

## Winter and Spring Lap Swim

- Open year-round
- Pool heated to a comfortable 80 degrees
- 50 meter / 25 yard lap pools
- Heated locker rooms and showers
- Certified Professional Lifeguards

### Winter and Spring Lap Swim Fees

Daily	\$5.25 R/\$6.25 NR
Senior (65+)	\$4.50 R/\$5.50 NR
Monthly	\$70R/\$75 NR
15 Swims	\$66R/\$76 NR
30 Swims	\$123 R/\$133 NR
45 Swims	\$171 R/\$181 NR

### Winter Lap Swim Hours ■ Effective Dec 1-Feb 28

M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.
Sa-Su	10 a.m.-Noon

### Winter Lap Swim Holiday Hours ■ 10 a.m.-Noon

Martin Luther King	Jan 16
Presidents' Day	Feb 20

### Winter Lap Swim Pool Closures

Pool Maintenance	Dec 19-25
Holiday	Dec 25, Jan 1
Swim Meet	Dec 10-11

### Spring Lap Swim Hours ■ Mar 1-Jun 11

M, W, F	6 a.m.-1 p.m.
Tu, Th	7 a.m.-1 p.m.
M-Th	7-8:30 p.m. (Long course only)
Sa-Su	10 a.m.-Noon

### Spring Lap Swim Holiday Hours ■ 10 a.m.-Noon

Memorial Day	May 29
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### Spring Lap Swim Pool Closures

Swim Meet	Mar 10-12, Apr 29
Swim Meet	May 11 (Short course only)
Swim Meet	May 12-13 (Short course only)

## Spring Recreational Swim

### May 27-Jun 11 ■ Sa-Su ■ 1-4 p.m.

Admission	Daily	15 swim pass
Adult (18+)	\$5.25 R/\$6.25 NR	\$66 R/\$76 NR
Child (3-17)	\$4.50 R/\$5.25 NR	\$55 R/\$66 NR
Tot (2 & Under)	Free	
Family Pass up to 4 family members (\$20 for each additional member)		\$275 R/\$295 NR



## CERTIFICATION COURSES

### Lifeguard Clinic

This course teaches lifeguards the skills and knowledge needed to prevent and respond to aquatic emergencies. It provides an opportunity to complete all certifications in one course. AMERICAN RED CROSS CERTIFICATIONS RECEIVED UPON SUCCESSFUL COMPLETION ARE GOOD FOR 2 YEARS. PREREQUISITE: Must be 15 by the last day of the course. Must be able to tread water 2 minutes (legs only), swim 200 yards continuously (100 free, 100 breaststroke) and submerge to a depth of 9 feet and retrieve a 10lb brick.

### Age: 15+ ■ Concord Community Pool ■ Staff

Apr 3-6	M-Th	9 a.m.-4 p.m.	\$202 R/\$207 NR#102830
May 2-25	Tu, Th	6-9 p.m.	\$202 R/\$207 NR#102831
May 30-Jun 22	Tu, Th	6-9 p.m.	\$202 R/\$207 NR#102832



### Lifeguard Clinic Review

This class reviews lifeguard skills and knowledge needed to respond to aquatic emergencies. Certification received upon successful completion: Lifeguard certification good for 2 years. PREREQUISITE: must possess current lifeguard certificate.

### Age: 15+ ■ Concord Community Pool ■ Staff

Apr 22	Sa	9 a.m.-5 p.m.	\$151 R/\$155 NR#102873
May 6	Sa	9 a.m.-5 p.m.	\$151 R/\$156 NR#102874
Jun 17	Sa	9 a.m.-5 p.m.	\$151 R/\$156 NR#102875

## SATURDAY SWIM CLASSES

### Group Swim Lessons

Concord Community Pool ■ \$48 R/\$53 NR

Session*	Day	Time	Preschool Ages 3-5	Elementary Ages 6-Up
May 6-Jun 10	Sa	9:50-10:20 a.m.	#102963	#102925
May 6-Jun 10	Sa	10:25-10:55 a.m.	#102952	#102926
May 6-Jun 10	Sa	11:00-11:30 a.m.	#102964	#102927
May 6-Jun 10	Sa	11:35 a.m.-12:05 p.m.	#102965	#102928
May 6-Jun 10	Sa	12:10-12:40 p.m.	#102966	#102912

\*No classes will be held on Saturday, May 13

### Private Swim Lessons

Private lessons are designed for one-on-one instruction to help meet the specific needs of the participant.

