

Aquatics

LOMPOC AQUATIC CENTER

207 West College Ave. ~ 805-875-AQUA

Registration for aquatics programs are taken at the Parks & Recreation Administrative Office at 125 West Walnut Avenue in person or by phone at 805-875-8100 during normal business hours. Most registrations can be done online (non-refundable processing fees apply).

Visit <https://apm.activecommunities.com/lompocrecreation> for a listing of classes and availability.



RECREATION
Swim Sat & Sun
1pm-3pm
Additional swim dates: Jan. 5 - 9, Jan. 19, & Feb. 16

Under 2 years	\$2.00
2 years - 17 years	\$5.50
18 years - 59 years	\$6.00
60 years +	\$5.00
Military with ID	\$4.50

Upcoming Closures

Dec. 22 - Jan. 4
Annual Winter
Maintenance Closure

Apr. 5
Easter Sunday

LOMPOC 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**



CITY OF LOMPOC RECREATION DIVISION
Creating Community Through People, Parks and Programs

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
WWW.CITYOFLOMPOC.COM/RECREATION

Aquatics

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. **Reservations are recommended** for lap swimming at the Aquatic Center. Reservations can be made online through the Lompoc Aquatic Center page on the City of Lompoc's website. Walk-ins are welcome, but may be taken based on lane availability at the time.

	COMPETITION POOL	ACTIVITY POOL LAP LANES
MONDAY	6:00AM-8:30AM 10AM-1PM 3PM-8PM*	6:00AM – 8:00AM 11:30AM - 1:00PM 6:30PM-8:00PM*
TUESDAY	9:30AM - 1:00PM 3:00PM - 8:00PM*	11:30AM - 1:00PM 6:30PM-8:00PM*
WEDNESDAY	6:00AM – 8:30AM 10:00AM - 1:00PM 3:00PM - 8:00PM*	6:00AM – 8:00AM 11:30AM - 1:00PM 6:30PM-8:00PM*
THURSDAY	9:30AM - 1:00PM 3:00PM - 8:00PM*	11:30AM-1:00PM 6:30PM-8:00PM*
FRIDAY	6:00AM – 8:30AM 10:00AM - 1:00PM	6:00AM – 8:00AM 11:30AM -1:00PM
SATURDAY	8:30AM – 1:00PM	9:30AM-11:00AM
SUNDAY	11:00AM – 1:00pm	Closed

*Limited availability in the evening subject to aquatic programming needs

Lap Swim and Warm Water Leisure Fees

Daily Fee: \$6.00/\$5.00 (60+)

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

Youth Lap Swim

Monday – Thursday: 6:00 PM – 8:00 PM
Daily Fee: \$5.50 Passes: \$45/month or \$110/3months

Youth Lap Swim: Youth ages 10-13 years can Lap Swim in the Activity or Competition Pool. At least one parent is required to be onsite near where their child is swimming. Youth must have at least a Level 5 swim ability and must be actively swimming while in the pool. No other activity will be permitted.

Space is limited and reservations are recommended for Youth Lap Swim at the Aquatic Center. Reservations can be made, for 30-minute increments by calling (805) 875-2782 or online through the Lompoc Aquatic Center [website](#).

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 addition to a traditional 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 (over the age of 18), and infants (up to 4 years old) with parents. There is NO recreational play in the pool during this time - passive activity only.

Therapy Pool Hours

MONDAY	8:30AM-9:30AM 5:00PM-7:00PM
TUESDAY	10:30AM-11:30AM 5:00PM-7:00PM
WEDNESDAY	8:30AM-9:30AM 5:00PM-7:00PM
THURSDAY	10:30AM-11:30AM 5:00PM-7:00PM
FRIDAY	11:30AM-1:00PM
SATURDAY	11:30AM-1:00PM
SUNDAY	Closed

Swim 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. When registering online, register your first child and then add the remaining children (up to 2) on the waitlist. 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 Dates & Times:

January 20 ~ 4:00-5:30pm

February 10 ~ 4:00-5:30pm

March 10 ~ 4:00-5:30pm

April 21 ~ 4:00-5:30pm

Aquatics

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.

