

Aquatics

LOMPOC AQUATIC CENTER

207 West College Avenue

805-875-AQUA (2782)

REGISTRATION FOR ALL PROGRAMS CAN BE COMPLETED AT THE PARKS & RECREATION ADMINISTRATIVE OFFICE LOCATED AT 125 WEST WALNUT AVE. YOU CAN REGISTER EITHER IN PERSON OR BY PHONE AT 805-875-8100, MONDAY THROUGH FRIDAY FROM 9 AM TO 5 PM.

AQUATIC CENTER

PARTY RENTALS

Plan your next event at the Lompoc Aquatic Center! Several areas are available to reserve.

Available rental times:

Saturdays: 11am - 12:30pm*

Sundays: 11am-12:30pm* or 3:15pm - 5:15pm*

*Please note that the pool is cleared 10 mins prior to allow sufficient clearing of the facility
**1 1/2 hr min rental required

CALL 805-875-8100 FOR AVAILABILITY AND RENTAL INFO



Pool reservations can be booked during the time frames below:
Beginning Dec. 1st - For bookings January - April
Beginning Apr. 1st - For bookings May - August
Beginning Aug. 1st - For bookings September-December

RECREATION SWIM

Saturdays & Sundays
1pm-3pm

Additional Rec Swim on:
Monday, Jan 20th & Monday, Feb. 17th
Other dates TBA

Enjoy water fun on one of the two 125-ft water slides, the shallow lap pool or the Aqua Play structure. Proper swim attire is required. Patrons not dressed appropriately will be turned away - NO EXCEPTIONS and NO REFUNDS.

Under 2 years:	\$2.00 per entry
2 years - 17 years:	\$5.50 per entry
18 years - 59 years:	\$6.00 per entry
60 years + :	\$5.00 per entry
Active Military (w/ID):	\$4.50 per entry

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Lap Swim

Lap swim is available at varying times in the competition pool and the activity pool lap swim lanes. While lap swim time is geared towards adults, youth 14 years of age and up are welcome but may be asked to demonstrate their swimming ability to a certified lifeguard before being allowed to participate in lap swim. Youth lap swim time is for children ages 10-13. During this time, one parent is required to be present and near the lane where the child is swimming. The child must have at least a Level 5 swim ability.

Reservations are recommended for lap swimming at the Aquatic Center, and will start at either the top or bottom of the hour. Reservations can be made online through the Lompoc Aquatic Center page on the City of Lompoc's website: www.cityoflompoc.com/government/departments/parks-recreation/lompoc-aquatic-center. Walk-ins are welcome, but may be taken based on lane availability at the time.

Warm Water Leisure Time

Enjoy our 90 degree water at your own pace during this quiet time. There is easy access from the deck via access ramp in additional stair entry. The Lompoc Aquatic Center also has a wet wheelchair and a lift for use to enter and exit the water.

Warm water leisure time is only available for adults, persons with disabilities, and infants with parents. There is NO recreational play in the pool during this time – only passive activity.

Swim Testing Evaluations

If you are unsure what stage you should enroll your child, swim testing is available to determine your child's ability. Swim testing is available by appointment only. Reservations can be made online, over the phone, and in person at the Anderson Recreation Center. Reservations can be made in 10 minute increments. Each 10 minute increment can accommodate testing for up to 3 children in a family. A \$5 fee will be required to secure a testing slot. The fee will then be applied towards your account upon registration. No refunds for no shows.

