park:
147 Gregory Ln. (beginning Mar. 27)
- ❖ Drop-in fee: \$6
- ❖ H₂O Punch Card: \$40 (8 classes)

Note: No class on legal holidays, during the Nov/Dec. holiday break, and instructor-scheduled vacations.

Water Blast

Get as much in aerobics and strength as from other land-based aerobic classes and leave the sweat with them! Join us for a true BLAST and keep fit through the winter. The water is warmer than you keep your house! Swimming skills are not required.

Instructor: Tracy Scrimshaw

...water exercise and fitness instructor for 12+ yrs

- ❖ Mon/Wed/Fri, 8:30–10 am
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd.
- ❖ Drop-in fee: \$8
- ❖ Water Blast Punch Card: \$70 (10 classes)

Note: No class on legal holidays, during the Nov/Dec. holiday break and instructor-scheduled vacations.

Swim for Fitness

(16 yrs & up) (12 weeks)
Stay fit, work on your stroke technique, improve your endurance; rejuvenate and energize your mind/body while you swim your way to a healthier life! Each class includes a daily workout and instruction; basic swimming skills required.

Instructors: **8203/05** Carol Madsen
8204 Staci Lindsay

AM Class

- 8203.501** Jan. 4–Mar. 23*
- ❖ Mon/Wed/Fri, 6–7 am

Afternoon Class

- 8205.501** Jan. 4–Mar. 23*
- ❖ Mon/Wed/Fri, 1–2 pm

PM Class

- 8204.501** Jan 3–Mar. 22*
- ❖ Mon/Tu/Th, 7–8 pm
- No class Jan. 16, Feb. 13, Feb 20
- ❖ \$106 / \$100 Dist. Res.
- “Anytime” Punch Card: \$40 (8 swims)
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.

Water Walking (8 classes)

Water walking is an easy, low-impact exercise that can provide an aerobics workout while also strengthening and building muscle by using the water’s resistance. The water’s buoyancy supports the body’s weight, which reduces stress on the joints and minimizes pain. Pool is heated and ADA accessible. Water shoes recommended.

Instructor: Sara Stenson

- 2240.501** Mar. 27–Apr. 19
- 2240.502** Apr. 24–May 17
- ❖ Tue/Th, 8:30–9:30 am
- ❖ \$31/ Senior Member \$28
- ❖ PH Aquatic Park: 147 Gregory Ln.

Aqua ZUMBA® **NEW**

Aqua Zumba integrates the Zumba philosophy and its exotic rhythms and traditional aqua fitness. AZ is great for people who have joint problems, chronic conditions, overweight individuals, pregnant women or any healthy adult who wants a complete workout in half the time. It is also cardio-conditioning, body-toning and calorie burning as your body works four times harder than on land. No swimming skills required. Water shoes recommended. **Note: Free trial class on Monday, March 26.**

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Instructor: Rigel Cedeño

...Certified Aqua Zumba Instructor

- 8120.501** Apr. 2–June 11*
- ❖ Mon., 7–8 pm
- 8121.501** Apr. 4–June 6
- ❖ Wed., 7–8 pm
- ❖ \$80 / Dist. Res. \$65; Drop-in: \$8
- 8124.501** Apr. 2–June 11*
- ❖ Mon/Wed., 7–8 pm
- *No class May 28
- ❖ \$135 / Dist. Res. \$120
- ❖ PH Aquatic Park: 147 Gregory Ln.

Clinics



High School Pre-Season I

(8 weeks)
Open to all high school swimmers who want to prepare for their upcoming season.

Instructor: **8215** Sofia Nappo
...Ygnacio Valley H.S. Coach

- 8216** Carol Madsen
...College Park H.S. Coach
- 8215.401** Nov. 28–Feb. 3*
- ❖ Mon–Fri., 4:30–6 pm
- *No class Dec. 19–Jan. 2, Jan. 16
- ❖ \$259 / Dist. Res. \$244
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.
- 8216.401** Nov. 28–Feb. 2*
- ❖ Mon–Th, 3:30–5 pm
- *No class Dec. 19–Jan. 2, Jan. 16
- ❖ \$211 / Dist. Res. \$196
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.