Age: 3-adult ■ Concord Community Pool

May 20-Jun 10	Sa	9:50-10:20 a.m.	\$105 R/\$110 NR	#102973
May 20-Jun 10	Sa	10:25-10:55 a.m.	\$105 R/\$110 NR	#102974
May 20-Jun 10	Sa	11-11:30 a.m.	\$105 R/\$110 NR	#102975
May 20-Jun 10	Sa	11:35 a.m.-12:05 p.m.	\$105 R/\$110 NR	#102976
May 20-Jun 10	Sa	12:10-12:40 p.m.	\$105 R/\$110 NR	#102977

### Aquatot-Parent & Me

Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

Age: 10-36 months ■ Concord Community Pool

May 6-Jun 10*	Sa	12:10-12:40 p.m.	\$48 R/\$53 NR	#102906
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\*No classes will be held on Saturday, May 13

## WEEKDAY SWIM CLASSES

### Preschool Swim Lessons

Age: 3-5 ■ Concord Community Pool ■ \$35 R/\$40 NR

M, W	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
May 1-10	#102961	#102955	#102962	#102956
May 15-24	#102970	#102967	#102968	#102969

### Elementary Swim Lessons

Age: 6+ ■ Concord Community Pool ■ \$35 R/\$40 NR

Tu, Thu	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
May 2-11	#102961	#102955	#102962	#102956
May 16-25	#102970	#102967	#102968	#102969

### Private Swim Lessons

Age: 3-Adult ■ Concord Community Pool ■ \$105 R/ \$110 NR

M-TH	3:45-4:15 p.m.	4:20-4:50 p.m.	4:55-5:25 p.m.	5:30-6 p.m.
May 1-4	#102983	#102984	#102985	#102986
May 8-11	#102987	#102988	#102989	#102990
May 15-18	#102991	#102992	#102993	#102994
May 22-25	#102999	#102996	#102997	#102998
May 30-Jun 2	#103003	#103000	#103001	#103002
Jun 5-8	#103007	#103004	#103005	#103006



### Parent & Me Aquatots

Come and enjoy a new way to bond and cool-off with your child in our Parent and Me Aquatots course. This course will give you the opportunity to introduce your child to a lifetime of swimming enjoyment all while being done in a playful environment. Participants still in diapers must wear swim diapers.

Age: 10-36 months ■ Concord Community Pool

May 16-25	Tu, Th	12:10-12:40 p.m.	\$35 R/\$40 NR	#102903
May 2-11	Tu, Th	12:10-12:40 p.m.	\$35 R/\$40 NR	#102907

## HEALTH AND FITNESS

### Aqua Zumba

Aqua Zumba is a fun and friendly way to stay active and healthy. It improves cardio, tones the entire body and increases flexibility with a minimal risk of injury for exercisers of all ages, fitness levels and physical challenges. It allows the participant to be gentle with the joints while working cardio and toning at participant's own intensity because of the water's resistance.

Age: 18+ ■ Concord Community Pool ■ Amelia Said

Mar 13-Apr 17	M	12-12:50 p.m.	\$33 R/\$38 NR	#102732
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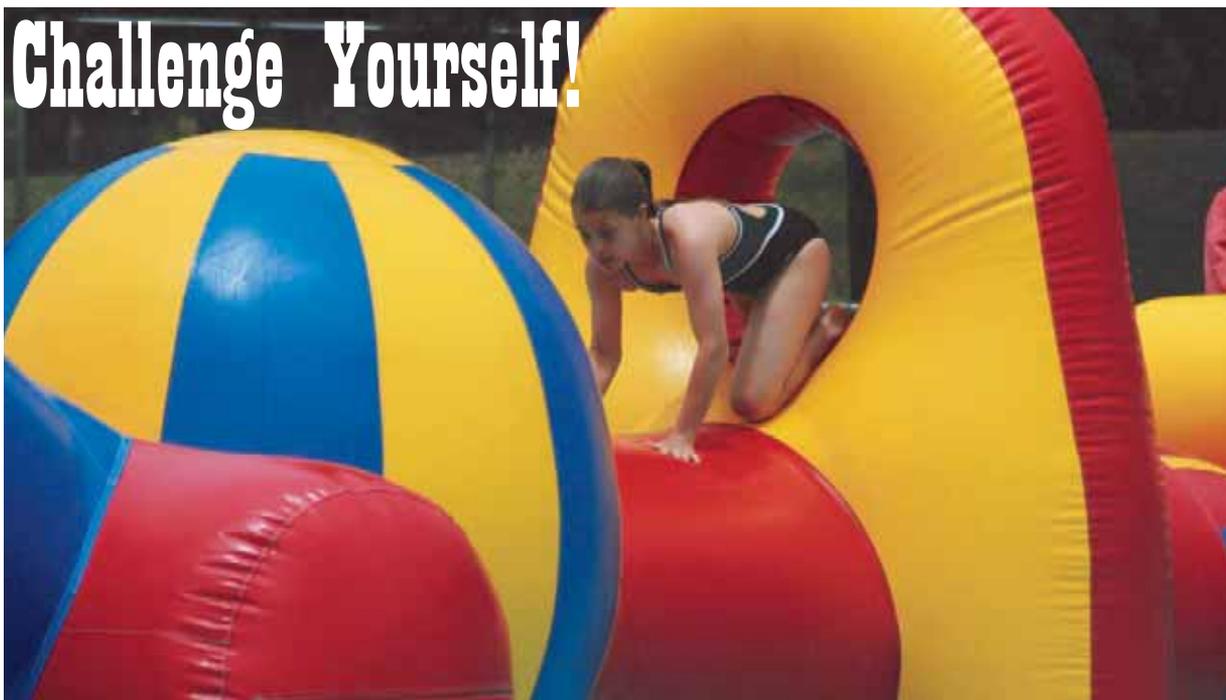
### Deep Water Workout