Test Date	Test Times	Swim Lesson Session
Dec 10	4:00-5:30pm	Jan 6-Jan 30
Jan 14	4:00-5:30pm	Feb 3-Feb 27
Feb 11	4:00-5:30pm	Mar 2 -Mar 27
Mar 11	4:00-5:30pm	Mar 31-April 17

Day	Competition Pool (Lap)	Activity Pool (Lap)	Therapy Pool (Leisure)
Monday	6:00-8:30am 10:00am-1:00pm 3:00-8:00pm**	6:00-9:00am 11:30am-1:00pm 6:30-8:00pm*	8:30-9:30am 5:00-7:00pm
Tuesday	9:30am-1:00pm 3:00-8:00pm**	11:30am-1:00pm 6:30-8:00pm*	10:30-11:30am 5:00-7:00pm
Wednesday	6:00-8:30am 10:00am-1:00pm 3:00-8:00pm**	6:00-9:00am 11:30am-1:00pm 6:30-8:00pm*	8:30-9:30am 5:00-7:00pm
Thursday	9:30am-1:00pm 3:00-8:00pm**	11:30am-1:00pm 6:30-8:00pm*	10:30-11:30am 5:00-7:00pm
Friday	6:00-8:30am 10:00am-1:00pm	6:00-9:00am 11:30am-1:00pm	11:30am-1:00pm
Saturday	8:30am-1:00pm	9:30-11:00am	11:30am-1:00pm
Sunday	11:00am-1:00pm	CLOSED	CLOSED

*Limited availability

+Youth lap swim (10-13 years old); 5:00-6:00pm

Lap Swim and Warm Water Leisure Fees

Daily

\$6.00 per entry

\$5.00 per entry - 60+ years

Passes

\$60.00 per month

\$50.00 per month - 60+ years or active duty military

\$140.00 every 3 months

\$120.00 every 3 months - 60+ years or active duty military

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Important Program Information:

The Lompoc Aquatic Center program fees are listed below, with a **50% discount offered when registering for multiple programs in the same session.**

Pre-registration is required for all classes. Most classes require a minimum number of participants, if our classes do not reach the minimum number, they will be canceled. Cancellations will occur by 12 PM the Friday before the first class, so register early!

Aqua Step Aerobics 18 & up

Our instructors will lead you through a workout routine set to music, using water steps. Water shoes are recommended.

***No class April 21-25.**

Instructor: Karen Hill

<u>12634</u>	Jan 6-Jan 31	M,W,F/8:00-9:00am	\$75	LAQC
<u>12635</u>	Feb 3-Feb 28	M,W,F/8:00-9:00am	\$75	LAQC
<u>12636</u>	Mar 3-Mar 28	M,W,F/8:00-9:00am	\$75	LAQC
<u>12637</u>	Mar 31-May 2*	M,W,F/8:00-9:00am	\$75	LAQC

Instructor: Katherine Chase

<u>12618</u>	Jan 6-Jan 31	M,W,F/10:30-11:30am	\$75	LAQC
<u>12619</u>	Feb 3-Feb 28	M,W,F/10:30-11:30am	\$75	LAQC
<u>12620</u>	Mar 3-Mar 28	M,W,F/10:30-11:30am	\$75	LAQC
<u>12621</u>	Mar 31-May 2	M,W,F/10:30-11:30am	\$75	LAQC

Instructor: Kathy Nelson

<u>12622</u>	Jan 6-Jan 29	M&W/6:30-7:30pm	\$55	LAQC
<u>12623</u>	Feb 3-Feb 26	M&W/6:30-7:30pm	\$55	LAQC
<u>12624</u>	Mar 3-Mar 26	M&W/6:30-7:30pm	\$55	LAQC
<u>12625</u>	Mar 31- Apr 30	M&W/6:30-7:30pm	\$55	LAQC

Deep Water Aerobics 18 & up

Instructor: Kurt Ponsor

While using a floatation belt, in the 7ft-9ft deep Competition Pool, the resistance of the water will help you build strength in your joints and muscles in a no impact environment. You do NOT need to know how to swim to participate in this class.

<u>12626</u>	Jan 7-Jan 30	T&TH/5:45-6:45pm	\$55	LAQC
<u>12627</u>	Feb 4-Feb 27	T&TH/5:45-6:45pm	\$55	LAQC
<u>12628</u>	Mar 4-Mar 27	T&TH/5:45-6:45pm	\$55	LAQC
<u>12629</u>	Apr 1-May 1	T&TH/5:45-6:45pm	\$55	LAQC

Adult Learn to Swim 18 & up

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 and progress at your own pace. Classes meet four consecutive Saturdays for 50 Minutes.

