

Adult Programming Information



Cancellation & Transfer Information

There are situations in which a participant may not be concurrently enrolled. No transfers or refunds permitted on first day of class, or thereafter. **Cancellation fee is \$20.00, Transfer fee is \$10.00.**

All lessons have a minimum enrollment requirement in order for the class to be held. This is an abbreviated list, see office staff for complete list of requirements. Waitlists are available for all levels.

Inclement Weather Cancellation Policy

The City reserves the right to cancel one (1) class in the event of inclement weather, such as thunder or lightning, with **no** prorated refund. If possible, a make-up class will be provided on the last Friday of the session. Subsequent cancellations for inclement weather **will** be given a prorated refund for every subsequent day of class missed due to the weather-related cancellation. Cancellations that occur in the latter half of the class meeting will not be considered for a refund or make-up class.

1860 Anaheim Avenue, Costa Mesa, 92627 • (714) 327-7564

Adult Swim Programs



Downtown Aquatic Center

SUMMER SEASON | June 12th – August 20th 2023

Closure Dates: July 1st, July 4th 2023

Days and hours are subject to change.

Adult Lap Swim (Age 16 yrs.+)

Monday - Friday	6:30 a.m. - 8:30 a.m.
Monday - Friday	11:45 a.m. - 1:15 p.m.
Monday / Wednesday	6:30 p.m. - 8:30 p.m.
Saturday (06/12 - 8/19)	9:00 a.m. - 10:00 a.m.

Punch passes and payment required prior to admittance into the pool. Visitors and observers are not allowed entrance into the pool facility

Lap Swim Fees

Pass Type	1 Visit	10 Visits	20 Visits	30 Visits
Adult 18+	\$4*	\$38*	\$70*	\$90*
Sr. (55 w/ ID) Jr. (16-17yo)	\$2*	\$18*	\$34*	\$42*

***\$5.00 Non-resident fee will be added to each pass purchased.**

We accept payments via cash (exact change may be required), payments via personal check & credit cards (processing fees apply) are accepted with a valid photo ID.

1860 Anaheim Avenue, Costa Mesa, 92627 • (714) 327-7564

SUMMER 2023 REGISTRATION

Resident Registration

begins **Monday, May 8th** at 8:00 a.m.

Open Registration

begins **Monday, May 15th** at 8:00 a.m.

Additional Fees

Non-Resident Fee: Additional \$5 per participant

Administrative Fee: Additional \$5 per participant, per transaction



Registrations accepted Monday through Friday from 8:00 a.m. to 5:00 p.m. at the Downtown Aquatic Center or online 24 /7 at:

<https://cmclassesonline.com>

Swim Instructor Aid | AGES 12 - 17 YR

Have you taken swim lessons for a while and are ready for a new challenge? Do you want to learn basic leadership skills and pass on what you have learned to younger swimmers? The Swim Instructor Aid Program will allow advanced youth swimmers to assist the facility's Instructor Guards with teaching swim lessons to beginning level swimmers.

All Swim Instructor Aid candidates must submit an application. Applicants are available online and can be submitted to the Downtown Aquatic Center or emailed to cmrecinfo@costamesaca.gov.

Private Swim Lessons | 4 LESSONS | AGES 4 YR - ADULT

Private lessons are ideal for those that wish to have extra practice on specific techniques or require one-on-one attention. Private lessons are \$125.00 for four class sessions. Private lessons are subject to availability and scheduled by appointment only.

Adult Beginner & Intermediate Group Lessons | AGES 16+

Adult group swim lessons meet twice per week for four weeks on either Mondays and Wednesdays or Tuesdays and Thursdays. Each class meeting is 40 minutes long from 5:30 - 6:10 p.m. All levels welcome.

Instructors work individually with participants during each class.

***No Class July 3rd, July 4th**

Session	Days	Time	Date	Fees
17760	M/W	5:30 - 6:10 p.m.	06/12 - 07/05*	\$48.00
17763	Tu/Th	5:30 - 6:10 p.m.	06/13 - 07/06*	\$48.00
17761	M/W	5:30 - 6:10 p.m.	07/10 - 08/02	\$53.00
17763	Tu/Th	5:30 - 6:10 p.m.	07/11 - 08/03	\$53.00

Adult Small Group Lessons | AGES 16+

Small group Saturday swim lessons meet once a week for four weeks on Saturdays. Class sizes are reduced to maximize instructor-to-student interaction. Each class meeting is 25 minutes from 10:45 a.m. to 11:10 a.m.

***No Class July 1st**

Session	Days	Time	Date	Fees
17764	Sat	10:45 - 11:10 a.m.	06/17 - 07/15*	\$53.00
17765	Sat	10:45 - 11:10 a.m.	07/22 - 08/12	\$53.00

Adult Shallow Water Aerobics | AGES 16+

Shallow Water Aerobics meets twice a week for four weeks on Tuesdays and Thursdays. Each class meeting is 40 minutes long. Participants will complete low impact aerobic exercises to music.