High School Pre-Season II

(5 Weeks)
Open to all high school swimmers who want to prepare for their upcoming season.

Instructor: **8215** Sofia Nappo
...Ygnacio Valley H.S. Coach

- 8216** Carol Madsen
...College Park H.S. Coach
- 8215.402** Jan. 3–Feb. 3*
- ❖ Mon–Fri, 4:30–6 pm
- *No class Jan. 16
- ❖ \$184 / Dist. Res. \$169
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.
- 8216.402** Jan. 3–Feb. 2*
- ❖ Mon–Th, 3:30–5 pm
- *No class Jan. 16
- ❖ \$151 / Dist. Res. \$136
- ❖ PH Education Ctr.: 1 Santa Barbara Rd.

Private Aquatic Park Parties

Reserve the pool for your own private party! Rental fee includes two hours exclusive use of the diving pool, Sprayground, picnic area with barbecue grills, locker rooms. For further details see Rentals, page 26.

Spring Swim Clinics

(6–13 yrs) (3 weeks) (2 weeks)

For the summer recreation swimmer. Focus is on stroke technique and drill progressions for competitive swimming. They are NOT TRAINING SESSIONS. All swimmers must have prior competitive experience.

This clinic does not conflict with County guidelines for Recreation Swim Teams. PH Dolphins automatically get the resident rate when registering.

Instructor: Talli Pitcher

8727.501 Feb. 7–Feb. 23 (3 wks)

8727.502 Feb. 28–Mar. 15 (3 wks)

8727.503 Mar. 20–Apr. 5 (3 wks)

8727.504 Apr. 17–Apr. 26 (2 wks)

❖ Tue/Th., 6–6:45 pm

❖ \$89 / Dist. Res. \$74 (3 wks)

\$63 / Dist. Res. \$51 (2 wks)

❖ PH Education Ctr.: 1 Santa Barbara Rd.

Pre-Swim Team Clinic

(4 weeks)

Designed for swimmers who want to join a swim team. Students must be able to take breaths on their own while 'swimming'. Repeat students welcome. There will be a parent meeting and try-outs on the first day.

Instructor: Talli Pitcher

8208.501 Mar. 26–Apr. 27*

❖ Mon/Wed/Fri, 4–4:30 pm / **4 & 5 yrs**

*No class Apr. 9–Apr. 13

❖ \$99 / Dist. Res. \$84

8209.501 Mar. 26–Apr. 27

❖ Mon/Wed/Fri, 4:30–5:15 pm / **6–8 yrs**

*No class Apr. 9–Apr. 13

❖ \$124 / Dist. Res. \$109

8210.501 Mar. 26–Apr. 27

For swimmers who have a desire to learn the skills to be on a swim team or further develop their swimming skills. Focus will be in developing skill in the four competitive strokes, starts, and turns. This class is for students without swim team experience.

Instructor: Aquatics Staff

❖ Mon/Wed/Fri, 5:15–6 pm / **9–13 yrs**

*No class Apr. 9–Apr. 13

❖ \$124 / Dist. Res. \$109

❖ PH Aquatic Park: 147 Gregory Ln.

**Pave the Way –
Order your brick today!**

Be a Part of
Tomorrow... Today!
Buy a Brick

**Help Furnish
the New Senior Center!**

See page 17 for more information.

Pleasant Hill Dolphins Swim Team

Have Fun! Swim Fast! One of the county's top recreational swim teams offering competitive swimming in an atmosphere of fun. Parents/families play a vital role in the success of this program and PARENT PARTICIPATION IS REQUIRED. See below for parent work fees.*

Instruction in racing dives and all four competitive strokes and turns. Conditioning/self-improvement are stressed. Includes daily practice in all phases of competitive swimming and weekly swim meets in the summer (held on Wednesday evenings and Saturday mornings.) The team also offers special activities (waterslides, pizza nights, age-group parties) for swimmers and their families. Swimmers must be able to swim 15 yards of freestyle (face in the water with rhythmic breathing.)

