

POOL RULES

For the protection & enjoyment of all aquatic patrons, we ask that you familiarize yourself with the program and facility regulations.

1. All patrons must shower before entering the pools.
2. Proper swimsuits are required for those entering the pool, no cut-offs or any type of t-shirts allowed. Metal exposed zippers, buckles, rivets or metal ornamentation are not permitted.
3. Adults of Children age 3 and under must be in the water within arms reach at all times. (1 to 1 ratio).
4. Upon arrival at the Aquatic Center children who need adult supervision will be given a wristband matching one that will be given to the parent/guardian. Wristbands will be issued and must be worn by both parent/guardian and child at all times.
5. Children under the age of 3 must be fitted with a swim diaper and snug fitting plastic pants.
6. Children ages 4 through 6 must be supervised by an adult in the water at all times (1 to 2 ratio).
7. Children 8 years old and younger must be accompanied by an adult at all times.
8. Children under 12 years may play on and be in the AquaPlay area
9. No foods, drink, or gum permitted in the dressing rooms or the pool area.
10. Children of the opposite sex, over 5 years of age, must change in the appropriate dressing room or the family changing room.
11. Inflatable toys, mattresses or water wings are not allowed.
12. Glass or other breakable objects are not allowed in the facility.
13. No food, drink or gum permitted inside the facility.
14. No cell phone use in the locker rooms.
15. A complete list of pool rules is available at the Anderson Recreation Center & Lompoc Aquatic Center.

AQUATICS

RECREATION SWIM FEES

Under 2	\$1.00
2 years – 12 years	\$3.00 per entry
13 years – 17 years	\$3.50 per entry
18 years – 59 years	\$4.00 per entry
60 & Older	\$2.50

POOL CLOSURES:

November 30 through January 11, 2010 (Pool repairs and cost savings)
Easter, Sunday, April 4

ADDITIONAL RECREATION SWIM OPPORTUNITIES:

Martin Luther King Day, Monday, Jan. 18
Lincoln Day Observance, Monday, Feb. 8
President's Day, Monday, Feb. 15
No School Day, Monday, Mar. 1
Spring Recess, Apr. 2 through 11
Memorial Day, Monday, May 31



RECREATIONAL SWIM

It doesn't have to be hot outside to enjoy some serious "splash time". At the Lompoc Aquatic Center, every weekend is "water time". Join us for tons of water FUN!!! Grab your suit, friends, family, and head down to the Lompoc Aquatic Center for fun on one of the two 125-foot water slides, the shallow lap pool or more than 20 interactive features on the Aqua Play Center, which includes twin water-slides, water cannons, cargo nets, and the famous "bucket".

Ages: All
Days: Saturdays and Sundays
Time: 1:00 PM – 3:00 PM

PARENT & TOT SWIM

We have set time aside for infants and toddlers to experience and enjoy the wonderful world of aquatics with their adult companions. This quiet time will allow you to enjoy quality time together in the 85 degree Aqua Play area. This area ranges in depth from 0 to 2.5' deep. Children are required to wear swim diapers, covered with plastic pants. The water features are not on at this time.

Monday - Saturday

Ages: Infant & Toddler with Parent
Days: Monday - Saturday
Time: 11:30 AM – 1:00 PM

LAP SWIM

Lap Swim is available at varying times in the competition pool and the activity pool lap swim lanes. While the program is geared towards adults, youth participants are welcome but may be asked to demonstrate their swimming ability to a certified lifeguard before being allowed to participate in lap swim.

