

Rec Pool

The Rec Pool's distinctive shape allows you to experience a wide variety of fun water activities. With lap lanes, diving boards, an island, a large grass area for sunbathing and a shallow wading pool, you're sure to find something you'll love. The Rec Pool also offers adult swim lessons and aqua aerobics during the spring and summer. This year we are also offering youth lessons in the evenings during the Spring. Junior lifeguarding is available during the summer only. Keep reading for more information or call us during regular business hours at 530.752.2695.

Spring Hours:

June 18 - Sept. 3

Rec Swim

12-6:45 p.m. daily

Lap Swim

12-6-45 p.m. daily

Phone: 530.752.2695

Prices: S Free//UA \$2 //GP \$2.25

Passes are available and Hickey passes are accepted for admittance.

Classes:

Adult:

Water Basics
 Beginning Lessons
 Intermediate Lessons
 Aqua Aerobics
 Lifeguard Training Recertification Course

Children:

Youth Lessons
 Junior Lifeguarding
 One-on-One Lessons
 "Schedule Your Own Private Lessons"
 (registration at Rec Pool only)

Hickey Pool

Take a break from your busy day by swimming at Hickey Pool. Conveniently located next to Hickey Gym's main entrance, it is the pool for lap swimmers. Heated year-round to about 80 degrees, Hickey Pool offers seven 25-yard lanes and warm showers. If you want to improve your technique, our professional and friendly instructors offer monthly stroke clinics. Stop by Hickey Pool for a great workout.

Lap Swim Summer Hours:

Sunday, June 18-Sunday, Sept. 3

Monday-Friday, 7-8:30 a.m., 12-1:30 p.m. and 5-6:30 p.m.

Saturdays/Sundays, 10am-12pm

*Lap Swim Prices:

S:	Free	
UA:	Daily	\$ 4.00
	Punch Pass	\$40.00
	Month Pass	\$48.00
	Quarter Pass	\$85.00
GP:	Daily	\$ 4.50
	Punch	\$45.00
	Month	\$53.00
	Quarter	\$93.00
ARC cards:	Free	

*Towels are available to check out. Access to lockers with Quarter pass or ARC membership.

*Open University holidays

Personal Profile:

Please visit our website at any time to create a personal profile, which is required prior to registration. Once at our website, click "registration" for your program of interest, then on "Sign In," then on "Create New Student Profile." If you do not have access to the internet, please call or visit any of the program sites for assistance.

Waiting Lists:

Once a class fills, waiting lists will be maintained. If a participant drops out of a class, we will contact people on the waiting list, in the order they registered, to fill the spot. Please do not come on the first day of class unless you have registered and paid for the class. Even if a space opens up, we do not allow others into the class ahead of those who are on the waiting list.

Refunds:

Please choose with care. All reservations are considered final. A refund will be granted only if a waiting list exists for a trip or class, and we are able to sell your spot to a person on the waiting list. If your spot is sold, we will issue a refund, minus a 5% processing fee or \$5, whichever is greater. If we cancel a class or trip for any reason, we will issue a full refund. We reserve the right to cancel classes listed and to correct any errors in this catalog, including dates or fees.

Parking:

A valid UC Davis parking permit is required to park on campus Monday through Friday, 7 a.m. to 10 p.m. At designated lots, visitor parking permits may be purchased from dispensing machines for \$6 (cash or credit cards accepted). Metered parking is also available in most lots, not to exceed the length of time posted for the area.

ADULT CLASSES

Adult Registration

Registration for adult classes is available in-person during our open hours. Registration for adult classes begins Saturday, March 31, and will continue until classes are filled. If you have questions, please call 530.752.1730.

Swim Lesson

Water Basics, Beginning and Intermediate

This year we are offering a Water Basics class for those adults with little to no experience with swimming and who may be fearful of the water. Learn these life skills in a comfortable environment with a great instructor.

If you're a beginning swimmer looking to learn the fundamentals or an intermediate swimmer ready to improve your technique, then we also have classes designed for you. A ratio of six students per instructor enables you to receive plenty of individual attention. Participant objectives will be discussed on the first day of class. Each session meets for three weeks.

Summer Dates: Evenings only

Session 1: June 18-July 12

Session 2: July 16-August 2

Session 3: August 6-August 31

Monday/Wednesday evenings, 7 - 7:45 p.m.