REGISTRATION: March 1–March 31, 2012, District Office (Mon–Fri, 9 am–5 pm) or at pleasanthillrec.com. Call 682-0896.

Coaches: Head Coach Devon Flaskerud, Tallie Pitcher, Brandon Brown, Beth Heinen, Kaley Hayhurst, and Carol Madsen

April 30–Aug. 6

❖ \$295* / Dist. Res. \$280* (fee includes team T-shirt); payment plan will be available.

❖ **Try Outs:** For new 8 yrs & Under swimmers only: Thursday, Feb. 23, 5:30 pm, at PH Education Ctr. Pool, 1 Santa Barbara Rd.

❖ Late Registration Fee: Additional \$50/swimmer (no discounts), based on availability until May 21.

***Work Fee:** \$100 add'l fee per family must be paid at registration (to PH Dolphins Parent Club).

Parent "Work Fees" are reimbursed if parents complete all of the required "Parent Work Duty Assignments." Information on work duty assignments is included in the parent "Blue Book." A \$100 check will be mailed to you in the fall if all work assignments were completed.

Practice Schedule

(No Practice July 2–July 4)

Spring Practice

April 30–June 14*, Mon–Th

4–8 yrs 4:15–5 pm

9–10 yrs 5–6 pm

11–18 yrs 6–7 pm

❖ PH Aquatic Park: 147 Gregory Ln.

*Practice moves to PH Education Ctr. May 21.

Summer Practice

June 18–Aug. 6, Mon/Tu/Th/Fri

6 yrs/under 2–2:45 pm

7–8 yrs 2:45–3:45 pm

9–10 yrs 4–5 pm

11–12 yrs 4–5 pm

11–12 yrs 8–9:30 am (T/Th)

13–18 yrs 5:30–6:30 pm

13–18 yrs 8–9:30 am

❖ PH Education Ctr.: 1 Santa Barbara Rd.

***NO practice July 2–4. Practice for County meet qualifying swimmers, Aug. 7–Aug. 10.**

Special Discounts

1. Sibling Discount: \$25 off registration fee for each additional swimmer in the same family.
2. High School Athlete Special (must currently be participating in a Spring High School Sport.) Swim May 21–July 30. Must register during team registration period. Fee \$245 / Dist. Res. \$230.
3. Swimmers, 13–18 yrs, bring a new swimmer, 13–18 yrs, to the Dolphins and receive \$40 discount per swimmer. Registration forms/payment for both swimmers must be provided concurrently during team registration period.

Time Trials

May 20 – All swimmers should attend.

❖ Sun., Noon–3 pm (warm-ups at 11 am)

❖ PH Education Ctr.: 1 Santa Barbara Rd.

Dolphins Team Meeting

A mandatory informational meeting for all Dolphins Parents to attend.

❖ May 17, Th., 7 pm

❖ PH Education Ctr.: 1 Santa Barbara Rd.

Mini-Dolphins

A program for those seven yrs and under who are not quite ready for the Dolphins Swim Team. Swimmers will be instructed in all competitive skills. Depending on progress/ability, participants may join the Dolphins. Summer Mini-Dolphins participate in end-of-season and age-group parties and receive a team T-shirt. Get \$40 off the summer registration fee when you also register for the spring program.

SPRING 8200.501 May 1–June 14*

TRY-OUTS on Th., Apr. 19, 4 pm

REGISTRATION DEADLINE: Mon., Apr. 30

❖ Tue/Th, 3:45–4:15 pm

❖ \$105 / Dist. Res. \$90

❖ PH Aquatic Park: 147 Gregory Ln.

*Practice moves to PH Education Ctr. May 22.