Ages: 14 & up
Fee: \$4.00 per entry
\$2.50 (60+)
\$35.00 per month*
\$30.00 (60+)*
\$85.00 three month*
\$75.00 (60+)*

Sessions: 001 Jan 11-31
002 Feb 1-28
003 Mar 1-31
004 Apr 1-30
005 May 1-31

Days: **Monday, Wednesday, Friday**
Times: 5:45 AM – 7:30 AM
(COMP, LAP POOLS)

Days: **Monday – Saturday**
11:30 AM – 1:00 PM
(COMP, LAP & THERAPY POOLS)

Days: **Monday through Friday**
5:00 PM – 7:30 PM (COMP POOL)

Days: **Monday through Thursday**
4:00 PM – 6:30 PM (LAP POOL)

Day: **Saturday**
8:30 AM – 10:00 AM
(COMP, LAP POOLS)

*Discounts are applied if registering for 3 consecutive months

WARM WATER LEISURE – THERAPY POOL

Enjoy the soothing properties of the 90 degree therapy pool in our 30' x 50', 3.5' to 4.5' deep pool. The therapy pool allows you to walk or swim in the warm water at your own pace during many of our lap swim times. There is easy access from the deck by the way of our long and gentle, sloping ramp in addition to the traditional stair entry. The Lompoc Aquatic Center also has two wet wheelchairs for use to enter and exit the water.

Ages: 14 & up

(A quiet time reserved for adults and persons with disabilities). Patron under the age of 14 may use the Therapy pool if they provide a physicians prescription that states the need for this facility. There is no recreational play in this pool.

Fee: \$4.00 per entry
 \$2.50 (60+)
 \$35.00 per month*
 \$30.00 (60+)*
 \$85.00 three month*
 \$75.00 (60+)*

Sessions: Beginning January 11

Days: Monday, Wednesday, Friday
 Times: 5:00 PM – 7:00 PM

Days: Monday – Saturday
 Times: 11:30 AM – 1:00 PM

Day: Saturday
 Times: 8:30 AM – 10:00 AM

**Discounts are applied if registering for 3 consecutive months*

SHARKS & MINNOW'S (SATURDAYS) PARENT & TOT



This class is intended for dads and their tots to enjoy a parent tot class, moms are welcome. This class is taught in our 85-degree splash pool. Classes meet four consecutive Saturdays for 30 minutes.

Saturdays

Ages: 6 mos – 36 mos
 Sessions: 001 Jan 16 – Feb 6
 002 Feb 13 – Mar 6
 003 Mar 13 – Apr 3
 004 Apr 10 – May 1
 005 May 8 – May 29
 Time: 10:00 AM – 10:30 AM
 Fee: \$40.00

WATER SAFETY INSTRUCTOR

If you have ever wanted to teach swim lessons, here is your opportunity. This course includes instruction on your personal swim strokes, breaking down the fundamentals of each stroke for teaching technique, and prepares you for the coordination and implementation of teaching children and adults how to swim. Upon successful completion, students will exhibit proper swim technique, communicate fundamentals and display the necessary maturity that accompanies this type responsible position. The course schedule will be discussed on the first class meeting date.

Ages: 16 & Up
 F.I.T. Date:
 Session: 001
 Dates/Time: TBA
 Course Start Date: TBA
 Time: 9:00 AM – 5:00 PM
 Lab Dates: TBA
 Fee: \$125.00**

***FIT students may need to purchase an additional book*

LIFEGUARD TRAINING ACADEMY

Here is your chance to take a great class, with the benefit of becoming an American Red Cross certified Lifeguard. The course includes Lifeguard Training, CPR/AED, First Aid and Title 22. This academy is taught in collaboration with Allan Hancock College and students will receive College credits for successful completion. A pre-test date will be announced upon registration and attendance at all sessions is required.

Monday through Saturday

Ages: 15 & Up
 Dates: April 5 – April 10
 Times: 9:00 am – 5:00 pm
 Fee: TBA

SWIM LESSONS FOR ADULTS AND CHILDREN WITH INTELLECTUAL DISABILITIES

The Lompoc Parks, Recreation & Urban Forestry Department will be offering group swim lessons at the Lompoc Aquatic Center for children and adults in our community with intellectual disabilities. For a complete list of class offerings, please contact our office at 875-8100.

LOMPOC
Aquatic Center
 RENTALS



Several areas are available to rent for your group:

AquaPlay
 \$75.00 per hour

Activity Pool
 \$150.00 per hour

Patio
 \$40.00 per hour

For more information about rental availability please call the Anderson Recreation Center at 875-8100.

