

## Adult Lap Swim & Aqua Aerobic Program Passes

Drop in Rate \$3.50 10 Visit Punch Card \$25.00 5 x 10 Visit Punch Card \$100



Participants are encouraged to train individually through lap swimming, self guided aerobics, water walking, or water therapy. A trained instructor/lifeguard is available to help with stroke evaluation, workout tips, or for motivation. This program is perfect for easing into a workout routine, or continuing an existing one. All Lap Swim times are held at the Community Swim Center.

 Lunch time
 M,T,W,Th,F
 11:30a.m.-1:00p.m.

 Evenings
 M,T,W,Th
 7:00-8:00 p.m.

 Summer Evening Hours June 16 to August 15
 M,T,W,Th
 7:30-8:30 p.m.

## **AOUA AEROBICS**

Come and enjoy invigorating workouts and see how fun and effective a water workout can be. Water provides buoyancy and reduces impact to joints and muscles. No swimming experience is necessary to enjoy the benefits of a water workout. Non-swimmers are welcome to join any program; however participants should feel comfortable in deep water. All Aqua Aerobic times are held at the Community Swim Center.

Shallow Water	MWF	8:00-9:00 a.m.
Shallow Water	MW	7:00-8:00 p.m.

Summer Hours June 16 to August 16 MW 7:30-8:30 p.m. (summer hours)

Deep Water TTh 7:00-8:00 p.m.

Summer Hours June 16 to August 15 7:30-8:30 p.m. (summer hours)

## PUBLIC SWIM

## Free Monday through Friday from 1-4pm

Cool off with family and friends during public swim this summer and enjoy our pool facilities equipped with diving boards, vending machines, picnic areas, and locker rooms. Pool facilities are staffed with certified lifeguards during all public swim times and lap lanes are available most days and times for those who wish to swim laps too. Children under the age of 7 are not permitted without an adult patron.

Monday-Friday June 16-August 14 1:00-4:00 p.m. Friday Evenings June 20 & 27, July 11 7:00-9:00 p.m.

Friday Evenings Admission of \$1.00 per swimmer

## LIFEGUARD TRAINING

Get a jump on summer employment with getting the certification needed to be a certified lifeguard. Participants should be able to swim 300 yards continuously and retrieve a ten pound brick from 7 feet deep water. Participants should be prepared to be in the water, and bring warm clothes. Contact Recreation Supervisor, Brad Petersen at 661-2000 for additional information, or about summer aquatic employment. All class dates must be attended for certification.

<b>SESSION</b>	DAY	<u>TIME</u>	LOC	<b>DATES</b>	<b>FEES</b>	<b>NON-RES</b>	CODE
Session 1	M-F	9:00 a.m5:00 p.m.	Swim Ctr	4/21-4/25	\$130	\$156	3487
Session 2	Sa	9:00 a.m5:00 p.m.	Swim Ctr	4/5-5/3	\$130	\$156	3488



# WOODLAND WRECKERS RECREATION SWIM TEAM

Woodland Wrecker Coaching Staff, Charles Brooks Community Swim Center, 155 N. West Street

The City's own Recreation Swim Team for kids begins practice in early May. Registration will be accepted through June. Kids 5-18 can join, under 5 may be considered if they can meet swimming standards. Swimmers learn the four competitive swimming strokes and to compete in swim meets throughout the summer. Swimmers must be about to swim one pool length (25yards) without assistance to participate on the team. Practice times and locations vary; please refer to the swimmer's handbook for information. Register by child's age as of June 15, 2013.

CODE	<b>BOYS</b>	<u>AGE</u>	CODE	<u>GIRL</u>	<u>AGE</u>
3778	Boy	6 & under	3779	Girl	6 & under
3780	Boy	7-8 years	3781	Girl	7-8 years
3782	Boy	9-10 years	3783	Girl	9-10 years
3784	Boy	11-12 years	3785	Girl	11-12 years
3786	Boy	13-14 years	3787	Girl	13-14 years
3788	Boy	15-18 years	3789	Girl	15-18 years

Fee: Registration prices depend on the date you register.
\$155.00 Early Registration February 1 through March 7, 2014
\$170.00 General Registration March 8 through April 30, 2014
Uniform fee included with registration fees.

## **JUNIOR LIFEGUARD PROGRAM**

Charles Brooks Community Swim Center, 155 N. West Street

Woodland's Junior Lifeguard program is for participants age 11-14 looking to get a head start on a future as a lifeguard. The program includes lifeguard training in rescue skills and drills; general pool operations; hands on training in first-aid and CPR. All Junior Lifeguard participants are given an opportunity to complete community service hours outside the program hours. Participants must be able to swim 50 yards without stopping. This program DOES NOT certify participants as lifeguards.

**SESSION** DAY TIME LOC **DATES FEE NON-RES** CODE Summer 2014 M-Th 8:00 a.m.-1:00 p.m. Swim Ctr 6/23-7/31 \$155 \$180 3777



Wouldn't you like to elevate your golf in 2014?
You might be able to afford membership
at our country club.



