

Robert Livermore Community Center Pools

4444 East Ave. 373-5751

Use the Loyola Way parking lot for direct access to pools.

Recreational Public Swim

Sat/Sun	Noon-6 pm	5/5-5/27	Both pools
Mon	Noon-6 pm	5/28	Memorial Day-Both pools

Daily Admission 20 Visit Pass

Under 48"	\$3	\$50
Over 48"	\$5	\$90
Spectator	\$4	\$70

*Children under 2 years of age FREE with an adult admission

Lap Swim, 12 yrs. +

For adults and students interested in working out on their own. Beginners to experts are welcome. Lanes may be assigned and circle swimming is required. Pool closed from 12/18-1/2.

Winter/Spring Lap Swim Schedule		
Schedule	Days: 1/3-6/1	Times
Mornings	MWF	6-8:30 am
Mid-Day	MTWThF	9 am-1:25 pm
Evenings	MWF	5-7 pm
Saturdays	Sat	8-11 am
Fees	Single Admission	Swim Passes
Adult	\$3	15 for \$40 / 50 for \$122
Youth/Seniors	\$2.5	15 for \$34 / 50 for \$100
Schedule Subject to Change		
No lap swim on the following days: 1/2, 1/16, 2/20, 5/28		

PASSES

For use only during recreational swim hours

Enjoy unlimited use of the Robert Livermore Community Center Pools during recreational swim times. Valid from 5/5-9/30, 2012.

*Family	\$300
Adult	\$125
Youth (5-17)	\$100
Child (2-4)	\$50
Senior (55-69)	\$100
Senior (70+)	\$50

*Buy a family pass for immediate family members living at your address. Family pass (for up to five family members). Additional family member, living at your address, are \$25 ea. A limited number will be sold on a first come, first served basis.



7th Annual Polar Bear Slide

Start the New Year off with an exhilarating ride down the water slide. Hot chocolate will be waiting for you at the bottom. Must be at least 48" tall to participate. FREE!

Sat 1/7 11 am-12:30 pm

Toddler Time, 6 mon.-5 yrs.

Aquatic Staff

RLCC Pool

A special "toddlers only" swim time for you and your child to enjoy the zero entry pool with other little ones, minus the bustle of older children. Swim diapers are required for children who are not yet potty trained. An adult can accompany up to two children, 6 months to 5 years, at a time. This is a non-structured swim program. **No class 5/28, 6/1-6/8, 6/11, 7/4, 9/3.**

MWF 10-11:30 am 5/7-9/28 \$2/person

LARPD LAZERS Water Polo

LARPD has a United States Water Polo team, governed by USWP, which encourages high standards of play and good sportsmanship. As a USWP Club team, all practices and competitions will be sanctioned, requiring all participants to be currently registered with USWP. Membership is \$50. Become a member at www.usawaterpolo.org.



No practice 12/19-1/2, 1/16, week of 4/2. Drop in fee \$9.

14 & Under Water Polo Team

6982	MWF	4-5:30 pm	11/28-2/10	\$275
6982	MWF	4-5:30 pm	2/27-5/18	\$250

15 & Up Boys Water Polo Team

6983	TTh	6-8 pm	11/29-2/2	\$250
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15 & Up Girls Water Polo Team

6984	TTh	4-6 pm	11/29-2/2	\$250
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Home School Swim, 6-18 yrs.

Aquatic Staff

RLCC Pool

Join your friends in this fast paced Physical Education experience where you will have the opportunity to improve your swimming skills and play water games.

6101 W 1:30-2:30 pm 4/11-5/30 \$77

Splashball, 6-10 yrs.