The rental times are as follows:

Fridays:
 5:00 pm – 7:00 pm

Saturdays:
 10:00 am – 11:30 am
 3:15 pm – 5:15 pm

Sundays:
 10:00 am – 11:30 am
 11:30 am – 1:00 pm
 3:15 pm – 5:15 pm

**Please note that the pool will be cleared 10 minutes prior to the rental end time to allow sufficient time to clear the building*

ADULT LEARN TO SWIM CLASSES (SATURDAYS)

These swim classes are designed for adults and teens that want to learn swimming skills in a small group setting. This class allows you to work on personal goals, that might include perfecting alternate breathing or flip turns. This class is taught in our 85-degree Lap pool. Classes meet four consecutive Saturdays for one hour.

Saturdays

Ages: 16 & up
 Time: 8:30 AM - 9:30 AM
 Sessions: 001 Jan 16 – Feb 6
 002 Feb 13 – Mar 6
 003 Mar 13 – Apr 3
 004 Apr 10 – May 1
 005 May 8 – May 29
 Fee: \$40.00



AQUA AEROBICS

This class is designed for those who would love to exercise in the water without stressing your joints. In this class, you will use the water for resistance as you build muscle tone and strength.

Mondays & Wednesdays

Ages: 18 & up
 Fee: \$30.00
 Time: 6:00 PM – 7:00 PM
 Sessions: 001 Jan 11 – Feb 3
 002 Feb 8 – Mar 3
 003 Mar 8 – Mar 31
 004 Apr 5 – Apr 28
 005 May 3 – May 26
 Instructor: Ceslie Burtfield

WATER EXERCISE DROP IN

PROGRAM – Adults are welcome to come and drop into any of our water exercise classes, space permitting on the roster, at a cost of only \$5.00 per visit. You can contact our office at 875-8100 or the Aquatic Center at 875-AQUA (2782) to determine space availability.

AQUA STEP AEROBICS

This class offers a terrific workout in the lap lanes of our recreation pool, at a depth of 4.5'. Our instructor will lead you through a fast-paced routine set to music using water steps. This class is unlike any other step aerobics class you have experienced.

Mondays, Wednesdays, Fridays

Ages: 18 & up
 Time: 10:30 AM - 11:30 AM
 Sessions: 001 Jan 11 – Feb 5
 002 Feb 8 – Mar 5
 003 Mar 8 – Mar 31
 004 April 5 – April 30
 005 May 3 – May 28
 Fee: \$30.00
 Instructor: Wendy Knowles

GENTLE WATER EXERCISE

This class is taught in warm water with slow movements and joint movement. Class is perfect for those mature adults who want to exercise in the water without stressing their muscles or joints. Designed for those individuals suffering from arthritis, fibromyalgia and other special sensitivities such as stress, the need to start an exercise program or those recovering from illness or injury. This class will be offered in the therapy pool, which maintains a wonderful temperature at 90 degrees!

Tuesdays & Thursdays

Ages: 18 & Up
 Fee: \$30.00
 Time: 10:30 AM – 11:30 AM
 Sessions: 001 Jan 12 – Feb 4
 002 Feb 9 – Mar 4
 003 Mar 9 – Apr 1
 004 Apr 6 – Apr 29
 005 May 4 – May 27
 Instructor: TBA

WARM WATER EXERCISE

The class will take you through a variety of exercises in the water using the natural water resistance and equipment to tone and strengthen your muscles. This is a painless exercise choice for joint and bone issues taught in a warm therapy pool.

Mondays, Wednesdays and Fridays

Ages: 18 & Up
 Time: 9:15 AM – 10:15 AM
 Sessions: 001 Jan 11 – Feb 5
 002 Feb 8 – Mar 5
 003 Mar 8 – Apr 2
 004 Apr 5 – Apr 30
 005 May 3 – May 28
 Fee: \$30.00
 Instructor: Wendy Knowles

ARTHRITIS RELIEF THAT COMES THROUGH WATER

The Arthritis Foundation Aquatic Program was created for people with arthritis to keep joints flexible, muscles strong and to help reduce the pain associated with arthritis. This class is offered in the wonderfully warm therapy pool.

