

2018 Portola Pool Schedule

Open Daily: Noon – 5 p.m.

1 – 5 yrs:	\$1.50	Adults (18+):	\$3.50
6 – 17 yrs:	\$3.00	Seniors:	\$3.00

***** Children under 10 must be accompanied by adult swimmer (16 & up) *****

Season Pass: Individual \$50 Family \$125 Senior (60+) \$45



Swim Lessons - \$50 per session. Private \$60

Register at City Hall

35 Third Ave.

Portola, CA 96122

530-832-4216

Session 1: June 18 – June 29, Monday – Friday

10:00 – 10:30 am level 3 & up	5:00 – 5:30 pm level 1 & 2
10:30 – 11:00 am level 1 & 2	5:30 – 6:00 pm level 3 & up, &
11:00-11:45 am Jr. Guard, ages 11-14	Parent-child (6mo.-3 yrs)

Session 2: July 9 – July 20, Monday – Friday

10:00 – 10:30 am level 3 & up	5:00 – 5:30 pm level 1 & 2
10:30 – 11:00 am level 1 & 2	5:30 – 6:00 pm level 3 & up Parent & Child

Session 3: July 30-August 10, Monday – Friday

10:00 – 10:30 am level 3 & up	5:00 – 5:30 pm level 1 & 2
10:30 – 11:00 am level 1 & 2	5:30 – 6:00 pm level 3 & up

Private Lessons

Adult, teen, siblings, special needs, adaptive swimming, stroke improvement

Four days, 45 minute lessons: July 2-6, July 23-26, Aug. 13-16

Choose Morning session 10:00-10:45 or Evening session 5:15-6:00pm

Swim parties available Saturdays and Sundays by reservation

Lap Swim

8:00-8:50am Mon.-Fri

8:50-9:30am Mon.-Fri

9:30-10:00am Mon.-Fri

7:00-8:00 pm Mon.-Thurs.

*(must have completed level 4 or higher if under 10 of age)

FRIDAY NIGHT FAMILY SWIM 6:00-DARK

1-5 YRS \$1.00 6 & UP \$2.00 CHILDREN MUST BE ACCOMPANIED BY ADULT 18 OR OVER

Punch Passes are good for both Water Aerobics & Lap Swim throughout the pool season. Each Pass will have 10 punches on it and will cost \$35. Passes can be shared and purchased at City Hall or pool. Friday Family swim included in Family Pass.

Water Aerobic

6:00-7:00 pm Mon-Thurs.

Parent & Child Aquatics

Purpose: The foundation of the Parent and child Aquatics is a set of basic skills that prepares children to become comfortable in the water so they can be ready to learn to swim. Must be 6 months of age and provide “swim diaper”.

Level 1 - Introduction to water skills

Purpose: helps students feel comfortable in the water. Enter and exit the water * Submerge mouth, nose & eyes * Exhale underwater, pick up submerged object * Change direction while walking or paddling * Roll over from front to back & back to front with support * Explore floating on front & back with support * Explore swimming on front and back using arm & leg actions with support * Use a life Jacket ** must be 3 years of age **

Level 2 - Fundamental Aquatic Skills

Purpose: Gives students success with basic skills. Enter water by stepping or jumping from the side * Exit water safely using ladder or side * Submerge entire head * Blow bubbles Submerging head in a rhythmic pattern (bobbing) * Open eyes underwater, pick up a submerged object in shallow water * Float on front and back * Perform front and back glide * Change direction of travel, paddling on front or back * Tread water using arm and leg motions * Swim on front, Back and side using combined arm and leg actions * Move in the water while wearing a life jacket

Level 3 - Stroke Development

Purpose: Builds on the skills in Level 2 through additional guided practice. Jump into deep water from the side * Dive from a kneeling or standing position * Submerge and retrieve and object in chest-deep water * Bob with the head fully submerged * Rotary breathing in horizontal position * Perform front and back glide using two different kicks * Float on front and back in deep water * Change from horizontal to vertical position on front and back * Tread water using hand and leg movements * Perform front and back crawl * Butterfly – kick and body motion

Level 4 - Stroke Improvement

Purpose: Develop confidence in the skills learned and improves other aquatic skills. Perform a dive from a standing or stride position * Swim underwater * Perform feet-first surface dive * Perform open turns on front and back * Tread water using sculling arm motions and with different kicks * Perform the following: Front and back crawl, breaststroke, butterfly, elementary backstroke * Swim on side using scissors-like kick * Perform compact jump into water from a height while wearing a life jacket

Level 5 - Stroke Refinement

Purpose: Stroke refinement, endurance. Ready for competition, long distance swimming. Butterfly, back, breaststroke, freestyle, flip turns, racing dives. Swim for mileage, refine stroke for smoothness, speed and efficiency. Water safety, basic rescue.