Instructor: Karen Hill

<u>14195</u>	Jan 5 - Jan 30	M,W,F/7:30-8:30am	\$75	LAQC
<u>14196</u>	Feb 2 - Feb 27	M,W,F/7:30-8:30am	\$75	LAQC
<u>14197</u>	Mar 2 - Mar 27	M,W,F/7:30-8:30am	\$75	LAQC
<u>14188</u>	Mar 30 - Apr 24	M,W,F/7:30-8:30am	\$75	LAQC

Instructor: Katherine Chase

<u>14191</u>	Jan 5 - Jan 30	M,W,F/10:30-11:30am	\$75	LAQC
<u>14198</u>	Feb 2 - Feb 27	M,W,F/10:30-11:30am	\$75	LAQC
<u>14199</u>	Mar 2 - Mar 27	M,W,F/10:30-11:30am	\$75	LAQC
<u>14192</u>	Mar 30 - Apr 24	M,W,F/10:30-11:30am	\$75	LAQC

Instructor: Kathy Nelson

<u>14189</u>	Jan 5 - Jan 28	M&W/6:30-7:30pm	\$55	LAQC
<u>14193</u>	Feb 2 - Feb 25	M&W/6:30-7:30pm	\$55	LAQC
<u>14194</u>	Mar 2 - Mar 25	M&W/6:30-7:30pm	\$55	LAQC
<u>14190</u>	Mar 30 - Apr 22	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 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>14200</u>	Jan 6 - Jan 29	T&TH/5:45-6:45pm	\$55	LAQC
<u>14201</u>	Feb 3 - Feb 26	T&TH/5:45-6:45pm	\$55	LAQC
<u>14202</u>	Mar 3 - Mar 26	T&TH/5:45-6:45pm	\$55	LAQC
<u>14203</u>	Mar 31 - Apr 23	T&TH/5:45-6:45pm	\$55	LAQC

Masters Swim Team

18 & up

Coach: Elias Horton

Join structured workouts led by an experienced, US Masters certified, coach focused on helping you build endurance, refine technique, and reach your personal goals - all while training alongside a welcoming community of swimmers.

<u>14635</u>	Jan 5 - Jan 30	M/W/F 6-7am	\$56.25	LAQC
<u>14636</u>	Feb 2 - Feb 27	M/W/F 6-7am	\$56.25	LAQC
<u>14637</u>	Mar 2 - Mar 27	M/W/F 6-7am	\$56.25	LAQC
<u>14638</u>	Mar 30 - Apr 24	M/W/F 6-7am	\$56.25	LAQC

Aqua Aerobics

18 & up

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

Instructor: Debbie Nettleton

<u>14180</u>	Jan 5 - Jan 30	M,W,F/6:30-7:30am	\$75	LAQC
<u>14181</u>	Feb 2 - Feb 27	M,W,F/6:30-7:30am	\$75	LAQC
<u>14184</u>	Mar 2 - Mar 27	M,W,F/6:30-7:30am	\$75	LAQC
<u>14185</u>	Mar 30 - Apr 24	M,W,F/6:30-7:30am	\$75	LAQC

Instructor: Katherine Chase

<u>14182</u>	Jan 6 - Jan 29	T&Th/6:30-7:30pm	\$55	LAQC
<u>14183</u>	Feb 3 - Feb 26	T&Th/6:30-7:30pm	\$55	LAQC
<u>14186</u>	Mar 3 - Mar 26	T&Th/6:30-7:30pm	\$55	LAQC
<u>14187</u>	Mar 31 - Apr 23	T&Th/6:30-7:30pm	\$55	LAQC

Warm Water Exercise

18 & up

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.

