



# 2021 Portola Pool Schedule

## Opening Day – Saturday, June 12, 2021

### Regular Swim

**Monday – Friday: Noon to 5:00 p.m.**

**Saturday & Sunday: Noon to 6:00 p.m.**

1-5 years: \$2.00      6-17 years: \$4.00      Adults (18+): \$5.00      Seniors (60+): \$3.00

**Season Pass: Individual \$60**

**Family \$125**

**Senior (60+) \$50**

up to 6 people in one household

\*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

**Aerobics: Monday – Thursday; 6:00 p.m. to 7:00 p.m.**

Drop in fee: \$5.00

**Laps: Monday – Friday; 8:00 a.m. to 10:00 a.m.**

(also open for swim team use)

Drop in fee: \$5.00

### Friday Night Family Swim 6:00 p.m. until Dark

Children **MUST** be accompanied by Parent or Guardian

1-5 years: \$1.00      6-17 years: \$2.00      Adults (18+): \$2.50      Seniors (60+): \$1.50

### Swim Party: \$125.00

**2-hour Private Swim Parties can be reserved at Portola Pool  
Saturdays & Sundays 10:00 a.m. to 12:00 p.m. OR 6:00 p.m. to 8:00 p.m.**

### Swim Team Pool Rental Fee: \$80.00 per week

Swim Team Pool Use Hours are Monday – Friday; 9:00 a.m. to 10:00 a.m.

**City Hall: 530.832.4216**

**Pool: 530.832.5766**

**~~Children under 10 MUST be accompanied by adult swimmer (16 years or older)~~**

# 2021 Portola Swim Lesson Schedule

## Swim Lessons: \$50 per session – Private/Junior Guard \$70

### Group Session 1: June 14 – 25; Monday – Friday

10:00 a.m. – 10:30 a.m. level 3 & 4                      5:00 p.m. – 5:30 p.m. level 1 & 2  
10:30 a.m. – 11:00 a.m. level 1 & 2                      5:30 p.m. – 6:00 p.m. level 3 & 4 / Parent & Child  
11:00 a.m. – 11:45 a.m. Jr. Guard ages 11-14 / Parent & Child (6 mos. – 3 years)

### Private Session 1: June 28 – July 1; Monday – Friday

10:00 a.m. – 10:45 a.m.                      ~OR~                      5:00 p.m. – 5:45 p.m.  
11:00 a.m. – 11:45 a.m.

### Group Session 2: July 4 – July 16; Monday – Friday

10:00 a.m. – 10:30 a.m. level 3 & 4                      5:00 p.m. – 5:30 p.m. level 1 & 2  
10:30 a.m. – 11:00 a.m. level 1 & 2                      5:30 p.m. – 6:00 p.m. level 3 & 4 / Parent & Child

### Private Session 2: July 19 – July 22; Monday – Thursday

10:00 a.m. – 10:45 a.m.                      ~OR~                      5:00 p.m. – 5:45 p.m.

### Group Session 3: July 26 – August 6; Monday – Friday

10:00 a.m. – 10:30 a.m. level 3 & 4                      10:30 a.m. – 11:00 a.m. level 1 & 2  
5:00 p.m. – 5:30 p.m. level 1 & 2                      5:30 p.m. – 6:00 p.m. level 3 & 4 / Parent & Child

### Private Session 3: August 9 – August 12; Monday – Thursday

10:00 a.m. – 10:45 a.m.                      ~OR~                      5:00 p.m. – 5:45 p.m.  
11:00 a.m. – 11:45 a.m.

---

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 and back to front with support \*Explore floating on front and back with support \*Explore swimming on front and back using arm and 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 skill in Level 2 through additional guided practice. Jump into deep water from the side \*Dive from a kneeling or standing position \*Submerge and retrieve an 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.