

REGISTRATION FOR ALL AQUATIC PROGRAMS IS TAKEN AT THE DISTRICT OFFICE, 147 GREGORY LANE, Monday–Friday, 11 am–5 pm. You may also register by mail, phone (682-0896) or on the Internet with your VISA, MasterCard or American Express. An Aquatic Liability Release Form must be signed prior to participation. Forms available online or at the District Office. For AQUATICS details/registration, call 682-0896. For PUBLIC SWIM, call 682-7830. **Note:** Telephone at the pool is only answered during public swim hours.

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 accessed a \$5 administration fee and a cash refund/credit to your charge card will be accessed 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.

Public/Lap Swimming

Pleasant Hill Aquatic Park

147 Gregory Lane, Pleasant Hill, 682-7830.

- Medium-size training pool
- 25-yard pool with two diving boards
- Sprayground
- Changing / locker rooms
- Two picnic areas, with BBQ pit / two tables, on lawn area off the pool deck.

ALL persons entering the pool must pay admission. Fifteen-minute rest breaks are observed every hour. Attendance determines availability of the training pool. If attendance is low, the facility may be closed after 3 pm. NO refunds if pool closes early.

Public Swimming Admission

- ❖ Under 2 yrs..... Free
- ❖ 2–6 yrs \$3.50
- ❖ 7–17 yrs \$4.00
- ❖ 18 yrs/older \$4.00
- ❖ Seniors 55 yrs/older \$3.50

Children 8 yrs/under must be accompanied in the water by a paying adult (18 yrs/older)

Public Swimming Hours

Fall August 22–September 27

- ❖ Sat & Sun, 1–5 pm

Holiday Sept. 7, Mon., 1–5 pm

Note: Swim Punch Cards and Season Swim passes will continue to be accepted for public swimming admission through September 27.

Lap Swimming Admission

- ❖ 16 yrs/older \$3.00
- ❖ Lap Swim Punch Card: \$25 (10 swims)

Note: Cards are valid through October 31 and available at the pool during lap swim hours and the District Office, or call 682-0896.

Lap Swimming Hours

Fall August 29–October 31

- ❖ Saturday, 10 am–12:30 pm

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

Clinics

High School Pre-Season I

(7 weeks)

For water polo players who have completed the HS season and want to keep in shape until the HS swim season begins. Also for high school swimmers who want to stay in shape for their upcoming season. Open to all high school swimmers.

Instructor: Justin Pitcher
...College Park H.S. Coach

8215.701 Nov. 30–Jan. 28*

- ❖ Mon–Th, 3:30–5:15 pm
- *No class Dec. 21–Jan. 1, Jan. 18
- ❖ Fee: \$234 / Dist. Res. \$219
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd.

High School Pre-Season II

(4 Weeks)

A clinic for high school swimmers who want to prepare for their upcoming season. Open to all high school swimmers.

Instructors: **8616** Justin Pitcher
...College Park H.S. Coach

8618 David Peacock
...2008 Contra Costa Times Swimming Co-Coach of the Year

8216.701 Jan. 4–Jan. 28*

- ❖ Mon–Th, 3:30–5:15 pm
- *No class Jan. 18
- ❖ Fee: \$154 / Dist. Res. \$139
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd.

8218.701 Jan. 4–Jan. 28*

- ❖ Mon–Th, 5:15–7 pm
- *No class Jan. 18
- ❖ Fee: \$154 / Dist. Res. \$139
- ❖ PH Education Ctr. Pool:
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)
- ❖ Mon/Wed, 8:30–9:30 am (thru Sept. 24)
- ❖ PH Aquatic Park:
147 Gregory Ln. (April–Nov)
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd. (Nov–April)

PM Classes

- ❖ Tue/Th, 7–8 pm
- ❖ PH Aquatic Park:
147 Gregory Ln. (April–Nov)
- ❖ Tue/Th, 6–7 pm
- ❖ PH Education Ctr. Pool:
1 Santa Barbara Rd. (Nov–April)
- ❖ 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.

Swim for Fitness

(18 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. Co-sponsored by Mt. Diablo Adult Education.

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

AM Class

- 8203.701** Sept. 9–Dec. 9
- ❖ Mon/Wed/Fri, 6–7 am
- No class Nov. 11, 23, 25, 27

Noon Class

- 8205.701** Sept. 9–Dec. 9
- ❖ Mon/Wed/Fri, 12:05–1:05 pm
- No class Nov. 11, 23, 25, 27

PM Class

- 8204.701** Sept. 9–Dec. 8
- ❖ Mon/Tu/Th, 7–8 pm
- No class Nov. 23, 24, 26
- ❖ Fee: \$89
- ❖ PH Education Ctr. Pool:
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.

Lessons are taught in a continuous series for the number of classes as indicated. Classes with insufficient enrollment are subject to CHANGE or CANCELLATION. 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 (8 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 (minimum age 4 yrs)

One-on-one instruction for all ability levels.

