

Water Exercise

Change your fitness routine this summer and join the Y for water exercise! Water Aerobics is a fitness workout that incorporates fun into a full body workout. Classes are taught in shallow water by an instructor that will help you improve your agility, flexibility and cardiovascular endurance.

Dates: June 16 thru August 30 on the following days and times.

Mon - Thur: 12:00-1:00pm & 5:30-6:30pm • **Sat:** 11:00am-12:00pm

Price

Adults (18+)	\$5 per visit	YMCA Members	\$3 per visit
Punch Pass	\$30 for 10 visits	YMCA Members	\$25 for 10 visits
Summer Pass	\$120 for unlimited visits	YMCA Members	\$100 for unlimited visits



Lap Swim

Enjoy the sun and beautiful weather this summer by taking your workout outside. Lap swim is a great way to stay fit and keep cool. Our facility features complimentary kickboards and buoys.

Dates: June 16 thru August 30 on the following days and times.

Mon & Wed: 11am-1pm & 5-6:30pm • **Tue & Thur:** 6-7:30am, 11am-1pm & 5-6:30pm • **Sat:** 10am-12pm

Price

Adults (18+)	\$5 per visit	YMCA Members	\$3 per visit
Punch Pass	\$50 for 20 visits	YMCA Members	\$40 for 20 visits
Summer Pass	\$150 for unlimited visits	YMCA Members	\$90 for unlimited visits

Youth Water Polo

You will learn to tread water, shoot, and navigate the game all while having fun! Participants must be able to swim 25 yards unassisted. No water polo experience necessary

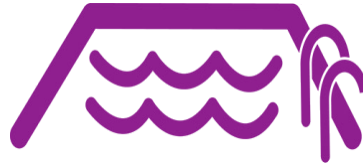
Dates: July 7 thru August 24

Practice: Monday-Thursday 5:30-6:30pm

Games: Saturday Mornings 10-11 am

Ages: 6-13

Price: \$115



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MORE THAN JUST A POOL, COMMUNITY

Summer Aquatics at Tahoe Park Pool YMCA OF SUPERIOR CALIFORNIA June 16 - Sept 1, 2014

Swim Lessons • Lap Swim Water Exercise • Recreation Swim



Sacramento Central YMCA
YMCA OF SUPERIOR CALIFORNIA
2021 W St. Sacramento, CA 95818
916.452.9622
ymcasuperiorcal.org

Pool Manager: Blake Whisenhunt
bwhisenhunt@ymcasuperiorcal.org

YMCA Aquatics Coordinator: Ali Amundson
aamundson@ymcasuperiorcal.org

Sacramento Central Y • 2021 W St, Sacramento • 916.452.9622

ymcasuperiorcal.org

Swimming Lessons

Why the Y . . .

The YMCA has been teaching people to swim for more than a century. We are America's most trusted swim instructor. Annually the local Y provides more than 5,000 swim lessons. Did you know that modern swim instruction was started at the Y? The aquatics programs of the Y are about more than just the techniques and skills; they are about building friendships, developing self-esteem and creating positive experiences that will last a lifetime.

How to Register

If your child is currently a member of the Y you may register online at ymcasuperiorcal.org. Your ID is your membership number, your password is your child's initials and date of birth. Example: the password for John Doe 1/2/1993 would be JD010293. You may also register at the Central Y or starting June 16 you may register Tahoe Park Pool.

Classes

Parent / Child

Age: 6 months - 36 months

Parents learn to work with their children in the water. Focuses on safe water exploration and working on water adjustment.

Pike / Eel - Preschool Beginner

Age: 3yrs - Kindergarten

A first-time swimmer or a swimmer that cannot swim five feet by themselves.

Ray / Starfish - Preschool Advanced

Age: 3yrs - Kindergarten

Able to swim 5 feet front & back crawl without assistance

Polliwog / Guppy - Grade School Beginner

Age: 1st grade - varies

First-time swimmer or swimmer that cannot swim 5 feet by themselves.

Minnow / Fish - Grade School Intermediate

Age: 1st grade - varies

Able to swim 25 yards of freestyle, backstroke, elementary backstroke, sidestroke, breaststroke and butterfly.

Price

Mon - Thur: \$50 per session

Saturdays: \$25 per session

Y-Assist

YMCA programs are open to everyone. Financial assistance is available through the Y-Assist program. To apply, pick up a confidential application at the YMCA.

Swim Sessions

Weekday lessons are 30 minute per day Monday thru Thursday. Sessions run for two weeks, total of 8 lessons. Saturday lessons are weekly for 30 minutes for a total of 4 lessons. The dates and times for each session are below:

Monday - Thursday

Session 1 June 16 - 26

Session 2 July 7 - 17

Session 3 July 21 - July 31

Session 4 August 4 - 14

12:00 - 12:30pm	Pike/Eel; Ray/Starfish Polliwog/Guppy
12:30 - 1:00pm	Pike/Eel, Parent/Child Polliwog/Guppy
5:00 - 5:30pm	Pike/Eel; Ray/Starfish Polliwog/Guppy
5:30 - 6:00pm	Parent/Child; Pike/Eel Polliwog/Guppy
6:00 - 6:30pm	Pike/Eel; Minnow/Fish Polliwog/Guppy

Saturday

Session 1 June 21 - July 12

Session 2 July 19 - August 9

11:30-12:00pm	Parent/Child; Pike/Eel Polliwog/Guppy
12:00-12:30pm	Ray/Starfish, Polliwog/Guppy, Minnow/Fish
12:30-1:00pm	Pike/Eel, Polliwog/Guppy

Recreational Swim

Beat the heat this summer by playing in the pool at Tahoe Park. Bring your family and friends to enjoy an afternoon of splashing and relaxing at the pool. Recreational Swim is an open swim time for ALL.

Beginning Monday, June 16 Tahoe Park Pool will be open six days each week for open swim on the following days and times:

Tuesday - Friday 2:00 - 5:00pm

Saturday & Sunday 1:00 - 5:00pm

**JOIN US FOR A FREE
OPEN HOUSE!
Friday, June 13 from 4-7pm**

Price

Individual Recreation Swim

Youth (0-17) \$2 per visit

Adults (18+) \$4 per visit

Recreational Swim Pass

Family Pass \$175 unlimited visits

Adult Pass \$130 unlimited visits

Youth Pass (8+) \$ 80 unlimited visits

Pool Rental

Enjoy summer evenings without the crowds. Tahoe Park Pool is available for private rentals Friday and Saturday evenings, 5:30-9:30pm with a minimum 2 hour rental.

Price

\$100 per hour (2-hour minimum) up to 50 people (may add an additional 25 people for \$25 per hour) Call the Y at 916.452.9622 to rent the pool.

Rental reservations require payment in full and must be made 7 days in advance.



Swimming Guidelines

- Shower before entering the water
- Children 7 years of age and under must be accompanied by an adult within arms reach
- Coast Guard approved flotation devices only
- No inflatable toys or other objects permitted
- Swim diapers must be worn by children two and under
- Swimsuits and/or swim shorts must be worn
- No "street" clothes permitted in the water

Facility Guidelines

- Outside food and drink permitted (no gum)
- NO glass containers
- Zero tolerance for smoking, alcohol and drugs
- Children age 7 and under must be accompanied by persons age 15yrs or older
- YMCA is not responsible for lost or stolen items
- Unsafe or abusive behavior is not permitted
- Lifeguards have ultimate authority over all matters at all time
- In and out privileges restricted