<u>12672</u>	Feb 1-Feb 22	Sat/8:30-9:20am	\$55	LAQC
<u>12673</u>	Mar 1-Mar 22	Sat/8:30-9:20am	\$55	LAQC
<u>12674</u>	Mar 29-Apr 19	Sat/8:30-9:20am	\$55	LAQC

Aqua Aerobics

18 & up

Instructor: Debbie Nettleton

This class will take you through a variety of fast-paced exercises in the water using natural water resistance and equipment to tone and strengthen your muscles ***No class April 21-25.**

<u>12610</u>	Jan 6-Jan 31	M,W,F/6:30-7:30am	\$75	LAQC
<u>12611</u>	Feb 3-Feb 28	M,W,F/6:30-7:30am	\$75	LAQC
<u>12612</u>	Mar 3-Mar 28	M,W,F/6:30-7:30am	\$75	LAQC
<u>12613</u>	Mar 31-May 2*	M,W,F/6:30-7:30am	\$75	LAQC

Instructor: Katherine Chase

<u>12614</u>	Jan 7-Jan 30	T&Th/6:30-7:30pm	\$55	LAQC
<u>12615</u>	Feb 2-Feb 27	T&Th/6:30-7:30pm	\$55	LAQC
<u>12616</u>	Mar 4-Mar 27	T&Th/6:30-7:30pm	\$55	LAQC
<u>12617</u>	Apr 1-May 1*	T&Th/6:30-7:30pm	\$55	LAQC

Warm Water Exercise

18 & up

Instructor: Karen Hill

This low impact class is held in the 90-degree water of the Therapy Pool. Slow movements with a focus on joint health makes this perfect for people who prefer low-impact exercise, including those with arthritis, fibromyalgia, and other special sensitivities. ***No class April 21-25.**

<u>12668</u>	Jan 6-Jan 31	M,W,F/9:30-10:30am	\$75	LAQC
<u>12669</u>	Feb 3-Feb 28	M,W,F/9:30-10:30am	\$75	LAQC
<u>12670</u>	Mar 3-Mar 28	M,W,F/9:30-10:30am	\$75	LAQC
<u>12671</u>	Mar 31-May 2*	M,W,F/9:30-10:30am	\$75	LAQC

Instructor: Debbie Nettleton

<u>12630</u>	Jan 7-Jan 30	T&TH/9:30-10:30am	\$55	LAQC
<u>12631</u>	Feb 4-Feb 27	T&TH/9:30-10:30am	\$55	LAQC
<u>12632</u>	Mar 4-Mar 27	T&TH/9:30-10:30am	\$55	LAQC
<u>12633</u>	Apr 1-May 1*	T&TH/9:30-10:30am	\$55	LAQC



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Swim Instructor Training

16 & up

Participants should note that this course provides the training needed to teach swim classes at the Lompoc Aquatic Center. No nationally-recognized certification will be given on training completion, and the training is not transferable to other aquatic facilities. Participants who complete the training will have the opportunity to apply for a position as a swim instructor at the Lompoc Aquatic Center.

Training Prerequisites: Candidates must be at least 16 years of age, and must have the ability to demonstrate proficiently the following strokes: front crawl (freestyle), back crawl (back stroke), and breaststroke. Candidates must also be able to demonstrate floating on the back and treading water for 1 minute. **Lompoc Valley residents! The instructor course fee will be refunded for participants who apply to become an instructor at the Lompoc Aquatic Center, and are hired within 30 days of successfully completing the course.**

12696	Feb 21	F/5:00-8:00pm	\$30	LAQC
	Feb 22	Sa/9:00am-5:00pm		
	Feb 24	M/4:00-6:30pm		

Parent & Child Program

6 mos - 4 yrs

Parent and child aquatic programs to teach safe behaviors around the water and develop swimming readiness by leading parents and their children on water exploration activities with the objective of having fun and being comfortable in, on and around water. Classes meet four consecutive Saturdays for 30 minutes.

