

AQUATICS

FALL 2024

Programming Schedule and/or Fees are subject to change without prior notice

AGES 6 MONTHS TO 3 YEARS
(PARENT OR GUARDIAN MUST ACCOMPANY CHILD IN THE WATER)

Tiny Tot	TT	Shallow End	Level 1 & 2: Learn to demonstrate skills with the assistance of the Parent/Guardian. This includes water exploration and water safety in, out and around the water.
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AGES 3 YEARS TO 4 YEARS

Tadpole	TP	Shallow - Stairs	Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Starfish	SF	Shallow	Level 2: Fundamentals of Aquatic Skills: Students will learn basic swimming skills.
Squid	SQ	Shallow	Level 3: Stroke Development: Additional guided practice will help students improve their skills.



AGES 5 YEARS TO 14 YEARS

Polliwog	PO	Shallow	Level 1: Introduction to Water Skills: Students will learn how to feel comfortable in the water and safely enjoy it.
Advanced Polliwog	AP	Shallow	Level 2: Fundamentals of Aquatic Skills: Students will learn basic swimming skills.
Minnow	M	Deep End	Level 3: Stroke Development: Additional guided practice will help students improve their skills.
Fish	FI	Deep End	Level 4: Stroke Improvement: Students will gain confidence during swim lessons, improve their stroke and gain additional aquatic skills.
Flying Fish	FF	Deep End	Level 5: Stroke Refinement: Guidance allows students to refine their strokes and become more efficient swimmers.
Shark	SH	Deep End	Level 6: Swimming and Skill Proficiency: Students will learn to swim with ease and efficiency, and gain the ability to swim smoothly over greater distances. Swimmers will also have the option to participate in more advanced courses.



AGES 15 YEARS AND ABOVE

Adult	AD	Shallow End	Level 1 & 2: Introduction to Water Skills with Fundamentals of Different Aquatic Skills: Students will learn basic swimming skills. Students will also learn how to feel comfortable in the water and safely enjoy it.
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2024 AQUATIC FALL PROGRAMMING

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CARSON POOL 21436 S. Main Street (310) 830-1053

WEEKDAY SCHEDULE

SESSION SCHEDULE
Session 1: September 9 – September 12
Session 2: September 16 - September 19
Session 3: September 23 - September 26
Session 4: September 30 – October 3
Session 5: October 7 - October 10
Session 6: October 14 - October 17
Session 7: October 21 - October 24
Session 8: October 28 - October 31
Session 9: November 5 - November 8
Session 10: November 11 - November 14

Class Time	Class Type	
3:30 p.m. – 4:20 p.m.	TP/SF	TT*
4:30 p.m. – 5:20 p.m.	PO	M
5:30 p.m. – 6:20 p.m.	AP	AD

SWIM CONDITIONING

Dates	Days	Times
September 9 - November 14	Monday - Thursdays	6:45 p.m. - 8:15 p.m.

LAP SWIMMING

Dates	Days	Times
September 9 - November 14	Monday - Thursdays	3:30 p.m. - 4:20 p.m.
		4:30 p.m. - 5:20 p.m.
		5:30 p.m. - 6:20 p.m.

SATURDAY SCHEDULE

SESSION SCHEDULE
Session 1: September 14 - October 5
Session 2: October 19 - November 9

Class Time	Class Type	
10:00 a.m. – 10:50 a.m.	PO/AP	AD
11:00 a.m. – 11:50 a.m.	PO/AP	M
12:00 p.m. – 12:50 p.m.	TP/SF	TT

AQUA AEROBICS & LAP SWIM (1 hour per session)

Dates	Days	Times
September 14 - November 9	Saturdays	7:30 a.m. - 8:30 a.m.
		8:45 a.m. - 9:45 a.m.

RECREATIONAL SWIMMING (1.5 hours)

Dates	Days	Times
September 14 - November 9	Saturdays	1:15 p.m. - 2:45 p.m.

Aquatics
Webpage



****NOTE: Carson Pool will be closed on October 12, 2024****

Aquatics: (310) 816-9381 Aquatics@carsonca.gov

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HEMINGWAY AQUATIC CENTER

16605 S. San Pedro St. (310) 233 - 4861

AQUA AEROBICS / AQUA ZUMBA (Wednesdays)

Dates

September 9 - November 14

Days

Mondays - Thursdays

Times

7:00 a.m. - 8:00 a.m.

LAP SWIMMING (1 hour)

Dates

September 14 - November 9

Days

Mondays - Thursdays

Times

7:00 a.m. - 8:00 a.m.

AQUATIC PROGRAM COST

Program	Resident	Non-Resident	Senior - Resident	Senior - Non-Resident	VSPC
Lap Swim	\$4	\$6	n/a	n/a	Free
Aqua Aerobics	\$6	\$6	\$4	\$6	Free
Aqua Zumba	\$6	\$6	\$4	\$6	Free
Recreation Swim	\$1	\$1	n/a	n/a	n/a

AQUATIC SWIM LESSON COST

Swim Lessons	Adult	1 st Child	2 nd Child	3 rd Child
Residents	\$47	\$42	\$40	\$38
Non- Residents	\$71	\$63	\$60	\$57

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