Instructor: Karen Hill

<u>14250</u>	Jan 5 - Jan 30	M,W,F/9:30-10:30am	\$75	LAQC
<u>14254</u>	Feb 2 - Feb 27	M,W,F/9:30-10:30am	\$75	LAQC
<u>14255</u>	Mar 2 - Mar 27	M,W,F/9:30-10:30am	\$75	LAQC
<u>14251</u>	Mar 30 - Apr 24	M,W,F/9:30-10:30am	\$75	LAQC

Instructor: Debbie Nettleton

<u>14248</u>	Jan 6 - Jan 29	T&TH/9:30-10:30am	\$55	LAQC
<u>14249</u>	Feb 3 - Feb 26	T&TH/9:30-10:30am	\$55	LAQC
<u>14252</u>	Mar 3 - Mar 26	T&TH/9:30-10:30am	\$55	LAQC
<u>14253</u>	Mar 31 - Apr 23	T&TH/9:30-10:30am	\$55	LAQC

Adult Learn to Swim

18 & up

Whether you are new to swimming or want to improve your swimming skills, our experienced instructors will guide you step by step. These 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. (**3 week session)

Classes meet four consecutive Saturdays unless otherwise noted.

<u>14172</u>	Jan 10 - Jan 24**	Sat/8:30-9:20am	\$41.25	LAQC
<u>14173</u>	Jan 31 - Feb 21	Sat/8:30-9:20am	\$55	LAQC
<u>14174</u>	Feb 28 - Mar 21	Sat/8:30-9:20am	\$55	LAQC
<u>14175</u>	Apr 11 - Apr 25**	Sat/8:30-9:20am	\$41.25	LAQC

Classes meet two days a week for four weeks unless otherwise noted.

<u>14177</u>	Jan 13 - Jan 29**	T&Th/5:55-6:30pm	\$56.25	LAQC
<u>14523</u>	Feb 3 - Feb 26	T&Th/5:55-6:30pm	\$75	LAQC
<u>14565</u>	Mar 3 - Mar 26	T&Th/5:55-6:30pm	\$75	LAQC
<u>14608</u>	Apr 14 - Apr 30**	T&Th/5:55-6:30pm	\$56.25	LAQC

Aquatics

Parent & Child Programs

6 mos - 4 yrs

Our parent and child aquatic programs 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. (**3 week session)

Pre-School Level 1 - Children 6 months to 36 months

14204 Jan 10 - Jan 24	Sat/9:30-10:00am	\$41.25**
14205 Jan 31 - Feb 21	Sat/9:30-10:00am	\$55
14206 Feb 28 - Mar 21	Sat/9:30-10:00am	\$55
14207 Apr 11 - Apr 25	Sat/9:30-10:00am	\$41.25**

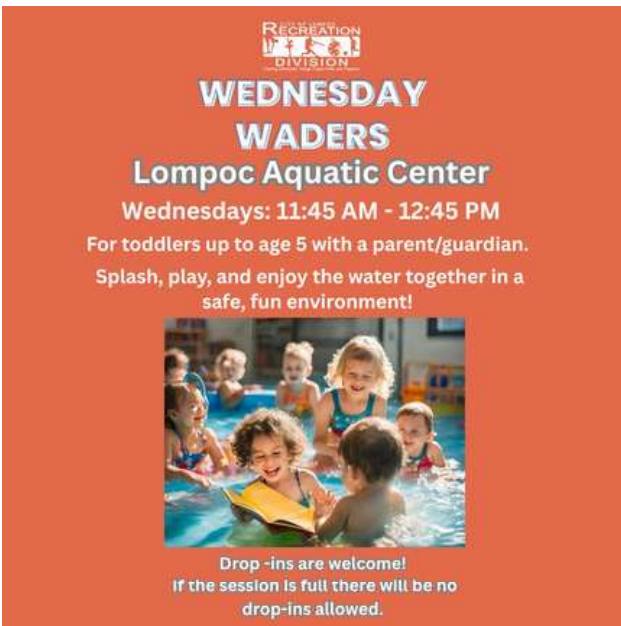
Pre-School Level 2 - Children 3 to 4 years

14208 Jan 3 - Jan 24	Sat/10:00-10:30am	\$41.25**
14209 Jan 31 - Feb 21	Sat/10:00-10:30am	\$55
14210 Feb 28 - Mar 21	Sat/10:00-10:30am	\$55
14211 Apr 11 - Apr 25	Sat/10:00-10:30am	\$41.25**