Tuesdays & Thursdays

Ages: 18 & Up
 Time: 6:45 PM - 7:45 PM
 Session: 001 Jan 12 – Feb 4
 002 Feb 9 – Mar 4
 003 Mar 9 – Apr 1
 004 Apr 6 – Apr 29
 005 May 4 – May 27
 Fee: \$30.00
 Instructor: Karen McKillip

REFUND POLICY:

In the event that a class is cancelled or full, our office will notify you prior to the class start time. You will be given the option of transferring classes or receiving a refund. Full refunds are issued for any class cancelled by the City. Refund requests made prior to the registration deadline will be granted. Refunds will not be granted past the registration deadline.

Excursions and Special Events are non-refundable, unless the participant spot is filled. Refund processing takes 2-3 weeks from the request date. The City will mail all refund checks to your home address.

AQUA ZUMBA

This new and exciting class is a fast paced water exercise class taught to the sounds of Latin music. It is a great physical workout for individuals seeking a higher level of aquatic fitness. Make this year's New Year's resolution one to get in shape. Be one of the first to take this brand new class in Lompoc and get fit while having fun!!

Tuesdays & Thursdays

Ages: 18 & Up
 Fee: \$30.00
 Time: 10:30 AM – 11:30 AM
 Sessions: 001 Jan 12 – Feb 4
 002 Feb 9 – Mar 4
 003 Mar 9 – Apr 1
 004 Apr 6 – Apr 29
 005 May 4 – May 27
 Instructor: Nancy Jacobs



DEEP WATER AEROBICS

This class offers you the chance to enjoy water exercise in our competition pool, which ranges from 7' to 9' feet in depth. The resistance of the water will help build strength in your joints and muscles, while using a floatation belt to stay afloat. The ability to swim is not required in order to participate in this class.

Tuesdays & Thursdays

Ages: 18 & up
 Time: 6:30PM – 7:30PM
 Sessions: 001 Jan 12 – Feb 4
 002 Feb 9 – Mar 4
 003 Mar 9 – Apr 1
 004 Apr 6 – Apr 29
 005 May 4 – May 27
 Fee: \$30.00
 Instructor: Gabrielle Freedain

mark your calendar for the.....

**FIRST ANNUAL
 BOAT FLOAT!
 SATURDAY • MAY 15 • 2010**



Design and Build a human powered made of corrugated cardboard boat, capable of racing a 100-yard "M" shape course, in the competitive pool, at the Lompoc Aquatic Center. We're all in this to enjoy a great event, be with friends, and try some outrageous inventions.

Please remember, the idea is to explore the inherent characteristics of corrugated cardboard while being creative in meeting the challenge, "Stay Afloat."

CLASS I boats must have 2 passengers. No more than 5 crewmembers.

CLASS II boats must have a minimum of 3 and a maximum of 4 passengers.

CLASS III boats, the "Instant Boats" are to be designed and built on site the day of the event with only the materials provided in your purchased boat kit. Construction will begin at 8am and conclude at 11:30am.

Boats must be able to fit through our door opening (6'6" x 6'6") and no longer than 12' in length.

Business "Small" (Under 10 employees)\$100/team
Business "Large" (over 10 employees)\$100/team
Organizations Team\$100/team
Schools\$50/team
Elementary ★ Middle ★ High ★ College	
Instant Boat Kits\$50/team

SWIM LESSON INFORMATION

All swim lesson registrations are taken at the Anderson Recreation Center, M-F from 9am – 5pm. Registrations can be taken over the phone, in person, and by mail. Pre-Registration is required for all classes. Cancellations will occur within 48 business hours prior to the course start date – so register early! For questions, contact the Lompoc Parks, Recreation & Urban Forestry Department at 875-8100. The sessions and times are indicated below each course. Fee: \$40.00 per session

PRIVATE & SEMI-PRIVATE SWIM LESSONS:

Our private lesson program has been changed to help alleviate the long wait for private lessons. The Private (1:1 ratio) and Semi-Private (1: 2-4 ratio) swim lessons will follow our new guidelines. Private lessons are \$100 for 5, 30-minute classes and Semi-Private lessons are \$75 for 5, 30-minute classes. For more information and a complete list of our private lesson guidelines, please contact our office at 875-8100.