***No Class July 1st, July 4th**

Session	Days	Time	Date	Fees
17749	Tu/Th	6:20 - 7:00 p.m.	06/13 - 07/06*	\$48.00
17756	Tu/Th	6:20 - 7:00 p.m.	07/11 - 08/03	\$53.00
17757	Sat	9:20 - 10:00 a.m.	06/17 - 07/15*	\$24.00
17758	Sat	9:20 - 10:00 a.m.	07/22 - 08/12	\$29.00

Swim Lesson Level Information

Parent & Child (P&C) (ages 6 months - 3 yr., class ratio – 12:1)

Parent and child share the fun of learning to swim. You will assist your child with basic water adjustment, breath control, and swimming readiness. Parent participation in the water required; one parent/adult per child.

Pre-School Aquatics (PSA) (ages 4 - 5 yr., class ratio – 5:1)

Students learn basic water adjustment, breath control, floating, arm and leg movement.

Level 1 - Introduction to Water Skills (ages 6 - 15 yr., class ratio – 5:1)

Students learn basic water adjustment, safety, floating, kicking, breath control, treading water, and arm and leg movement for front crawl and backstroke. *Participant must be able to enter water independently, swim at least 5 yards on their front, bob head 3 times then safely exit water; must also be able to glide at least 2 body lengths and float on front and back at least 3 seconds each then recover to vertical position before receiving a passing card to Level 2.**

Level 2 - Fundamental Skills (ages 6 - 15 yr. class ratio – 6:1)

Students learn the fundamentals of front crawl, backstroke, treading water, floating, and water safety. *Participant must float on front for 5 seconds, roll to back and float for 5 seconds and then return to a vertical position; additionally they will have to push off the wall and swim using front crawl for 5 body lengths turn to back and float for 15 seconds then continue for 5 more body lengths before receiving a passing card to Level 3.**

Level 3 - Stroke Development (ages 6 - 15 yr., class ratio – 8:1)

Students learn front crawl with side breathing, elementary backstroke, scissor and dolphin kicks, treading water, survival float, and front dives. Concentration is placed on water safety, refinement of front crawl, building strength and endurance. *Participants must swim front crawl for 15 yards, tread or float for 30 seconds then swim elementary backstroke for 15 yards before receiving a passing card to Level 4.**

Level 4 - Stroke Improvement (ages 6 - 15 yr., class ratio – 9:1)

Students are introduced to butterfly arms, side stroke arms, breaststroke, backstroke, and basic wall turns. Emphasis is placed on water safety, refinement of skills learned in previous levels and endurance. *Participants must swim front crawl and elementary backstroke for 25 yards each, and breaststroke and backstroke for 15 yards each before receiving a passing card to level 5**

Level 5/6 - Stroke Refinement/Fitness Swimmer (ages 6 - 15 yr., class ratio - 9:1)

Students continue work to refine strokes from previous levels; are introduced to flip turns, swim drills, use of a pace clock and other training equipment. Level 6 students work to improve their skills for competitive swimming. *Level 5 participants must perform a shallow-angle dive into deep water, swim front crawl and elementary backstroke for 50 yards, and swim breaststroke and backstroke for 25 yards each before receiving a passing card to level 6* Level 6 participants must swim 500 yards using 3 strokes of choice (each stroke must be done at least 50 yards), perform a survival float and back float for 5 minutes, and perform a feet first surface dive to retrieve an object from the bottom of the deep end pool in order to receive a passing card.*

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Youth Swim Programs



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FAMILY OPEN SWIM

This is a drop-in program for the whole family to beat the heat and enjoy the pool. Children under 6 years of age must be within arm's reach of an adult and children under 14 years of age must be accompanied by an adult. Proper swim wear is required. Flotation devices of any kind are prohibited.

DROP-IN FAMILY OPEN SWIM HOURS

Monday - Friday	1:30 p.m. - 3:00 p.m.
Saturday (06/12 - 08/19)	1:15 p.m. - 2:30 p.m.

Drop-In Fees

Pass Type	1 Visit	10 Visits	20 Visits	30 Visits
Adult 18+	\$4*	\$38*	\$70*	\$90*
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Youth Group Lessons | AGES 6 MO - 15 YR

Summer lessons meet for two weeks, Monday through Thursday, for 25 minutes. Classes are scheduled between 3:30 p.m. and 6:00 p.m.

***No Class July 4th**

Session	Days	Time	Dates	Fees
S1	Mon - Thurs	Various	06/12 - 06/22	\$55.00
S2	Mon - Thurs	Various	06/26 - 07/06*	\$50.00
S3	Mon - Thurs	Various	07/10 - 07/20	\$55.00
S4	Mon - Thurs	Various	07/24 - 08/03	\$55.00

Youth Small Group Lessons | AGES 6 MO - 15 YR

Small group lessons meet for four (4) class sessions on Saturday's and have reduced class sizes to maximize instructor-to-student interaction. Each class meeting is 25 minutes; classes are scheduled from 10:30 a.m. to 12:30 p.m.

***No Class July 1st**

Session	Days	Time	Dates	Fees
SA4	Sat	Various	06/17 - 07/15*	\$55.00
SA5	Sat	Various	07/22 - 08/12	\$55.00

Aqua Camp | AGES 6 - 15 YR

Aqua camp is designed to enhance participant knowledge of water safety and comfort through exciting games and activities. Each day of Aqua Camp has a different theme to which the games and activities are tailored to. Aqua Camp meets for an hour & a half for a week.

Session	Days	Time	Dates	Fees
17767	Mon - Fri	3:30 - 5:00 p.m.	08/07 - 08/11	\$40.00

Private Swim Lessons | 4 LESSONS | AGES 4 YR - ADULT

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