

Highlands Recreation Center

Youth Swim Lessons

Guppies (L1) (Minimum age 3) -Skills include - Bobbing, floating, retrieving objects, water entry and exit, pool safety and moving through the water.

Seahorses (L2) - Prerequisite skills - Completely submerge underwater unassisted, able to preform assisted skills with face in water. Skills include - Unassisted floats, glides, big arms, elementary backstroke and rollovers.

Marlins (L3) - Prerequisite skills - Front and back floats, big arms with rollovers, elementary backstroke 5 yds, backstroke 5 yds. Skills include – Side breathing, treading, coordinated freestyle and backstroke, intro to breaststroke kick, and diving progression.

Sting Rays (L4) - Prerequisite skills - Side breathing 10 yds, backstroke 15 yds and treading water for 30 seconds. Skills include - Side butterfly, open turns, and racing dives.

Sharks (L5) - Prerequisite skills - Freestyle and backstroke 25 yds, breaststroke 10 yds, treading water for 1 minute, dolphins kicks. Skills include - All strokes, racing dives, and turns.

Winter Session			Guppies (L1)	Seahorses (L2)	Marlins (L3)	Sting Rays (L4)	Sharks (L5)	Private + Semi	Adult
1/9-1/30	\$75/88	M/W							
2/4-2/27	\$87/103		★						
3/4-3/27	\$87/103	3:30-4:00pm		●	●				
		4:00-4:30pm		●	●				
		4:30-5:00pm	●			●		●	
		5:00-5:30pm			●		●	●	
No Class: 1/21, 2/18, 3/13		5:30-6:00pm				●			
1/8-1/31	\$99/117	T/TH							
2/5-2/28	\$99/117								
3/5-3/28	\$87/103	4:30-5:00pm		●			●		
		5:00-5:30pm		●	●			●	
No Class: 3/14		5:30-6:00pm	●			●		●	
1/11-2/1	\$62/73	Friday							
2/8-3/1	\$62/73								
3/8-3/29	\$37/44	3:30-4:00pm	★						
		4:00-4:30pm		●	●				
		4:30-5:00pm			●	●		●	
		5:00-5:30pm				●	●	●	
No Class: 3/15		5:30-6:00pm	●				●		●
1/12-2/23	\$75/88	Saturday							
3/2-3/30	\$62/73								
		10:30-11:00am		●			●		
		11:00-11:30am	●		●			●	
		11:30-12:00pm		●		●		●	
		12:00-12:30pm				●	●	●	
No Class: 1/19, 2/16		12:30-1:00pm	●		●				
1/13-2/24	\$75/88	Sunday							
3/3-3/31	\$62/73								
		10:30-11:00am		●	●				●
		11:00-11:30am	●			●		●	
		11:30-12:00pm	●	●				●	
		12:00-12:30pm			●		●	●	
No Class: 1/20, 2/17		12:30-1:00pm			●	●			

To register, call the Highlands Recreation District office at (650) 341-4251 or online at: registration.highlandsrec.ca.gov

Winter Pool Hours

Lap Swim	1/2/19-3/31/19
M W:	6:15-9:00am & 11:00am-1:00pm & 5:00-8:15pm
T Th:	5:00-8:15pm
F:	6:15-9:00am & 11:00am-1:00pm & 5:00-6:15pm
Sat-Sun:	10:30am-1:00pm & 5:00-6:15pm
Rec Swim	
M-F:	3:30-5:00pm
Sat-Sun:	1:00-5:00pm

Try It Day Saturday, 3/23

For one day only Highlands Pool will be offering a variety FREE group swim lessons levels from beginner to advanced. Swimmers will be grouped by ability. Spaces are limited, so please call to register in advance. One free lesson per swimmer.

Sting Rays (L4)	11-11:30am
Sharks (L5)	11-11:30am
Guppy/ Seahorse (L1+2)	11:30-12pm
Marlins (L3)	12-12:30pm

Private Swim Lessons

Private swim lessons are now offered during fixed times on weekday afternoon and weekend mornings. Pick the time and we will provide the instructor. It's that easy!!

Check out the Private lessons schedule in the Swim Lesson Chart on other side. *To avoid being charged for a missed lesson, please provide 24hr notice of an absence.*

# of Class Meetings	Private	Semi-Private
3	\$99/114	\$81/96
4	\$132/152	\$108/128
5	\$165/190	\$135/160
6	\$198/228	\$162/192
7	\$231/266	\$189/224
8	\$264/304	\$216/256

Underwater Easter Egg Hunt

Join us for an Underwater Easter Egg Hunt after the Eggstravaganza! All egg hunts will be done by age group.

Saturday, April 20th
Estimated Start Time 11:00am

Pool Memberships

Our pool and fitness memberships can be paid monthly or annually. If paying monthly, it is required that you sign up for Automatic Payments by ACH or Credit Card. To become a member, there is an initial registration fee. As long as your membership remains current, you will never pay the registration fee again.

Monthly Fee:

	Highlands Res	CSA 1 Res	Non-Res
Senior(62+)	\$15	\$20	\$25
Adult	\$20	\$25	\$30
Add'l. Adults	\$8	\$11	\$15
Per Child	\$3	\$3	\$5
Registration	\$200	\$250	\$300

Notes:

1. All pool memberships include a fitness membership.
2. Each pool member receives a 10% discount on their aquatic class fees, except private & semi-private lessons.
3. Child price for age 3-17. Children under 3 are free.
4. Pay for the year in full at time of registration and receive \$40 off the annual fee for a family membership (3 or more people) or \$20 off the annual fee for an individual or 2 person membership.
5. All rules and policies are available in the membership packet.

Entrance Fees for Non-Members

Residents: \$5 per person with proof of residency (swimming or non-swimming)

Non-Highlands Residents: \$10 per person (swimming or non-swimming)

Guests of Member: \$3 per person (member must be present during entire visit, 6 guests max per family membership)

For Your Health

It is the Highlands Rec Pool Policy that all children the age of 3 and under (recommended for children age 4) must wear a swim liner while in the pool (ie: "Huggies Little Swimmers" and other products made for swimming are acceptable).