



**CONTRA
COSTA
COLLEGE**

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
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Local Postal Customer
City, State 5-Digit Zip Code



SUMMER 2023

AQUATIC PROGRAM



**CONTRA
COSTA
COLLEGE**

Available swim programs:

- Public Recreational Swimming | All Ages
- 25-Minute Swimming Lessons | Ages 4 +
- Parent-Child/Toddler Swim Lessons | Ages 6 months – 4 years
- Water Polo | Ages 6-18
- Swim Camp | Ages 6-18
- Springboard Diving | Ages 8-18
- Adult Lap Swimming | 18+

NOTE

*The Contra Costa College Summer Swim Program does not provide insurance coverage for participant liability. It is recommended that guardians sign a "Consent to Medical Treatment of Minor" in case of injury. Participants should arrive on time for their swim classes, as there are no make-up classes offered and split session registration is not allowed. Parking in school lots requires a permit, visit our website for additional parking information. **Summer pool entrance is through Lot 8 near the Football field, with parking available on Mission Bell Drive or Lot 1.***

[OPEN TO LEARN MORE →](#)

LEARN TO SWIM ALL SKILL LEVELS, ALL AGES!

Learn to swim in our heated Olympic-sized 50-meter pool and children's instructional pool. Our experienced instructors cater to all levels and ages, offering swim lessons, diving classes, water polo, parent-toddler lessons, and recreational swim time. Join us for a summer or fall swim camp for kids and teens. **Limited capacity, sign up now!**

REGISTRATION INFORMATION

Sign up in advance! There are a limited number of openings per half-hour class!
For Registration Email: julversoy@contracosta.edu or ergreen@contracosta.edu

CONTINUING REGISTRATION

Continuing registration is open from 5:00 to 7:00 p.m. on **Tuesdays and Thursdays starting March 21st and from 10:30 a.m. to 1:45 p.m. and 4:00 p.m. to 6:00 p.m. Monday to Thursday starting June 12th. Forms can be obtained at the pool office.** Enrollment must be completed by 5:30 p.m. Wednesday prior to each session.

BASIC SWIM INSTRUCTION

For additional information on times and available lessons, email us at: julversoy@contracosta.edu or our office at 510.215.4904

25 Minute Swimming Lessons

Low student-teacher ratio 25-minute swim lessons ideal for both beginner and advanced swimmers seeking to develop or improve their swimming skills.

Afternoon & Evening Sessions

Sessions 1 - 5: 4:30, 5:00, 5:30, 6:00, 6:30p.m.

Sessions 10 - 15: 4:30, 5:00, 5:30, 6:00, 6:30p.m.

Sessions 6 - 9: 4:00, 4:30, 5:00, 5:30, 6:00, 6:30p.m.

Daytime Sessions

Sessions 6 - 9: 10:30, 11:00, 11:30 a.m., 12:00 + 12:30 p.m.

Eligibility

Ages 4 and up + minimum height of 3'6"

Parent-Child/Toddler Swim lessons

25-minute swim lessons designed for children 6 mo. to 4 yrs. old, with parents/guardians required to accompany their child in the water.

Available Sessions

Sessions 6 - 9: 4:30, 5:30 & 6:30 p.m.

Day Care Operators

The Contra Costa College Aquatics Program welcomes day care groups. Please email julversoy@contracosta.edu for information and registration.

Springboard Diving

The class will provide a comprehensive learning experience, focusing on the fundamentals of springboard diving and progress towards more advanced techniques.

Available Sessions

Sessions 6 - 9: 11:30 a.m. - 12:30 p.m.

Eligibility

Ages 8 to 18 + must pass mandatory swim test to enroll

Summer and Fall Swim Camp

Swim camp for ages 6-18. Learn new skills, develop technique, and have fun with aquatic activities. Safe and supportive environment for growth. Join us for summer adventure!