Level 1 - Children 6 mos to 36 mos

Saturday Sessions:

12638	Feb 1-Feb 22	Sa/9:30-10:00am	\$55	LAQC
12639	Mar 1-Mar 22	Sa/9:30-10:00am	\$55	LAQC
12640	Mar 29-Apr 19	Sa/9:30-10:00am	\$55	LAQC

Level 2 - Children 3 to 4 years

12644	Feb 1-Feb 22	Sa/10:00-10:30am	\$55	LAQC
12645	Mar 1-Mar 22	Sa/10:00-10:30am	\$55	LAQC
12646	Mar 29-Apr 19	Sa/10:00-10:30am	\$55	LAQC

Wednesday Waders

Join us for a water safety and exploration themed story time followed by an optional 45-minute Parent/Child swim/play session. All children who register for and participate in Wednesday Waders Storytime stay and play guaranteed. Spots are limited so register early! This class also has a \$10 drop in fee option.

12641	Jan 8-Jan 29	W/11:45am-1:00pm	\$30	LAQC
12642	Feb 5-Feb 26	W/11:45am-1:00pm	\$30	LAQC
12643	Mar 5-Mar 26	W/11:45am-1:00pm	\$30	LAQC

The Lompoc Aquatic Center will be closed on the following dates:

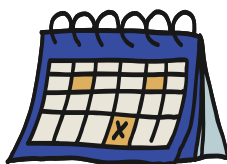
December 23-January 5

(Annual Winter Maintenance Closure)

January 11 & 12 Swim Meet

April 20 - Easter Sunday

Other Dates TBD



Private & Semi-Private Swim Lessons

4 & up

Private (1:1 ratio) and semi-private (2:1 ratio) swim lessons are offered at various dates and times. Minimum age to enroll in private lessons is 6 years of age and semi-privates is 4.

Class Make-up Policy: Only one make-up class is allowed per session. A make-up class must be arranged with the instructor in-person and within the same session. Private swim lesson registration begins at 9am on the following dates for the spring sessions. Due to the popularity, all registrations must be done online on a first come, first serve basis which opens at 9:00 am.

Max of one session per student at a time.

Session

Registration Date

Jan 6-Jan 30	December 23
Feb 3-Feb 27	January 20
Mar 3-Mar 27	February 17
Mar 31-April 17	March 17

Lifeguard Training

15 & up

Whether you are looking for a great part time job or career as a professional lifeguard, the Lompoc Aquatic Center Lifeguard program is the place to begin! Through classroom activities, online e-learning, and hands-on practice, you will gain the knowledge and learn the skills needed to work as a lifeguard. Our comprehensive and intensive lifeguard training course includes accident prevention, lifeguarding techniques, emergency systems, water rescue skills, Basic Life Support (CPR/AED), and first aid.

Upon successful completion of the course, participants receive certification in Lifeguard Training, CPR for the Professional Rescuer, and First Aid. To participate in this course, you must be 15 years of age and older and successfully pass an in-water skills test conducted at the beginning of the course.

Since the class is presented in a blended learning format, a valid email address is required at registration. Participants will receive an email with information on how to access the online component upon registration.