Deep water is an enjoyable and effective non-impact aquatic training medium for a full range of exercise challenges. We are suspended in 12 feet of water. A floatation device is strongly recommended.

Age: 18+ ■ Concord Community Pool ■ Andrea Legault

Jan 9-Feb 6	M	10-11 a.m.	\$38 R/\$43 NR	#102735
Jan 10-Feb 7	Tu	10-11 a.m.	\$38 R/\$43 NR	#102736
Jan 12-Feb 9	Th	10-11 a.m.	\$38 R/\$43 NR	#102737
Feb 13-Mar 13	M	10-11 a.m.	\$33 R/\$38 NR	#102738
Feb 14-Mar 14	Tu	10-11 a.m.	\$38 R/\$43 NR	#102739
Feb 16-Mar 16	Th	10-11 a.m.	\$38 R/\$43 NR	#102740
Mar 20-Apr 10	M	10-11 a.m.	\$33 R/\$38 NR	#102799
Mar 21-Apr 11	Tu	10-11 a.m.	\$33 R/\$38 NR	#102800
Mar 23-Apr 13	Th	10-11 a.m.	\$33 R/\$38 NR	#102801
Apr 24-May 22	M	10-11 a.m.	\$38 R/\$43 NR	#102802
Apr 25-May 23	Tu	10-11 a.m.	\$38 R/\$43 NR	#102803
Apr 27-May 25	Th	10-11 a.m.	\$38 R/\$43 NR	#102804

# Challenge Yourself!



**Inflatable obstacle courses available starting May 27  
during recreational swim hours and party rentals  
at Concord Community Pool**

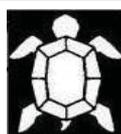
Book a party for your ❖ birthday ❖ graduation ❖ 'Just Because' party  
Call (925) 671-3480 for more information or visit us at [www.cityofconcord.org](http://www.cityofconcord.org)

## Birthday Party Splash & Bash



Plan your next birthday party at  
Concord Community Pool.  
The pool provides a fun and unique  
atmosphere for many types of occasions.

Contact the pool at 671-3480 for  
information or to make a reservation.  
[www.cityofconcord.org](http://www.cityofconcord.org)



## **TERRAPINS SWIM TEAM**

**RECOGNIZED AS ONE OF THE NATION'S  
BEST COMPETITIVE SWIM PROGRAMS**

**RIGHT HERE IN CONCORD**

2017 Winter & Spring

- ◆ High School Pre-Season Training Program  
(November 2016 through early February 2017)
- ◆ Orange & Blue Group's Winter Session 2017  
(January through March)
- ◆ Orange & Blue Group's Spring Session 2017  
(April through June)
- ◆ Winter/Spring Clinics (March through April)
- ◆ Private Competitive Swim Lessons available
- ◆ Year-Round competitive swim team membership open throughout the year.

Program information, details, and online registration can all be found on our website

**[WWW.TERRAPINSWIM.COM](http://WWW.TERRAPINSWIM.COM)**

Or call our office to speak with a staff member  
**(925) 680-8372**