Available Sessions

Sessions 1: June 19 - 22

Sessions 2: June 26 - 29

Sessions 3: July 10 - 13

Sessions 4: July 17 - 20

Adult Lap Swim

Join our adult lap swim for a refreshing workout at an affordable price. With a water temperature averaging 80° F, you can swim comfortably in one of our slow, medium, or fast lanes, which cater to varying swim speeds. Please note that lanes may have to be shared at times.

Available Times

4/4 - 5/19 | 5/22 - 6/08 | 6/12 - 7/27 | 8/22 - 10/2

Cost

\$20.00 for 10 visits or \$2.00 for a day pass per person

Public Recreational Swimming

Come and enjoy a day of fun in the sun with our public recreational swimming. Perfect for families, friends, and solo swimmers alike.

Basic rules of water safety and behavior will be enforced during swimming period. *Swim suits only.*

Available Times

6/12 - 7/27 (Closed Independence Day)

Monday - Thursday | 1:45p.m. - 3:15p.m.

Cost

\$20.00 for 10 visits or \$2.00 for a day pass per person

Water Polo

Our water polo class offers comprehensive training for players of all levels. Focus on teamwork, strategy, ball handling, and shooting. Enhance your skills and elevate your game.

Available Sessions

Tuesday + Thursdays | 5:30 - 6:30 p.m.

Sessions 1: Feb 6 - May 27

Sessions 2: May 22 - Jul 27

Sessions 3: Aug 1 - Oct 19

Eligibility

Ages 6 to 18. Interested students will be notified of schedules when the minimum class size is reached.

2023 Summer Swim Program Schedule

Session	Weeks	Dates	Cost
1	2	April 4-6, 11-13	\$33
2	2	April 18, 20, 25-27	\$33
3	2	May 2-4, 9-11	\$33
4	2	May 16-18, 23-25	\$33
5	2	May 30 June 1, 6-8	\$33
6	2	June 12-22	\$58
7	2	June 26-29 July 5-6	\$44
8	2	July 10-13, 17-20	\$58
9	1	July 24-27	\$33
10	2	August 1-3, 8-10	\$33
11	2	August 15-17, 22-24	\$33
12	2	August 29-31 September 5-7	\$33
13	2	September 12-14, 19-21	\$33
14	2	October 3-5, 12-14	\$33
15	2	October 10-12, 17-19	\$33

Did you know?

We also offer a summer sports camp! Sessions start at \$125, if you're interested in Badminton, Baseball, Basketball, Football, Soccer, Swimming and Tennis - email julversoy@contracosta.edu for more information.

PAYMENT

Payment can be made by **money order or cash** at the Athletic Office from Monday to Thursday before 6:00p.m. Fees must be paid the Wednesday prior to each session start. **A \$15 fee will be charged for returned checks.**

REFUND POLICY

Choose classes carefully. Refunds are only provided if the Contra Costa College Aquatic Program cancels the class. Refunds will be sent by mail from the college to the individual.

CONTRA COSTA COLLEGE SUMMER SWIM PROGRAM

Date: _____

Parent's Name: _____ Phone: Home _____

Participant's Name _____ Age: _____ Emergency _____

_____ Age: _____ School: _____

_____ Age: _____ School: _____

Address: _____ City: _____ State: _____ Zip: _____

SWIM LESSONS: Sessions & Class Times Recorded by Office Staff.

Session	Parent /Child:	Diving:	Water Polo:
Session	Session Time	Session Time	Session Time
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Time:	How did you hear about us?	DATE	RECEIPT#	AMOUNT \$
10:00 _____	10:30 _____	_____	_____	_____
11:00 _____	11:30 _____	_____	_____	_____
12:00 _____	12:00 _____	_____	_____	_____
4:00 _____	4:30 _____	_____	_____	_____
5:00 _____	5:30 _____	_____	_____	_____
6:00 _____	6:30 _____	_____	_____	_____
7:00 _____	_____	_____	_____	_____