

AQUATICS



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.



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: Children 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: Children will learn basic swimming skills.
Minnow	M	Deep End	Level 3: Stroke Development: Additional guided practice will help students improve their skills.
Fish	F	Deep End	Level 4: Stroke Improvement: Kids 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 kids 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: Adults will learn basic swimming skills. Adults will also learn how to feel comfortable in the water and safely enjoy it .



CARSON POOL

21436 S. Main Street, Carson, CA 90745 (310) 830-1053

Weekday Session Schedule

Session	Dates	Class Time	Class Type		
1	March 3 - March 6	3:30 p.m. - 4:20 p.m.	TP/SF	TT	F
2	March 10 - March 13	4:30 p.m. - 5:20 p.m.	PO	AP	M
3	March 17 - March 20	5:30 p.m. - 6:20 p.m.	PO	AP	AD
4	March 24 - March 27				
5	March 31 - April 3				
6	April 7 - April 10				
7	April 14 - April 17				
8	April 21 - April 24				
9	April 28 - May 1				
10	May 5 - May 8				

SWIM CONDITIONING

Dates	Days	Times
March 4 - May 9	M,T,TH	6:45 p.m. - 7:45 p.m.

LAP SWIMMING

Dates	Days	Times
March 3 - May 8	M,T,W,TH	3:30 p.m. 4:30 p.m. 5:30 p.m.

AQUATIC PROGRAM COST

Program	Resident	Non-Resident	Senior - Resident	Senior - Non-Resident
Swim Conditioning*	\$160	\$185	n/a	n/a
Lap Swim	\$4	\$6	n/a	n/a
Aqua Aerobics	\$6	\$6	\$4	\$4
Aqua Zumba	\$6	\$6	\$4	\$4

AQUATIC SWIM LESSON COST

Residency Status	Adult	1 st Child	2 nd Child
Residents	\$47	\$42	\$40
Non-Residents	\$71	\$63	\$60

*Must be level 3 (Minnow) or equivalent

SATURDAY SESSION SCHEDULE

SWIMMING LESSONS

Session	Dates
1	March 8 - March 29
2	April 12 - May 3

Class Time
10:00 a.m. - 10:50 a.m.
11:00 a.m. - 11:50 a.m.
12:00 p.m. - 12:50 p.m.

LAP SWIMMING

Dates	Times
March 8 - May 3	10:00 a.m. 11:00 a.m. 12:00 p.m.

AQUA AEROBICS

Dates	Times
March 8 - May 3	7:30 a.m. 8:45 a.m.

RECREATIONAL SWIMMING

Dates	Times
March 8 - May 3	1:30 p.m. - 3:00 p.m.

**Carson Pool Closed on April 5, 2025 **

HEMINGWAY AQUATIC CENTER

16605 S. San Pedro, Carson, CA 90746 (310) 233-4861

Weekday Session Schedule

AQUA AEROBICS Ages 16 and above

Dates	Days	Times
March 3 - May 8	M,T,TH	7:00 a.m. - 8:00 a.m.

LAP SWIMMING Ages 16 and above

Dates	Days	Times
March 3 - May 8	M - Th	7:00 a.m. - 8:00 a.m.
March 3 - May 7	M & W	6:00 p.m. - 7:00 p.m.

AQUA ZUMBA Ages 16 and above

Dates	Days	Times
March 5 - May 7	W	7:00 a.m. - 8:00 a.m.
March 3 - May 7	M & W	6:00 p.m. - 7:00 p.m.



AQUATIC PROGRAM COST

Program	Resident	Non-Resident	Senior - Resident	Senior - Non-Resident	VSPC
Swim Conditioning*	\$160	\$185	\$42	\$63	n/a
Swim Lessons	\$42	\$63	n/a	n/a	n/a
Lap Swim	\$4	\$6	n/a	n/a	Free
Aqua Aerobics	\$6	\$6	\$4	\$4	Free
Aqua Zumba	\$6	\$6	\$4	\$4	Free

*Must be level 3 (Minnow) or equivalent

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