Wednesday Waders- Children 3 months to 4 years

Join us for water exploration safety themed Parent/Child play session. All children who register for and participate in Wednesday Waders stay and play guaranteed. Spots are limited so register early! *** (No session April 8)

14256 Jan 7 - Jan 28	Wed/11:45-12:45pm	\$30
14257 Feb 4 - Feb 25	Wed/11:45-12:45pm	\$30
14258 Mar 4 - Mar 25	Wed/11:45-12:45pm	\$30
14259 Apr 1 - Apr 29***	Wed/11:45-12:45pm	\$30



Private Swim Lessons

6 & up

Private (1:1 ratio) swim lessons are offered at various dates and times. Lessons are \$125 for four, 25-minute lessons. Minimum age to enroll in private lessons is 6 years of age. 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 is **online only** and begins on the following dates for the Winter sessions:

Session	Registration Date
January 6 - January 30**	December 22
February 2 - February 27	January 19
March 2 - March 27	February 16
April 13 - May 1**	March 16

(** Three week session)

Please contact the Lompoc Recreation Division at 805-875-8100 for more information.

Semi-Private Swim Lessons

4 & up

Semi-private swim lessons offer students the opportunity to interact with another student of a similar ability while still receiving personal attention. Lessons are \$100 for four 25-minute lessons. Minimum age to enroll in semi-private lessons is 4 years of age. Class Make-up Policy: Only one make-up class is allowed per session. Make-up classes will be the last Monday of the session and must be personally arranged with the instructor. If you are unsure of your swimming ability, please enroll in a swim evaluation.

Semi-Private swim lesson registration is **online only** and begins on the following dates for the Winter sessions:

Session	Registration Date
January 7 - January 21**	December 22
February 2 - February 26	January 19
March 2 - March 26	February 16
April 13 - May 1**	March 16

(** Three week session)

Please contact the Lompoc Recreation Division at 805-875-8100 for more information.

reminder:

Registration for aquatics programs are taken at the Parks & Recreation Administrative Office at 125 West Walnut Avenue in person or by phone at 805-875-8100 during normal business hours. Most registrations can be done online (non-refundable processing fees apply). Visit www.cityoflomdoc.com/recreation for a listing of classes and availability.

Aquatics

Lifeguard Training

15 & up

Whether you are looking for a great part time job or careers as 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.**

<u>14168</u>	Mar 13	F/5:00pm-8:00pm	\$275
	Mar 14	Sat/9:00am-6:00pm	
	Mar 15	Sun/9:00am-6:00pm	
	Mar 21	Sat/9:00am-6:00pm	
<u>14169</u>	Apr 17	F/5:00pm-8:00pm	\$275
	Apr 18	Sat/9:00am-6:00pm	
	Apr 19	Sun/9:00am-6:00pm	
	Apr 25	Sat/9:00am-6:00pm	
<u>14170</u>	May 15	F/5:00pm-8:00pm	\$275
	May 16	Sat/9:00am-6:00pm	
	May 17	Sun/9:00am-6:00pm	
	May 23	Sat/9:00am-6:00pm	



Lifeguard Instructor Training

17 & up

Our comprehensive and intensive Lifeguard Instructor Training provides participants with the knowledge and skills to teach accident prevention, lifeguarding techniques, emergency systems, water rescue skills, Basic Life Support (CPR/AED), and first aid. Through classroom activities, online e-learning and hands-on practice, you will learn to teach the knowledge and skills needed to work as a lifeguard.

To participate in this course, you must be 17 years of age and possess a current basic-level certification in American Red Cross Lifeguarding (including Deep Water) with CPR/AED for Professional Rescuers and First Aid (please visit our website for a complete list of pre-requisites).

Upon successful completion of this course, participants receive American Red Cross Lifeguard instructor r.24 certification and are eligible to provide instruction in important lifesaving skills using the Red Cross curriculum and materials for a RED Cross Licensed Training Provider.

A valid email address for the instructor candidate is required at registration. Candidates will receive an email with information on how to access the online component upon registration.