Tuesday/Thursday evenings, 7 - 7:45 p.m.

S \$46/UA \$52/GP \$55

YOUTH CLASSES

Youth Registration

In our ongoing effort to provide efficient and convenient registration for our customers, all six spaces in all our sessions of youth lessons are available for registration on Saturday, March 31. By registering for more than one session at a time we realize you may not be able to accurately determine the appropriate level for your child. To help with this, we will have extra staff on hand the first day of each session to help place your child in the appropriate level.

Come learn to swim at the Rec Pool. Our program offers experienced instructors and a low student to teacher ratio. Due to the many skills required at each new level, it is not uncommon for your child to repeat a class. If you are unsure of your child's swimming level, please make prior arrangements to have your child evaluated by a manager. We will try to accommodate additional classes based on demand and available pool space. However, this means we reserve the right to cancel or combine classes with fewer than three participants. Spring sessions time is 6 p.m. Summer session times are 8:35, 9:15, 9:55, 10:35 and 11:15 a.m. and 7 p.m. Not all levels are offered

ANCHOVY

This is our introductory class for a parent and child. Emphasis is placed on teaching you different holding techniques to help your child become comfortable in the water. Other course objectives include water safety skills and water adjustment exercises. Recommended for children under the age of 3.

BATRAY

This is the first class for children ready to be on their own. The focus of the sessions will be to help your child become comfortable submerging their faces underwater. Other water adjustment and confidence skills will be explored through games. Recommended for children from ages 3 to 5.

COD

Due to the more structured learning environment of this class, it is strongly recommended for children ages 5 and up. Your child should be comfortable submerging their head underwater at the start of the session. Emphasis is placed on floating independently on their front and back and introduction of front and back kicks.

DORY

Before registering for this class, your child should be comfortable performing front and back floats and recovery. They will perfect their front and back kicks across the shallow end. Emphasis is placed on learning the three components of the front and back crawl stroke.

EELPOUT

Your child will perfect the front and back crawl strokes in a deep-water environment with emphasis on coordinating breathing. The arms, legs and coordination of elementary backstroke are taught.

FLYING FISH

Learning the fundamentals and coordination of breaststroke and sidestroke is the focus of this class. Your child will also continue to perfect the elementary backstroke.

GROUPER

The objectives for this course include learning the butterfly and turning techniques for all strokes. Your child will also continue to refine all previous strokes.

HALIBUT

Your child will focus on fine-tuning techniques for all strokes. Emphasis is placed on developing endurance to prepare for competitive swimming.

Youth Lessons: Summer

Classes are two weeks long, Monday-Thursday, and last 35 minutes.

All levels are offered in the morning. Only Batray, Cod, Dory, Eelpout and Flying Fish levels are offered in the evening.

Session 1: June 18-June 28

Session 2: July 2-July 12

Session 3: July 16-July 26

Session 4: July 30-August 9

Session 5: August 13-August 23

Morning and Evening Lessons offered.

8:35, 9:15, 9:55, 10:35 and 11:15 a.m. and 7 p.m.

UA \$41/GP \$45

Junior Lifeguarding

Are you looking for a fun, yet challenging and valuable, summer program for your son or daughter? The Rec Pool Junior Lifeguarding program is open to 10- to 15-year-olds with Halibut level swimming ability. The focus of the program is to give students an introduction to the basic skills of lifeguarding including CPR certification, first aid, rescue techniques, recognizing and responding to emergency situations, and the responsibility of lifeguarding. This class will prepare your child for American Red Cross Lifeguard Training. Participants receive a whistle, a Rec Pool T-shirt and a trip to WaterWorld USA as part of this course.

Prerequisite: Halibut level swimming ability.

A pretest will be given on the first day of class.

Session 2: July 2-July 12*, 10 - 11:50 a.m.**

Session 3: July 16-July 26, 10 -11:50 a.m.**

Session 4: July 30-August 9, 10 -11:50 a.m.**

***Classes will not be held Wednesday, July 4**

****The last Friday of each session is a full day trip to WaterWorld USA in Sacramento, so class will last till 5 p.m. Transportation and admission fees are included.**

UA \$176/GP \$192

Registration for Junior Lifeguarding is the same as all other youth lessons. Online registration begins on Saturday, March 31. In person registration begins Monday, April 16 at the Rec Pool.