Join The Yolo Fliers Club and get a Private Golf Club experience including our regular Men's & Ladies Groups, a great Dining experience and summer pool for the whole family.

We have many great membership options. Join before April 1, 2014 and receive one month of free dues.

Contact Club manager Kurt Vogel today for an appointment to tour our facilities and find out about the great things happening at YFC!

Yolo Fliers Club
(530) 662-0281

www.yolofliers.org

kwagelievalofliers.org

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## **SWIM LESSON REGISTRATION**

All Aquatic registration is taken at the Community & Senior Center at 2001 East St. and is taken via walk-in, mail-in, or fax-in only. No registration is taken at the pool. Advanced registration is required and space is limited, so sign-up early. <u>Early registration discount between February 1, 2014 and April 30, 2014.</u> Registration for each session will be closed the Wednesday before the session starts.

<b>SESSION</b>	<b>DAYS</b>	<u>DATES</u>
Pre Season	M-Th	June 16-19 – Evening Only
Session 1	M-Th	June 23-July 3
Session 2	M-Th	July 7-July 17
Session 3	M-Th	July 21-31
Session 4	M-Th	August 4-14

## **General Registration**

Lessons	Resident	Non-Resident
Morning Group Lessons	\$50	\$60
Evening Group Lessons	\$55	\$66
Morning Private Lessons	\$120	\$144
Evening Private Lessons	\$125	\$150
Pre-Season Private Lessons	\$62	\$75
Pre-Season Group Lessons	\$31	\$33

<sup>\*</sup>Other fees may be assessed: Registrations received after May 31st is not eligible for the Early Registration Discount.

#### **SWIM LESSON INFORMATION**

Woodland Community Services offers certified swimming lessons. When registering for lessons, don't over-estimate your child's swimming abilities. It is easier to move your child into a higher level if necessary. Swimming lessons meet for eight-30 minute sessions, Monday through Thursday for two weeks throughout the summer.

## **Tadpole -** Ages 6 months to 3 years

The *Tadpole* class leads parents and children in basic swimming skills, emphasizing water orientation and safety. Additionally, parents are taught to feel more comfortable in the water with their infant. Infants must be able to hold their head up and a parent must accompany the child in the water for every class.

Goldfish – Level One Introduction to Water Skills
The Goldfish class is an orientation to
an aquatic environment. This class helps
swimmers further develop a foundation
in both swimming and safety skills. To move to Sea Horse,
swimmers must demonstrate the ability to float unassisted.

**Sea Horse** - Level Two Fundamental Aquatics Skills
The Seahorse class builds upon the foundation
set in Goldfish and introduces front and back
glides and a combined swimming action with
arms and legs. Swimmers must demonstrate
the ability to glide and move unassisted through the water to
move to Swordfish.

Swordfish - Level Three Stroke Development
The Swordfish class emphasizes stroke development of the front and back crawl. Additionally, swimmers are introduced to different kicks used in swimming. To move to Dolphin swimmers must be able to swim a minimum of 15 yards using both the front and back-crawl strokes.

## **Dolphin** – Level Four: Stroke Improvement

The *Dolphin* Class emphasizes rotary breathing and stroke improvement, an introduction to breaststroke, elementary backstroke and the butterfly. Swimmers must be able to swim 25 yards using both front and back-crawl strokes, elementary back stroke, and 1-minute of treading water to move to *Orca*.

## **Orca** – Level Five: Stroke Refinement

The *Orca* class emphasizes the refinement and development of the strokes continued during the *Dolphin* level. Swimmers are expected to begin to develop swimming endurance. To move to *Shark*, swimmers must swim a minimum of 50 yards with the front and back-crawl strokes; and 25 yards with the breaststroke, elementary backstroke, and butterfly.

## **Shark** – Level Six Fitness Swimmer

The *Shark* class is the final level for stroke refinement and perfection and further development of swimming endurance. Swimmers reaching this level can easily make a transition to a *swim team* or *lifeguard training*.

#### **Private Lessons -** Ages 3 and up

For a personal touch, take a two-week private lesson. This is a one-on-one class for any level of swimmer. The aquatic staff will help improve the "basics" and refine swimming techniques throughout session of lessons.

Adult Lessons - Contact Brad Petersen at 661-2000.

<sup>\*</sup>A \$10 administrative fee will be assessed to process a change or refund request.

<sup>\*</sup>A \$5 late charge will be assessed for any registration taken on or after the class start date.

