



### 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 the south gate next to the Locker Rooms on Castro Street.

[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](mailto:julversoy@contracosta.edu) or [znelson@contracosta.edu](mailto:znelson@contracosta.edu)

### CONTINUING REGISTRATION

Continuing registration is open from 5:00 to 7:00 p.m. on **Tuesdays and Thursdays starting May 13th and from 10:30 a.m. to 1:00 p.m. and 4:00 p.m. to 7:00 p.m. Monday to Thursday starting June 16th. Forms can be obtained at the Pool Office. Enrollment must be completed by 5:30 p.m. Wednesday prior to each session.**

## SUMMER 2025 AQUATIC PROGRAM

[www.contracosta.edu/swim](http://www.contracosta.edu/swim)

Need help or have questions? Contact:  
**welcome@contracosta.edu | 510.215.4110**  
2600 Mission Bell Dr. San Pablo, CA 94806

For questions about this program:

**Jim Ulversoy**  
Program Director  
[julversoy@contracosta.edu](mailto:julversoy@contracosta.edu)  
510.215.4904

**Zach Nelson**  
Administrative Assistant, Athletics  
[znelson@contracosta.edu](mailto:znelson@contracosta.edu)  
510.215.4812



The Contra Costa Community College District is committed to equal opportunity in educational programs, employment, and campus life. The District does not discriminate on the basis of age, ancestry, color, disability, gender, marital status, national origin, parental status, race, religion, sexual orientation, or veteran status in any access to and treatment in College programs, activities, and application for employment.

# BASIC SWIM INSTRUCTION

For additional information on times and available lessons, visit our website at: [www.contracosta.edu/swim](http://www.contracosta.edu/swim) 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 - 3:** 5:00, 5:30, 6:00, 6:30p.m.

**Sessions 4 - 7:** 4:00, 4:30, 5:00, 5:30, 6:00, 6:30p.m.

**Sessions 8 - 13:** 5:00, 5:30, 6:00, 6:30p.m.

### Daytime Sessions

**Sessions 4 - 7:** 10:30, 11:00, 11:30a.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 4 - 7:** 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](mailto:julversoy@contracosta.edu) or [znelson@contracosta.edu](mailto:znelson@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 4 - 7:** 11:30 a.m. - 12:30 p.m.

### Eligibility

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

## Summer Sports Camp and Summer + Fall Swim Camp

Sessions are \$150 each or \$400 for all 3 sessions, if you're interested in Badminton, Baseball, Basketball, Football, Soccer, Swimming and Tennis - email Zach Nelson at [znelson@contracosta.edu](mailto:znelson@contracosta.edu) or Jim Ulversoy at [julversoy@contracosta.edu](mailto:julversoy@contracosta.edu) for more information.

## 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

**5/20 - 6/12 | 6/16 - 7/31 | 8/25 - 12/11**

### Cost

**\$40.00 for 10 visits or \$5.00 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 swims alike.

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

### Available Times

**6/16 - 7/31 (Closed Juneteenth and Independence Day)  
Monday - Thursday | 1:45p.m. - 3:15p.m.**

### Cost

**\$40.00 for 10 visits or \$5.00 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 - 6:30p.m.

**Sessions 1:** May 20 - June 31

**Sessions 2:** August 18 - October 9

### Eligibility

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

2024 Summer Swim Program Schedule			
Session	Weeks	Dates	Cost
1	2	May 6, 8, 13, 15	\$40.00
2	2	May 20, 22, 27, 29	\$40.00
3	2	June 3, 5, 10, 12	\$40.00
4	2	June 16-18, 23-26	\$60.00
5	2	June 30   July 3, 7-10	\$70.00
6	2	July 14-17, 21-24	\$70.00
7	2	July 28-31	\$40.00
8	1	August 5, 7, 12, 14	\$40.00
9	2	August 19, 21, 26, 28	\$40.00
10	2	September 2, 4, 9, 11	\$40.00
11	2	September 16, 18, 23, 25	\$40.00
12	2	September 30   October 2, 7, 9	\$40.00
13	2	October 14, 16, 21, 23	\$40.00

**Note:** Closed On Thursday, June 19, 2025 for Juneteenth holiday and Friday, July 4, 2025 for 4th of July holiday

### PAYMENT

Payment can be made by **money order or cash** at the Pool 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.