

AQUATICS

SWIM CONDITIONING

Join this instructor-led swim workout today! This class focuses on learning new aquatic skills, refining existing swim techniques, and working on swim endurance. Space is limited.

Group 1

Monday and Wednesday,
March 1, 2021 – May 5, 2021
1 hour per session for 10 weeks
Fee: Resident \$160
Age: 5 years - 17 years old
Prerequisites: Level 3 swim skill and above

Group 2

Tuesday and Thursday,
March 2, 2021 – May 6, 2021
1 hour per session for 10 weeks
Fee: Resident \$160
Age: 5 years - 17 years old
Prerequisites: Level 3 swim skill and above

Hemingway Aquatic Center

4:45 p.m. – 5:45 p.m. | 6:00 p.m. – 7:00 p.m.

How to make a reservation at the pool of your choice:

1. Review the Reservation Layout and Pool Schedule
2. Decide which section you would like and the time you prefer
3. Contact the pool of your choice directly via phone or send an email with your information (Staff confirmation required prior to your arrival.)
All must have a reservation prior to arrival.

Dominguez Aquatic Center
21330 S. Santa Fe Avenue
Carson, CA 90810
(310) 830-2391
dac@carson.ca.us

Hemingway Aquatic Center
16605 S. San Pedro Street
Carson, CA 90746
(310) 324-2515
hac@carson.ca.us

RSVP Schedule

February 22 - May 8, 2021

Monday - Thursday • 3:30 p.m. – 6:45 p.m.

Saturdays • 9:00 a.m. – 2:45 p.m.

- 2 max reservations can be made from the same household per day *(to give others an opportunity)*
- Carson Residents are able to RSVP 10 days prior to the desired reservation date.

Upon Arrival:

Temperature Check, Must social distance, Mask is Required, and Waiver Forms filled out, signed, and submitted daily.

Facility Access:

Enter Facility, Place items in designated area, Enter Pool, Exit Pool, Retrieve belongings, Exit Immediately through designated side exit gate (Note: Restrooms are available upon request. As of now, showers and changing area unavailable.)



Detailed Aquatic Program information and detailed facility use information is located on the Aquatics Website. Should you have any additional questions, please contact the Aquatics office at (310) 816-9381 or send an email to Aquatics@carson.ca.us