Aquatic Staff

RLCC Pool

Splashball is a "T-ball" version of water polo designed to introduce the sport of water polo to boys and girls 6-10 years of age. This fun, dynamic class will give basic skills and understanding of the sport of water polo in a recreational format while providing social development through participation in a team sport. **No class 4/6.**

6987 F 3:30-5 pm 3/9-5/18 \$85

A note about the weather

The RLCC Pools are heated between 78-80 degrees. However, wind and cool weather do cool the pools throughout the day. We recommend that swimmers bring a warm wrap and towel, and possibly wear a rash guard or wetsuit when participating during the Winter and Spring. The pool will remain open during rain. Classes will be held rain or shine. However, if lightning or intense fog is present, the pool will be closed and classes/programs will be canceled for everyone's safety.

Swim Lesson Descriptions: Introducing the American Red Cross Learn-to-Swim Program. Lesson descriptions are on the LARPD web site www.larpd.dst.ca.us by clicking on Class Brochures then Winter/Spring 2012 Brochure. ALL LESSONS ARE AT THE RLCC POOL.

Saturday Swim Lessons

\$40 for four 40-minute lessons.

Session I 5/5-5/26

Times and Activity Numbers			
	9:30 am	10:15 am	11:00 am
Parent/Child		61015pc	61100pc
Preschool	6930ps	61015ps	61100ps
Level 1	69301	610151	611001
Level 2	69302	610152	611002
Level 3	69303	610153	
Level 4			611004
Level 5	69305		

Mon./Wed. Swim Lessons

\$40 for six 25-minute lessons.

Session J 5/7-5/23

Times and Activity Numbers			
	4:00 pm	4:30 pm	5:00 pm
Parent/Child		6430pc	
Preschool	6400ps		6500ps
Level 1	64001	64301	65001
Level 2	64002	64302	65002
Level 3		64303	

Adult/Teen Lessons

Adult/Teen lessons are offered for all skill levels, from very beginner (those afraid of the water) to advanced skills. Course emphasis is on individual skill improvement and endurance. Students are allowed to progress at their own pace with hands-on instruction and encouragement provided by the instructor.

6631 MW 5:30-5:55 pm 5/7-5/23 \$50

Private Lessons, 5 yrs+

\$95 for four, 25 minute lessons. This program offers your child a chance to work one-on-one with an instructor for four consecutive days. Private lessons can be the appropriate setting to assist your child in water confidence or skill refinement.

Times and Activity Numbers		
	4:00 pm	4:30 pm
Parent/Child		6430pc
Preschool	6400ps	
Level 1	64001	64301
Level 2	64002	64302
Level 3		64303

New & Improved Registration is coming!

Yes...we heard you! Early 2012 will bring new and exciting changes to the LARPD registration process.

A new software system will offer patrons easy ways to sign up for classes, reserve a site at Camp Shelly, request a facility reservation and more!

Questions? Call 925-373-5700 or

Email: info@larpd.dst.ca.us. Also check out our website at

www.larpd.dst.ca.us

Water Exercise

These classes are for men and women of all ages. The following exercise programs use water as resistance to displace 90 percent of your body weight, thus eliminating stress on the joints. These classes will help you develop increased flexibility, cardiovascular fitness, and muscle tone in a most refreshing way.

Deep Water Exercise

A non-impact intense aerobic exercise class which challenges your cardiovascular endurance, develops muscle strength, endurance and flexibility. Participants should feel comfortable in deep water. Floatation equipment and hand buoys used in this class will be provided. Limited 20.

Shallow Water Exercise

A low impact water exercise class which can help build cardiovascular endurance, strength and flexibility. No swimming ability required.

1/3-6/1	
Deep Water Exercise	
Days	Times
MWF	7:30-8:25 am
MWF	9-9:55 am
MW	5:30-6:25
Sat	8:15-9:10 am
Shallow/Deep Water Exercise	
TTh	9-9:55 am
Drop-in fee \$7 per class	
Punch Cards	
\$60 for 10 classes	
\$115 for 20 classes	
\$170 for 30 classes	
No class on the following 1/2, 1/16, 2/20, 4/6, days: 5/28	

LARPD Electric Eels Swim Team, 5-18 yrs.