**Sign up today! Call
682-0896**

Swim Lessons Schedule

All classes 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 (Four 20-minute classes) (2 weeks)

.701 Sept. 8–Sept. 17 .703 Oct. 6–Oct. 15
.702 Sept. 22–Oct. 1 .704 Oct. 20–Oct. 29

Fee: Tue/Th Private \$70 / Dist. Res. \$56

Tue/Th Private

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

Saturday Group / Private (Four classes) (4 weeks)

.701 Sept. 12–Oct. 3
.702 Oct. 10–Oct. 31

Saturday Group (4 classes, 28 minutes)

Time:	10:00	10:30	11:00	11:30	Noon
Parent/Tot				8511	8510
Tiny Tot		8525		8526	
Pre-Sch.	8655		8656		

Saturday Private (4 classes, 20 minutes)

Time:	10:00	10:20	10:40	11:00	11:20	11:40	12:00
Class:	8626	8627	8628	8629	8630	8631	8632

Saturday Fees:

Group Lessons (4 classes, 28 minutes)

- ❖ Parent/Tot: \$41 / Dist. Res. \$33
- ❖ Pre-School: \$48 / Dist. Res. \$39
- ❖ Tiny Tot: \$60 / Dist. Res. \$48

Saturday Private Lessons

- (4 classes, 20 minutes)
- ❖ \$70 / Dist. Res. \$56



Pleasant Hill Fall Swim Program

Experience a personal approach to coaching. Swim with outstanding coaches including Pleasant Hill Dolphin Coaches Talli Pitcher, Beth Heinen & Alexis Irion; College Park H.S. Coach Justin Pitcher; and Rob Kern, named by the Contra Costa Times as Swimming Co-Coach of the Year in 2008. Swimmers will be treated with special care in their competitive endeavors. The Pleasant Hill Fall Swim Program provides a comprehensive program for ALL levels of desire and ability. PH Dolphins request the resident rate when registering.

Pre-Swim Team (8 weeks)

Designed for swimmers who are "water safe", want to progress to a higher level of skill and/or want to join a swim team. This is NOT a 'learn-to-swim' clinic.

4 & 5 yrs

8208.701 Sept. 8–Oct. 29

- ❖ Tue/Th, 4–4:30 pm
- ❖ Fee: \$127 / Dist. Res. \$112

6-8 yrs

8208.702 Sept. 8–Oct. 29

- ❖ Tue/Th, 4:30-5:15 pm
- ❖ Fee: \$159 / Dist. Res. \$144
- ❖ PH Aquatic Park: 147 Gregory Ln.

Note: There will be a parent meeting and try-outs the first day for pre-swim team.



Age Group Development

(12 yrs/under) (11 weeks)

Coaches: Talli Pitcher, Beth Heinen, Alexis Irion

Swimmers must have knowledge of all four competitive strokes and be a dedicated, self-motivated swimmer whose goal is to progress to a higher level. Swimmers will be split into groups based on age/ability.

8209.701 Sept. 9–Nov. 20*

- ❖ Mon/Wed/Fri, 4–5 pm
- *No class Nov. 11
- ❖ Fee: \$251 / Dist. Res. \$236
- ❖ PH Aquatic Park: 147 Gregory Ln.

Age Group Competitive

(10 yrs/with County Times–13 yrs) (11 weeks)

Coach: Rob Kern

Technique, training concepts, dry-land conditioning, and mental race preparation. Swimmers must have knowledge of all four competitive strokes and be ready and willing to accept new challenges and ideas.

8210.701 Sept. 8–Nov. 20*

- ❖ Mon/Tue/Th/Fri, 5:30–6:45 pm
- *No class Sept. 18, Oct. 30
- ❖ Fee: \$284 / Dist. Res. \$269
- ❖ PH Education Ctr. Pool: 1 Santa Barbara Rd.



Senior Group

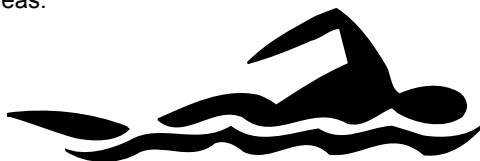
(13 yrs/over) (11 weeks)

Coach: Justin Pitcher

For high school and other swimmers who exhibit a high level of swimming/workout ability. Swimmers are expected to be mature, dedicated, and responsible.

8212.701 Sept. 8–Nov. 20*

- ❖ Mon/Tue/Th/Fri, 5:30–7:00 pm
- *No class Sept. 18, Oct. 30
- ❖ Fee: \$336 / Dist. Res. \$321
- ❖ PH Education Ctr. Pool: 1 Santa Barbara Rd.



Swim Team Clinic



(9–12 yrs) (8 weeks)

For swimmers who have a desire to learn the skills to be on a swim team or desire to further develop their swimming skills.

The focus will be in developing skill in the four competitive strokes, starts and turns. Swimmers must be able to swim 15 yards free style (face in the water with rhythmic breathing).

8213.701 Sept. 9–Oct. 30

- ❖ Mon/Wed/Fri, 4–5 pm
- ❖ Fee: \$191/ Dist. Res. \$176
- ❖ PH Aquatic Park: 147 Gregory Ln.

Aquatic Park Rentals

Reservation forms, available at the District Office, 147 Gregory Lane, must be completed and deposits/use fees (if applicable) paid in order to confirm any pool reservation. MINIMUM OF TWO WEEKS ADVANCED RESERVATION IS REQUIRED. Parties held at the PH Aquatic Park, 147 Gregory Lane. For information, call 682-0896.

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. No alcohol or smoking permitted in the pool area. Extended use hours are available upon request/availability and use of the training pool requires an additional fee. Sprayground only parties are also available. For information and reservations, call 682-0896.