

2019 Portola Pool Schedule

Saturday, June 15 – Sunday, August 18
Opening Day Last Day of the Season

Open Daily: Noon – 5 p.m.

1 – 5 yrs:	\$2.00	Adults (18+):	\$5.00
6 – 17 yrs:	\$4.00	Seniors:	\$3.00

Season Pass

Individual \$60

Family \$125

Senior (60+) \$50

Fitness Pass \$125*

Season pass is good for entry into the pool during regular swim hours only – it does not qualify for entry into Friday Night Family Swim

Water Aerobics/Lap Swim

*Fitness Pass is good for entry into any water aerobics/lap swim time-does not qualify for regular pool entry

Drop in fee: \$5.00

Water Aerobics

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

Lap Swim

8:00- 9:00 am Mon.-Fri

9:00-10:00 am Mon.-Fri (also open for swim team use)

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

FRIDAY NIGHT FAMILY SWIM 6:00-DARK

Children must be accompanied by parent or guardian

Groups of 4: \$15.00

Each additional person: \$1.00

SWIM PARTY: \$125

2 hour private Swim Parties can be reserved at Portola City Hall

Sat –Sun 10 am to 12 pm OR 5 to 7 pm

Swim Team Pool Rental Fee: \$80.00 per week

Swim Team Pool Use Hours

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

City Hall: 530-832-6803

Pool: 530-832-5766

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

2019 Portola Swim Lesson Schedule

Swim Lessons - \$50 per session. Private/Junior Guard \$70

Group Session 1: June 17 – June 28, 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

11:00-11:45 am Jr. Guard, ages 11-14 /Parent-child (6mo.-3 yrs)

Private Session 1: July 1 – July 5, Monday – Friday (excluding Thursday July 4)

10:00 am to 10:45 am OR 5:15 pm to 6:00 pm

Session 2: July 8 – July 19, 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

Private Session 2: July 22 – July 25, Monday -Thursday

10:00 am to 10:45 am OR 5:15 pm to 6:00 pm

Session 3: July 29 -August 9, 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

Private Session 3: August 12 – August 15, Monday -Thursday

10:00 am to 10:45 am OR 5:15 pm to 6:00 pm

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.