PARENT & TOT

Under the guidance of an instructor, parents will work with their child on water adjustment, exploration, entry and exit. Participants will explore the pool, floating, blow bubbles, rolling over and personal water safety. Ages: 6 – 36 months

STAR FISH (FORMERLY LI'L SWIMMER)

Students will be introduced to getting wet, water entry and exit, exploring the pool, floating, gliding, front crawl and back crawl, blowing bubbles, rolling over, all with support and water safety lessons. Ages: 3 – 4 years

DOLPHINS (FORMERLY LI'L SWIMMER)

Students will be introduced to getting wet, water entry and exit, exploring the pool, floating, gliding, front crawl and back crawl, blowing bubbles, rolling over, all with assistance and water safety lessons. Ages: 3 – 4 years

SWIM LESSON INFORMATION

SCHEDULE: MONDAY AND WEDNESDAY CLASSES (8 LESSONS)

SESSION 1

Jan 11	Feb 3	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SESSION 2

Feb 8	Mar 3	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SESSION 3

Mar 8	Mar 31	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SESSION 4

Apr 12	May 5	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SESSION 5

May 10	June 2	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SWIM LESSON INFORMATION

SCHEDULE: TUESDAY AND THURSDAY CLASSES (8 LESSONS)

SESSION 1

Jan 12	Feb 4	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SESSION 2

Feb 9	Mar 4	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SESSION 3

Mar 9	Apr 1	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SESSION 4

Apr 13	May 6	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

SESSION 5

May 11	June 3	P&T	Star	Dolphins	L-1	L-1.5	L-2	L-3	L-4	L-5	L-6
4:00pm	4:35pm			*	*		*	*	*		
4:40pm	5:15pm		*			*	*	*		*	
5:20pm	5:55pm			*	*	*			*	*	
6:00pm	6:35pm	*			*		*	*			*

LEVEL 1: WATER EXPLORATION

Students will be introduced to floating and gliding, on their fronts and back unassisted. water safety, and how to help others. Ages: 5 years & older

LEVEL 1.5:

INTRO TO PRIMARY SKILLS

Students will be introduced to entry & exit, front & back floats unassisted, and front & back glides with kick unassisted for 15 feet and introduced to arm strokes. Ages: 5 years & older

LEVEL 2: PRIMARY SKILLS

Students will be introduced to jumping in the water, great emphasis on arm and leg action to swim 26 feet crawl stroke and 26 feet back stroke. Ages: 5 years & older

LEVEL 3: STROKE READINESS

Students will be introduced to jumping in deep water, diving, rhythmic breathing, floating, treading water 30-sec, front and back crawl, 25yds, butterfly kick, swimming on side, water safety, and how to help others. Ages: 5 years & older

LEVEL 4: STROKE DEVELOPMENT

Students will be introduced to diving, swimming underwater, floating, treading water for 1-min., front crawl 50yds, back crawl 25yds, breaststroke 10yds, butterfly stroke, elementary backstroke 120yds, dolphin kick 10yds, swimming on side, water safety and how to help others. Ages: 5 years & older

LEVEL 5: STROKE REFINEMENT

Students will be introduced to diving, front crawl 100yds, back crawl 50yds, butterfly stroke 10yds, breaststroke 25yds, elementary backstroke 25yds, scissors kick 10yds, water safety, swimming turns and how to help others. Ages: 5 years & older

LEVEL 6: LIFE GUARD READINESS

Students will be introduced to endurance swimming skills for all six strokes, Life-guard skills and the use of rescue equipment. This class is 45 minutes to provide the time necessary to work on all the skills covered in this class. Ages: 5 years & older