Coach Sarah Marcus

The Electric Eels are part of the Valley Swim League! We will compete in meets starting June 16th against the Castlewood Barracudas, LVTC Fireballs, PVC Dolphins, Rhonewood Sharks, Ruby Hill Riptides, San Ramon Aquabears, and Sunset Sunsets ending with a league championship meet on July 28th. The Electric Eels will host a swim meet at the RLCC Pool on Friday, June 22nd. LARPD's summer recreational swim team is open to youth who are able to swim one length (25 yds) of the pool, continuously, using any of the four competitive swimming strokes (freestyle, backstroke, breaststroke, butterfly). Focus is on stroke development and an introduction to the sport of swimming. Registration will be held at the RLCC pool on Saturday, May 19th from 9-11 am. There will be a parent's meeting and the coaches will meet with the swimmers at 10 am on May 19th. Swimmers are encouraged to sign up for LARPD's conditioning class to improve their strokes, starts, and turns in preparation for swim team.

Swim Team Workout Schedule			
5/29-6/7			
Ages	Days	Times	
5-8 yrs	M-Th	3:30-4:15 pm	
9-12 yrs	M-Th	4:15-5:15 pm	
13-18 yrs	M-Th	5:15-6:30 pm	
# 6/12-7/27			
6301	5-8 yrs	M-F	9:15-10 am
6302	9-12 yrs	M-F	8:15-9:15 am
6303	13-18 yrs	M-F	7-8:10 am
No Practice 7/4			

Water Safety Instructor

Joy Jessop

RLCC Pool

Upon completion of this course you will be certified to teach the American Red Cross Learn-to-Swim program. Participants MUST be at least 16 years old by the end of class. Pre-registration is required. A pre-course written and skills test will be given at the first class session. Fee includes books and materials. All classes meet at the Robert Livermore Community Center Pool, 4444 East Ave.
6980 W 5:30-9 pm 1/18 \$225
Sat 8 am-3 pm 2/4-3/3

Lifeguard Training

Aquatic Staff

RLCC Pool

This course focuses on the lifeguard's job in a swimming pool environment. Victim recognition, surveillance and equipment-based rescues are emphasized. Course includes certification in CPR for the Professional Rescuer and basic first aid. Participants must be 15 years of age by the end of the course. Fee includes books and materials. Attendance at all classes required for certification.
6975 W 3/7 7-8:30 pm \$225
Sat/Sun 3/3-3/11 8 am-5 pm
6976 Sun-Th 4/1-4/5 8 am-4 pm \$225

Lifeguard Training Challenge

Aquatic Staff

RLCC Pool

This class is for people whose CPR for the Professional Rescuer or Lifeguard Training certificates are about to or have expired. CPR only
6978 Sun 3/11 8-11 am \$35
6978 Th 4/5 8 am-Noon \$30
Full Class
6979 Sun 3/11 8 am-4 pm \$55
6979 Th 4/5 8 am-5 pm \$55



Winter/Spring Conditioning

Get ready for summer swim team and stay in shape with our Winter/Spring conditioning program. Along with general workouts, there will be instruction on stroke techniques.

Winter/Spring Conditioning				Minimum of 10 swimmers per session - No class on 1/16, 2/20, 4/2-6									
#	Ages	Days	Time	January	Fee	February	Fee	March	Fee	April	Fee	May	Fee
6990	Under 10	MWF	3:30-4:30 pm	1/4-1/30	\$55	2/1-2/29	\$60	3/2-3/30	\$65	4/9-4/30	\$50	5/2-5/25	\$55
6991	Over 10	MWF	4:30-6 pm	1/4-1/30	\$60	2/1-2/29	\$66	3/2-3/30	\$72	4/9-4/30	\$55	5/2-5/25	\$60
Winter/Spring Special, January-March: 6992-Under 10 for \$228; 6993-Over 10 for \$257													
Drop-In Fee \$7													