



## HERCULES SWIM CENTER

2001 Refugio Valley Road

Daytime 799-8291 / Evening 799-8296

## POOL CLOSURES

12/23/2024-1/2/2025	Holiday Break*
1/20/2025	Martin Luther King Jr. Day
2/17/2025	President's Day
5/26/2025	Memorial Day

## LAP SWIM/WATER WALKING

Swimmers ages 14 and up can enjoy a cardio workout through swimming laps or water walking. Swimmers may be asked to share lanes (circle swim) or move to designated lap lanes as needed. Youth swimmers are ages 14-17; senior swimmers are ages 55+.

<b>Adult</b>	<b>\$6/\$7NR</b>
<b>Youth &amp; Senior</b>	<b>\$5/\$6NR</b>
<b>1/6 - 4/18/25</b>	<b>Mon-Fri 5:00-7:00pm</b>

\*NOTE: Dates & times are subject to change.

## INDIVIDUAL SWIM PASSES

Use swim passes for Lap Swim/Water Walking, and Public Swim. These passes don't expire and are for individual use.

	10 Visit Pass	25 Visit Pass
Adult / Res	\$47	\$113
Adult / Non-Res	\$57	\$140
Youth / Res	\$37	\$84
Youth / Non-Res	\$47	\$113

## GROUP SWIM LESSONS

Learn to swim with our fun group lessons! Our patient, safety-oriented instructors will help you every step along the way. Classes are scheduled for groups of up to five (5) participants, four (4) classes per session, 25-minutes per class, unless otherwise noted.

**Tue/Thur Fee: \$48.50/\$53.50NR Sat Fee: \$48.50/\$53.50NR**

## PRIVATE SWIM LESSONS

Private Swim Lessons (3 years & up). One (1) participant and one (1) instructor. This 25-minute class will be held in either the main or play pool depending on the instructor's recommendation and available pool space.

**Tue/Thur Fee: \$105/\$115NR**

**Sat Fee: \$105/\$115NR**

SATURDAY: APRIL 19 - MAY 10				
	10:00am	10:30am	11:00am	11:30am
Aqua Tot		41440-A		
Beginners	41410-A	41410-B	41410-C	41410-D
Intermediate	41420-A	41420-B	41420-C	41420-D
Advanced				41430-A
Private	41400-A	41400-B	41400-C	41400-D
Adult/Teen	41450-A			

TUESDAY - THURSDAY: MAY 13 - MAY 22				
	5:00pm	5:30pm	6:00pm	6:30pm
Aqua Tot		41440-B		
Beginners	41410-E	41410-F	41410-G	41410-H
Intermediate	41420-E	41420-F	41420-G	41420-H
Advanced	41430-B		41430-C	41430-D
Private	41400-E	41400-F	41400-G	41400-H

## LIFEGUARD TRAINING

The lifeguard training course includes American Red Cross lifeguard training, First Aid, CPR/Automated External Defibrillator (AED) for lifeguards, Title 22 and First-aid certifications; all requirements needed to apply for a lifeguarding position.

### Prerequisites:

- Complete a swim-tread-swim sequence without stopping to rest: Jump into the water and totally submerge, resurface then swim 150 yards using the front crawl, breaststroke or a combination of both
- Maintain position at the surface of the water for 2 minutes by treading water using only the legs
- Swim 50 yards using the front crawl, breaststroke or a combination of both.
- Complete a timed event within 1 minute, 40 seconds: Starting in the water, swim 20 yards. (The face may be in or out of the water. Swim goggles are not allowed)
- Submerge to a depth of 7-10 feet to retrieve a 10-pound object, Return to the surface and swim 20 yards on the back to return to the starting point, holding the object at the surface with both hands and keeping the face out at or near the surface,
- Exit the water without using a ladder or steps.

<b>41500-B</b>	<b>2/18 - 2/22/25</b>	<b>Tue-Sat</b>	<b>9-5:00pm</b>	<b>\$229/\$275NR</b>
<b>41500-C</b>	<b>4/7 - 4/11/25</b>	<b>M-F</b>	<b>9-5:30pm</b>	<b>\$229/\$275NR</b>



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## EAST BAY SILVER DOLPHINS (EBS D) HERCULES USA SWIM TEAM



### Ages 5-18

Practice times are based on the child's swimming ability. All swimmers must be able to swim or kick 25 yards unassisted prior to joining the swim team and an assessment must be arranged with a coach prior to admittance to the team.

The coaching staff will evaluate the swimmer and place them in the designated group. Swim practices are held at the Community Swim Center.

In addition to the monthly fees, an \$89 annual USA swimming registration fee is payable online. Email [colliverchelsea@gmail.com](mailto:colliverchelsea@gmail.com) to set up an assessment and to get a link to register your swimmer. For more information check out the team website at: <https://teamunify.com/ebsdolphins>

## YEAR ROUND MEMBERSHIP

Spinners	T, TH 5:10-5:55pm, F 6:05-6:50pm	\$100/mo
Intermediate I	M, W, F 5:00-6:00pm	\$110/mo
Intermediate II	M, T, W, TH 6:00-7:00pm	\$120/mo
Jr	M, T, TH, F 5:00-6:30pm	\$130/mo
Sr	M, T, W, TH, F 5:00-7:00pm	\$140/mo

\*Schedule Subject to Change

## WINTER HIGH SCHOOL CONDITIONING CLINIC

### Ages 14-18

This is designed for those HS swimmers who are finished with water polo season and want to stay in shape. Come get prepared for the upcoming season by training with ASCA certified coaches. Practice early to improve your times, build endurance, and focus on technique.

December Clinic:	5:00-6:30pm	12/2 - 12/30/24 = \$120
January Clinic:	5:00-6:30pm	1/2 - 1/31/25 = \$140



## PIRANHAS SWIM TEAM

### Ages 5-18

This is a recreational swim team that swims during the Spring and Summer months, emphasizing teamwork, dedication, and fun. All swimmers participate in practices, clinics, meets and team events. Practice times are determined by our coaching staff and will be assessed based on your child's swimming ability rather than age. For further questions, email [herculespiranhas@gmail.com](mailto:herculespiranhas@gmail.com).

\*Schedule Subject to Change



Code: TBD	Swim Team Fees
1 Swimmer	\$410
2 Swimmers	\$720
3 Swimmers	\$980

\*For more than 3 swimmers, call (510) 799-8291

A \$400 post dated check, made payable to Hercules Piranhas Swim Team, is a refundable deposit that is returned upon completion of each family's volunteer requirement.

Practice dates/times • *Minimum 85 Swimmers			
4/15-6/6/25	Beginners	M-TH	6:30-7pm
	Intermediate/Advanced	M-F	7-8:15pm
6/9-7/27-25	Beginners	M-F	6:30-7:15pm
	Intermediate	M-TH, F	4:15-5:15 & 7:15-8:15pm
	Advanced	M-F	7:15-8:45pm