For Lompoc Valley Residents: 50% of the lifeguard course fee will be refunded for participants who apply to become a lifeguard at the Lompoc Aquatic Center and are hired within 30 days of successfully completing the course. **\$275 LAQC**

Activity # <u>12691</u>	Activity # <u>12694</u>	Activity # <u>12695</u>
Fri. Feb. 28 5-8pm Sat. Mar 1 8:30am-6:30 Sun. Mar 2 8:30am-6:30 Sat. Mar 8 8:30am-6:30	Fri. Apr. 4 5-8pm Sat. Apr. 5 8:30am-6:30 Sun. Apr. 6 8:30am-6:30 Sat. Apr. 12 8:30am-6:30	Fri. May 2 5-8pm Sat. May 3 8:30am-6:30 Sun. May 4 8:30am-6:30 Sat. May 10 8:30am-6:30

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Important Swim Lesson Information:

The Lompoc Aquatic Center Learn-to-Swim Lesson program fee is \$75 per session, with a 50% discount child sibling offered during when registering in the same session. There will be no make-ups for classes missed in group swim lessons.

All swim lesson registrations can be made online, over the phone, or in-person at the Anderson Recreation Center, M - F from 9am - 5pm. Pre-registration is required for all classes. Most classes require a minimum number of participants, if our classes do not reach the minimum number, they may be canceled. For questions, contact the Lompoc Parks & Recreation Division at (805) 875-8100.

Learn-to-Swim Lessons **3 - 12 years**

The Lompoc Aquatic Center Learn-to-Swim Lesson program generally consists of 8 class sessions held either on Monday and Wednesday or Tuesday and Thursday (except for special 2 week sessions). Fee is \$75 per session, with a 50% sibling discount offered during when registering in the same session.

There are four class sessions this fall:

- Session 1: January 6-January 30
- Session 2: February 3-February 27
- Session 3: March 3-March 27
- Session 4: March 31-April 17

Swim lessons are generally held at the following times each session:

- 3:15PM - 3:50PM
- 3:55PM - 4:30PM
- 4:35PM - 5:10PM
- 5:15PM - 5:50PM
- 5:55PM - 6:30PM



To view all available classes and to register online, [click here](#)

Learn-to-Swim Levels:

Swim 1: Starfish

Gradual water adaptation, movement in the water. Breathe holding and release, submersion of the face, opening eyes underwater, blowing bubbles, bobbing with bubbles and air exchange.

Advancement Skills: 10 relaxed Bobs.

Swim 2: Minnows

Front float and recovery, front glide and recovery, back float and recovery, back glide and recovery.

Advancement Skills: Front glide and recovery 5 sec, back glide and recovery 5 sec.

Swim 3: Puffer Fish

Porpoising, front kick, glide, and recovery, back kick, glide and recovery.

Advancement Skills: front kick 15 feet, back kick 15 feet.

Swim 4: Sea Turtles

Rollover-front to back, back to front, finning and sculling, side-glide-kick, crawl arm strokes, introduction to breathing.

Advancement Skills: Slide-glide-kick for 20 feet, crawl stroke for 20 feet (no breathing).

Swim 5: Seals

Crawl stroke with breathing, back crawl stroke.

Advancement Skills: Crawl stroke with breathing (30 feet, minimum of 4 breaths).

Swim 6: Sting Rays

Extending freestyle swimming, tread water, jump in and tread water. Sitting dive, kneeling dive, standing dive.

Advancement Skills: Freestyle 25 yards, backstroke 30 feet, tread water for 1 minute.

Swim 7: Piranhas

Breaststroke kick, breaststroke swim, butterfly arms, butterfly swim.

Advancement Skills: Freestyle 50 yards, backstroke 25 yards, breaststroke 20 yards.

Swim 8: Barracudas

Freestyle with bilateral (side-to-side) breathing, turns.

Advancement Skills: Freestyle 100 yards (25 yards using bilateral breathing), breaststroke 25 yards, butterfly 30 feet.

Swim 9: Killer Whales

Sidestroke kick, sidestroke swim, elementary backstroke.

Advancement Skills: Freestyle 200 yards, bilateral (side-to-side) breathing 50 yards, butterfly 25 yards, breaststroke 50 yards, elementary backstroke 50 yards, sidestroke 50 yards.

Swim 10: Sharks

Extended swimming and technique refinement in all major strokes and turns.

Advancement Skills: Freestyle 300 yards, backstroke 100 yards, individual medley 100 yards.