Pre Season June 16 - June 19, 2014

	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
4:50 p.m.		3811	3926					3886
		3812	3927					
5:30 p.m.	4023	3813	3928	3995		3870		3887
		3814	3929					
6:05 p.m.	4024	3815	3930	3996	3793	3871		3888
			3931					
6:40 p.m		3816	3932	3997	3794		3986	3889
		3817	3933					

SESSION 1 June 23 - July 3, 2014

	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
9:30 a.m		4056	4071					
		4063	4136					
10:05 a.m		4097	4089	4106				3890
		4098	4090					
10:40 a.m		3818	3934	3998	3795			3891
		3819	3935	4016				
11:15 a.m.	4025	3820	3936	3999	3796			3892
		3821	3963					
11:50 a.m		3822	3937	4000		3872	3987	3893
		3823	3964	4018				
4:50 p.m		3824	3938	4113				3894
		3825	3939	4114				
5:30 p.m.	4026	3826	3940	4120		3873		3895
		3827	3941					
6:05 p.m.	4027	3828	3942	4001	3797	3874		3896
		3865	3943					
6:40 p.m.		3829	3944	4002	3798		3988	3897
		3830	4085	4003				
7:15 p.m.		4055	4078					3898
		4132	4079					



A Quality Daycare Facility for Children Ages 6 weeks to 12 years

1401 E. Gum Avenue Woodland

666-1018 Director: Jane Yeung

SESSION 2 July 7 - July 17, 2014

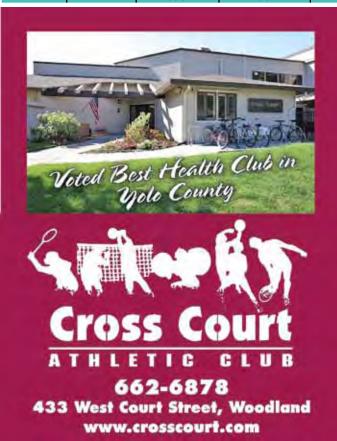
	TADPOLE	GOLDFISH	SEAHORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
9:30 a.m.		4050	4072					
		4061	4073					
10:05 a.m.		4099	4091	4107				3914
		4100	4092	4108				
10:40 a.m.		3831	3965	4122	3799			3915
		4065	3966	4121				
11:15 a.m.	4034	3832	3967	4017	3800			3916
		4133	3969					
11:50 a.m.		3833	3968	4021		3875	3991	3917
		3834	3970	4126				
4:50 p.m.		3835	3945	4115				3899
		3836	3946	4116				
5:30 p.m.	4028	3837	3947	4004		3876		3900
		3838	3948					
6:05 p.m.	4029	3839	3949	4005	3801	3877		3901
		4067	3950					
6:40 p.m.		3840	3951	4006	3802		3989	3902
		3841	4086	4007				
7:15 p.m.		4051	4080					3903
		4052	4081					

Session 3 July 21 - July 31, 2014

	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE LESSON
9:30 a.m.		4064	4074					
		4134	4075					
10:05 a.m.		4101	4093	4109				3918
		4102	4094	4110				
10:40 a.m.		3843	3980	4020	3803			3919
		4068	3981	4123				
11:15 a.m.	4035	3844	3982	4019	3804	3878		3920
		3845	3985					
11:50 a.m.		3846	3983	4127		3879	3992	3921
		3847	3984	4128				
4:50 p.m.		3848	3952	4117				3904
		3849	3953	4118				
5:30 p.m.	4030	3850	3954	4008	3805	3880		3905
		3851	3955					
6:05 p.m.	4031	4069	3956	4009	3806		3990	3906
		4135	3957					
6:40 p.m.		3853	3958	4010		3881		3907
		3854	4087	4011				
7:15 p.m.		4053	4082					3908
		4054	4137					

Session 4 August 4 - August 14, 2014

	TADPOLE	GOLDFISH	SEA HORSE	SWORDFISH	DOLPHIN	ORCA	SHARK	PRIVATE
								LESSON
9:30 a.m.		4059	4076					
		4060	4077					
10:05 a.m.		4103	4095	4111				3922
		4104	4096	4112				
10:40 a.m.		3855	3974	4124	3807			3923
		3856	3975	4125				
11:15 a.m.	4036	3857	3976	4130	3808	3884		3924
		4066	3978					
11:50 a.m.		3858	3977	4022		3885	3993	3925
		4206	3979	4129				
4:50 p.m.		3859	3959	4012				3909
		3860	3971	4119				
5:30 p.m.	4032	3861	3960	4013		3882		3910
		3862	3972					
6:05 p.m.	4033	3842	3961	4014	3809		3994	3911
		3852	3973					
6:40 p.m.		3863	3962	4015	3810	3883		3912
		3864	4088	4131				
7:15 p.m.		4057	4083					3913
		4058	4084					





# Rounds starting at \$23\*

\*Rates vary by DOW & Golfer Type. Rate subject to change at any time without notice.

Golf Club	The Nest Restaurant
Lessons for Adults & Juniors	Open for lunch Thu-Sun 10am-2pm
Annual Play Passes	Lunch
Family Packages	BBQ's
Loyalty Program	Catering
Tournaments & Outings	Meetings
Private Events	Banquets
Men's Club	Parties
Ladies Club	Fundraisers
Golf Equipment-Rental Clubs	Custom Menu's
Accessories & Apparel	Wine Tasting

Wild Wings Golf Club 18540 Wild Wings Drive Woodland, CA 95695 (530)661-4720 www.wildwingsgolf.com

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