SUMMER 8200.601 June 18–Aug. 6*

TRY-OUTS on Fri., June 1, 4 pm

REGISTRATION DEADLINE: Fri., June 8

❖ Mon/Tue/Th/Fri, 1:30–2 pm

*No practice July 2–July 4

❖ \$185 / Dist. Res. \$170

(\$40 discount when you also register for Spring Mini-Dolphins)

❖ PH Education Ctr.: 1 Santa Barbara Rd.

Swim Lessons Descriptions

The Pleasant Hill Recreation & Park District is a proud provider of the American Red Cross Swimming and Water Safety Program! The program features six levels of learn-to-swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience as they progress through all six levels, and to help ensure that they truly master swimming skills.

Note: An Aquatic Waiver of Liability must be signed before any class participation.

PLEASE PLAN YOUR SCHEDULE CAREFULLY; THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Please speak to the lesson manager on the first day of the session if you have any special requests or information regarding your child's swim lessons. Lesson managers supervise lessons on the pool deck, and they are there to assist with any concerns you may have.

Parent/Tot (6 mos–4 yrs) Parent/child participate together with the help of a staff instructor in this water adjustment class. Parent and child will receive instruction in water adjustment, swim readiness skills, and water safety. Swim attire: Tight fitting "Swim Pants" and swimsuit. No disposable or cloth diapers.

Tiny Tot (3–4 yrs) ONLY 3 PER CLASS Child must be ready to learn without parent participation. Skills: Water adjustment, elementary aquatic skills and water safety.

Pre-School (4–6 yrs) ONLY 4 PER CLASS Child must be ready to learn without parent participation. Skills: Water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary.

Youth (7–12 yrs) (student max 6) Students will learn a variety of strokes, personal safety skills and diving techniques. Beginning students will learn elementary aquatic skills and water adjustment. More advanced students will refine their skills and learn how to incorporate swimming into a lifelong fitness program.

Adult / Teen (13 yrs/over) (student max 6) New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving, and turns.

Private (4 yrs through Adult) One-on-one instruction. All ability levels.

Spring Swim Lessons

Spring swim lessons are held at PH Aquatic Park, 147 Gregory Lane. Please plan your schedule carefully; there are no make-ups or refunds for missed classes.

Tue/Th Private AFTERNOONS & EVENINGS (Four 20-minute classes) (2 weeks)

- .501 Mar. 27–Apr. 5
 - .502 Apr. 17–Apr. 26
 - .503 May 1–May 10*
 - .504 May 15–May 24*
 - .505 May 29–June 7
- *6:00, 6:20, 6:40 ONLY

Tue/Th Private \$73 / Dist. Res. \$59

Tue/Th Private - Afternoons (.505 no afternoon lessons)

Time:	1:00	1:20	1:40
Class:	8619	8620	8621

Tue/Th Private - Evenings

Time:	5:00	5:20	5:40	6:00	6:20	6:40
Class:	8613	8614	8615	8616	8617	8618

Saturday Group / Private

(Four classes) (4 weeks)

- .501 Mar. 31–Apr. 21
- .503 Apr. 28–May 19
- .505 May 26–June 16

Sunday Group / Private

(Four classes) (4 weeks)

- .502 Apr. 1–Apr. 29 (no class Apr. 8)
- .504 May 6–May 27
- .506 June 3–June 24

Saturday or Sunday Group (4 classes, 28 minutes)

Classes	10:00	10:30	11:00	11:30	Noon
Parent/Tot					8510
Tiny Tot				8526	
Pre-School			8656		
Youth		8575			
Adult/Teen	8591				

Saturday or Sunday Private (4 classes, 20 minutes)

Classes	10:00	10:20	10:40	11:00	11:20	11:40	Noon
Private	8626	8627	8628	8629	8630	8631	8632

Weekend Fees:

Parent/Tot \$42 / Dist. Res. \$34 **Adult/Teen/Youth** \$40 / Dist. Res. \$32
Pre-School..... \$51 / Dist. Res. \$41 **Private**..... \$73 / Dist. Res. \$59
Tiny Tot..... \$62 / Dist. Res. \$50



Seventy-five percent of our planet is water - can you swim?

~Author Unknown