Aqua Aerobics

Our Aqua Aerobics class is a great way to get a total body workout. Increase your flexibility, endurance and muscle tone with the resistance and support provided by the water. This class is for adults of any fitness level, but participants must have basic swimming ability. Classes are only offered during the afternoon in spring.

Summer Dates: Evenings only

Session 3: June 18-July 6

Session 4: July 9 -July 27

Session 5: July 30-August 17

Monday/Wednesday/Thursday evenings, 7 - 7:45 p.m.

S \$46/UA \$52/GP \$55

“Schedule Your Own” Private Lessons

This five-session private lesson series individually targets and improves your or your child’s swimming ability. Designed for all adults and youth of all ages and ability levels. Each lesson is 30 minutes of instruction based on your objectives. You set up the days and times with the instructor to accommodate your busy schedule. Sign up yourself or your child for “Schedule Your Own” private lessons by contacting the Rec Pool at 530.752.2695.

Starting Monday, April 16, adult and youth, weekends and weekdays during rec swim

S \$72/UA \$81/GP \$90

One-on-One Lessons

One-on-One lessons offer your child the opportunity to receive the individualized attention they need to overcome that swimming hurdle. Designed for all ages and ability levels. You and the instructor will determine the class objectives for your child.

Summer Dates

Classes are one-week long, Monday-Thursday, and last 35 minutes.

Session 1A: June 18-June 21

Session 1B: June 25-June 28

Session 2A: July 2-July 5*

Session 2B: July 9-July 12

Session 3A: July 16-July 19

Session 3B: July 23-July 26

Session 4A: July 30-August 2

Session 4B: August-August 9

Session 5A: August 13-August 16

Session 5B: August 20-August 23

***Classes will not be held Wednesday, July 4**

Morning and Evening Lessons offered.

8:35, 9:15, 9:55, 10:35 and 11:15 am, and 7 p.m.

UA \$68/GP \$75

Rec Swim

Sunday, June 18-Sunday, Sept. 3

Rec Swim hours are 12-6:45 p.m. daily

Hickey Pool Lap swim

Lap Swim Passes are available for purchase at Hickey Pool or the Rec Pool (cash or check only) during our open hours. Lockers are available to those faculty and staff that purchase an ARC membership or Quarter lap swim pass. You may not use your own lock. Towels available for use.

Summer hours

Starting Sunday, June 18 – Sunday, Sept. 3

Monday-Friday, 7-8:30 a.m., 12-1:30 p.m., and

5-6:30 p.m.

Saturdays/Sundays, 10am-12pm

(See Hickey Pool prices pg. 2)

Due to the limited number of lanes, members of the general public are encourage to find alternate lap swim time at the City of Davis facilities by calling 530.752.5626.

Summer Lap Swim Hours at the Rec Pool are

12 - 6:45 p.m. weekdays and weekends.

Health and Safety

Lifeguard Training Recertification Course

This eight-hour recertification course is for individuals who are currently certified or have been certified within the past year in American Red Cross Lifeguard Training. It is a challenge format so there is no instruction, only skills testing. After skills completion you will be re-certified in American Red Cross CPR for the Professional Rescuer and Lifeguard Training. CPR certification is valid for one year and Lifeguard Training is valid for three years.

Saturday and Sunday, July 7 & 8;

8 a.m. - 12 p.m.

S \$40/UA \$45/GP \$50

Registration For Summer Adult and Youth Programs

In-Person

Beginning Monday, April 16, you can register for all sessions of youth and adult classes in-person at the Rec Pool during our open hours. Registration will continue on a space available basis until classes are full or have begun.

REC POOL staff

Rec Pool lifeguards, instructors, cashiers and managers are UCD students. We work hard to make your visit safe, comfortable and enjoyable. If you have any suggestions, please let us know! If you are a current UCD student looking for a spring or summer job, stop by or give us a call. We are always looking for qualified individuals to join our staff.

FACILITY rental

The Rec Pool is available to rent on most weekends during the spring and summer. Plan to have your party or get-together at our unique facility. Low rental rates are available for deck use only or for the entire pool area. To reserve the Rec Pool, call Campus Events and Visitors Services (CEVS) at 530.752.2813.

PARKING options

Parking is free on weekends when Special Event Parking Attendants are not present. For information regarding discounted parking during the week, please visit us online or stop by the Rec Pool during our open hours.