<u>14414</u>	Jan 24 Jan 25	Sat/8:00am-7:30pm Sun/8:00am-7:30pm	\$450
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Swim Instructor Training

16 & up

This instructor training program is designed to train instructor candidates to teach courses in the Lompoc Aquatic Center Swim Lessons Program. Participants will be presented with and overview of the Lompoc Aquatic Center swim lessons program, skills practices of stroke techniques, and given practice-teaching assignments that will give them experience in teaching program materials, presentation, demonstration, organization, class management, and evaluating participant progression. Participants will also shadow an instructor during actual swim classes.

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**

<u>14705</u>	Feb 27 Feb 28 Mar 2	F/5:00pm-8:00pm Sat/9:00am-6:00pm Mon/4:00pm-6:30pm	\$35
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Aquatics

Learn-To-Swim Lessons Ages 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. There are no make-ups for classes missed in group swim lessons. Please note, not all swim levels are available during each time frame.

\$75/Session

50% discount offered for each additional child when registering during the same session. Must register in person or by phone at 805-875-8100 for discount.

Swim lessons are held at the following times each session:

3:10PM - 3:45PM

3:50PM - 4:25PM

4:35PM - 5:10PM

5:15PM - 5:50PM

5:55PM - 6:30PM



Session 1: January 12 - January 30**

Session 2: February 2 - February 27

Session 3: March 2 - March 27

Session 4: April 13 - May 1**

**3-week session

Visit <https://apm.activecommunities.com/lompocrecreation> for a listing of classes and availability.

Learn-to-Swim Stages

Tiny Tots: Preschool (Children 3-4 years)

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

Stage 1: Jellyfish

Water entry and movement, breath holding and release, submersion of the face, opening eyes underwater and blowing bubbles. Jump into chest-deep water. Front and back float and recover. Front and back glide, kick and recover. Advancement Skills: bobbing with air exchange 10 times in succession, floating on front and back for 5 seconds without support, front and back glide without support for 5 seconds.

Stage 2: Seahorse

Front and back glide and kick. Beginning front and back crawl strokes. Introduction to side breathing. Side glide kick. Elementary Backstroke. Advancement Skills: Streamline body position in the water, coordination of crawl strokes arm and leg movement, and demonstrate coordinated movement of arms and legs in the front crawl and back crawl strokes. Demonstrate a safe entry into water that is over the swimmer's head, recovery of choice and move to the wall without assistance.

Stage 3: Sea Turtle

Front and back crawl skill refinement. Side and bilateral breathing. Introduction to deep water: back float, underwater bobs, front glide and recover, pencil dive and recover to wall. Advancement Skills: Front Crawl 25 yards, Back Crawl 25 yards, Elementary Back stroke 25 yards, Side Stroke 25 yards and demonstrate understanding of the "why" for side and bilateral breathing.

Stage 4: Otter

Porpoising and dolphin kick. Deep water distance swimming and open turns in front crawl, back crawl, sidestroke and elementary backstroke. Skill refinement of streamlining hand entry, kick rhythm, and bilateral breathing. Open turns. Diving progression including surface dives. Introduction to breaststroke. Advancement Skills: Refined skills for all strokes. Demonstrate the ability to swim Front Crawl 50 yards, Back Crawl 50 yards Elementary Backstroke 50 yards and Side Stroke 50 yards. Continuous swimming with a stroke of choice (200 yards).

Stage 5: Dolphin

Breaststroke skill refinement. Introduction to Butterfly stroke. Introduction to flip-turns. Open turns for butterfly and breaststroke. Starts at the wall- underwater front and back glides off the wall and from the side with long shallow dive. Extending freestyle swimming, tread water, jump in and tread water. Sitting dive, kneeling dive, standing dive. Advancement Skills: Demonstration of open turns and pacing in a long-distance continuous swim of 300 yards. In addition to the 300-yard swim, students will also be required to swim 100 yards of each swim stroke - front crawl, back crawl, sidestroke, elementary back stroke using the appropriate open turn Swim 25 yards breaststroke.

Pre-Teen 1: Sting Rays

This class covers skills in Swim 1- Swim 3 (see above)

Pre-Teen 2: Piranhas

This class covers skills in Swim 4 - Swim 5 (see above)