

City of Port Hueneme Recreation Department

City of Port Hueneme Aquatics:



- **Classes are held at Hueneme High School (500 W. Bard Road, Oxnard).**
- **Lessons Made Possible by collaboration with Oxnard Union High School District with special thanks to Hueneme High!**

REMINDERS FOR PARENTS

- For children under 5 years of age who are just learning to swim for the first time, **a minimum of two sessions of repeated lessons is recommended**
- Younger children under 8 years of age may need additional practice before mastering each level of swimming **(They may need more than one session before moving to the next level)**
- **We do not offer make-up lessons** unless canceled by City of Port Hueneme Recreation Department
- Please utilize the **Special Accommodations** option for individuals with special needs who may need additional assistance to enhance your swimmer's learning experience
- Classes are taught by American Red Cross certified and trained instructors
- Completion of class does not guarantee advancement to the next level

Interested in a class that has already started? Call the office to see if you can register! 805-986-6542

Semi-Private Instruction Cost: \$90.00 for 6 lessons or \$120.00 for 8 lessons (M/W or T/TH) Start Date: TBD

4 Students to One Instructor: Lessons designed for any participant of all ages. It is recommended that both swimmers are similar in swim ability

PLEASE NOTE: A third participant can be enrolled into a semi-private instruction class; however, all three participants will be charged the Semi-Private instruction rate

Group Instruction (Cost \$56.00 for 8 Lessons or \$42.00 for 6 lessons) M/W or T/TH Start Date TBD
Instruction with 4 or more participants for a more cost-effective way to learn how to swim

Therapeutic Instruction (Inclusion Services)

Participants requiring special accommodations are encouraged to join all Aquatic programs. Our Aquatics unit prides itself on inclusive programming. Our instructors do not go through special training; however,

we do have instructors on staff that have experience with participants who are on the spectrum or have physical disabilities

PLEASE NOTE: It is recommended that any participant with specific accommodations select the "Special Accommodation" box when registering. A member from our Therapeutic Recreation Department will contact you for information that may be useful to our instructors

CLASS DESCRIPTIONS

(Level 1) Tiny Seals (Ages 4-6)

Dates: M/W or T/Th TBD

MAX OF 5-6 STUDENTS PER CLASS

This class builds on skills from the Pre School level moving into deeper water. This class works on arm and leg movements, gliding, floating. Introduces swimming without assistance

PLEASE NOTE: This level emphasizes water adjustment, safety, and fun. Participants must be able to hang on the wall without letting go

Participants must be proficient in the following skills to take this class:

- Enter and exit the water (unassisted)
- Shuffle along the wall without letting go (unassisted)
- Follow verbal directions
- Submerge fully underwater and blow bubbles

Classes that do not meet minimum enrollment (75% full) will be contacted with options to convert this class into a semi-private, an individual private, or to move to another time slot.

(Level 2) Seals (Ages 6-10)

Dates: M/W or T/Th TBD

MAX OF 5-6 STUDENTS PER CLASS

Designed for children with limited experience. Children continue to work on simultaneous leg and arm movements, improve floating, and gliding on front/back

PLEASE NOTE: Participants must be able to hang on the wall without letting go

Participants must be proficient in the following skills to take this class:

- Submerge head under water 3 times (unassisted)
- Back glide to the instructor (unassisted)
- Front glide to the instructor (unassisted)
- Front float for 3 seconds (unassisted)
- Back float for 3 seconds (unassisted)

Classes that do not meet minimum enrollment (75% full) will be contacted with options to convert this class into a semi-private, an individual private, or to move to another time slot

(Level 3) Dolphins Skill Based

Dates: M/W or T/Th TBD

MAX OF 10 STUDENTS PER Instructor

A child at this level should be able to make forward movement. Freestyle includes arm and leg movements with rhythmic breathing (lifting their head to breath). Introduces elementary backstroke

PLEASE NOTE: Participants in this level must have a basic knowledge of the skills below, but do not need to be mastered

Participants must be proficient in the following skills to take this class:

- Front glide for 2 body lengths, and then roll to a back float for 3 seconds (unassisted)
- Back glide, then back float for 5 seconds (unassisted)
- Swim using arm and leg movements for 5 yards (unassisted)
- Submerge fully underwater and blow bubbles

Classes that do not meet minimum enrollment (75% full) will be contacted with options to convert this class into a semi-private, an individual private, or to move to another time slot.

(Level 4) Otters (Skill Based)

Dates: M/W or T/Th TBD

MAX OF 10 Students per Instructor

This level emphasizes strength, endurance, and coordination of freestyle. Introduces back & breast stroke, treading water, and diving.

PLEASE NOTE: Participants in this level must have a basic knowledge of the skills below, but do not need to be mastered. Diving is not always available at the CLU pool.

Participants must be proficient in the following skills to take this class:

- Swim freestyle for 15 yards with rotary breathing
- Elementary backstroke for 10 yards
- Swim freestyle for 5 yards, back float for 5 seconds, then swim back to the wall (unassisted)

Classes that do not meet minimum enrollment (75% full) will be contacted with options to convert this class into a semi-private, an individual private, or to move to another time slot.

Beginner (10-UP)

Dates: M/W or T/Th TBD

MAX OF 5 STUDENTS PER CLASS

PLEASE NOTE: This class is usually only offered during the Spring and Summer months. This class offers a chance for participants to reach their swimming goals in a fun, motivating, group environment. This class is geared towards beginners and should not be taken by individuals who have swimming experience.

Participants should expect to learn:

- How to effectively overcome your fear of water
- How to properly float and breath while swimming
- Fundamentals of basic survival strokes
- Skills and drills to practice at home individually
- A focus on the freestyle and breast stroke

Swim Equipment: While some equipment is provided for swim workouts, participants are required to supply some of the equipment listed below on their own.

- **Swim Suit**
- **Goggles**
- **Towel**
- **Swim Cap**

Refund & Make-Up Policy



REFUNDS WILL NOT BE GRANTED after the second day of the class. Requests for a refund after the published start time of the second class will not be granted. EXAMPLE: *Class starts at 5:00pm, requesting a refund at 5:01pm will not be granted.* Failure to attend or “No Shows” will not be granted a refund.

AQUATICS TRANSFER POLICY

Transfers must be made TWO business days before the start of the class during business hours (9:00am-5:00pm M-F). Transfers to a new session will not be granted once a session has already started. Transfers after the start date, and only within the first two classes, will be charged for the days they were enrolled.

AQUATICS MAKE-UP POLICY

Due to the high demand for swim lessons and the intricate scheduling of instructors, WE DO NOT ALLOW ANY MAKE-UP LESSONS. However, we understand that due to uncontrollable circumstances you may miss a class.

Please leave a message at [805-986-6646](tel:805-986-6646) or email us jjohnson@cityofporthueneme.org if you have any questions.