

## Cunningham Aquatic Complex

**“Home of the Guinness Book of World Records  
Largest Swim Lesson”  
648-4635**

A heated Olympic-size pool (50 meters x 25 yds) located at 801 Heartwood Ave. This year-round facility is the home of the Greater Vallejo Water Polo team, the Vallejo Aquatic Club swim team, Jesse Bethel High School water polo and swim teams, Hogan High School swim team, St. Patrick’s-St. Vincent’s High School water polo and swim teams, and Benicia High School water polo. The facility hosts a variety of on-going programs for the greater Vallejo community. On-site dressing rooms and showers are available.



### OFFICE HOURS

January 3, 2012-June 8, 2012  
Monday-Friday, 3:30-7:30pm  
*Hours subject to change, call to confirm.*

### LAP SWIMMING AT CUNNINGHAM POOL

Crystal clear, 80° water for your lap swimming pleasure.  
Monday-Friday .....5:30-7:00am (FREE)  
Monday-Friday .....3:30-7:30pm

	Adult 18+	Seniors 60+
Daily Fee	\$4	\$3
Lap Pass (20 swims)	\$75	\$55

### RECREATION SWIM AT CUNNINGHAM POOL

Fun for all ages. An adult must swim one-on-one with children under age 8 or under 48” tall.  
March 26-April 13 .....Mon-Fri, 12:30-2:30pm  
Starting May 13 .....Sunday, 12:30-3:00pm  
Memorial Day, May 28 .....Mon, 12:30-3:00pm (FREE)

	4 & under	Ages 5-59	Seniors 60+
Daily Fee	\$1	\$3	\$2

### WATER EXERCISE FOR ADULTS

This drop-in class is conducted entirely in the water. Muscle and joint stress is reduced by using the natural resistance of movement through the water. It’s an ideal exercise for improving muscle tone and cardiovascular fitness. New exercise equipment helps to vary the workouts. No swimming skills necessary.

April 2-Nov 15, Monday-Thursday, 6:00-6:40pm

	Adults 18+	Seniors 60+
Daily Fee	\$4	\$3
Pass (10 visits)	\$35	\$25

*Hours and prices subject to change.*

### GREATER VALLEJO WATER POLO CLUB

• Ages 12 & up ▲

The Competitive Program is designed for water polo players who want to compete at a high level. Players will condition in the water with weights and medicine balls as a part of training. Players will also be instructed in game fundamentals and tactics to prepare for games and tournaments. All players must be current U.S. Water Polo members to play in tournaments.

4-week: \$70, May 14-June 7, Mon-Thur, 7-9pm  
(subject to change)

8-week: \$280, June 18-Aug 9, Mon-Thur, TBA

12-week: \$300, 2nd family member \$200

### RECREATION SWIM FOR SCHOOL GROUPS

Cunningham Aquatic Complex is available for school field trips. All reservations must be made at least 3 days prior to reservation date and must be paid in advanced. Reservations will be taken at Cunningham Pool, Monday through Friday 3:30-7:30pm, beginning March 1. Call 648-4663 for more information.

Cost: \$5 per person

April 17-June 8, Tues/Thur/Fri, 11:00am-2:00pm

### PRIVATE POOL RESERVATIONS

Your public pool is now available to rent for your private use. Come and enjoy beautiful Cunningham Pool for your next birthday party, family reunion, or youth group get together. For reservation details and availability, call Cunningham Pool Office at 648-4635 during office hours.

All reservations must be made at least two weeks (14 days) prior to reservation date and paid in full at the time of reservation.

**Only \$130/hr for the whole pool!**

**DOES YOUR CHILD KNOW HOW TO SWIM?**

*Take the plunge with the American Red Cross Learn-To-Swim Program*

American Red Cross' Learn-To-Swim levels include training in basic water safety and helping a swimmer in distress, in addition to the skills outlined below. Prerequisite for each level: Successful demonstration of the skills taught in the preceding level. A complete list of skills taught at each level is available at Cunningham Pool.

**Registration Locations:**

- Online at [www.gvrd.org](http://www.gvrd.org)
- Cunningham Pool, 801 Heartwood Ave. (during office hours)
- GVRD Main Office, 395 Amador Street (8am-5pm)

Early Bird registration ends 7 days prior to beginning of class; after that pricing will result in \$5 more/class.

See next page for Swim Lessons dates and times.

**PARENT/TOT WATER SAFETY**

Both levels, students must be accompanied by an adult.

**Level A:** Approximate age: 6 months-2 years. Students with their parent's support will begin to explore front and back floating, gliding and kicking, as well as entering and exiting the pool.

**Level B:** Approximately age: 18 months-3 years. Students with their parent's assistance will improve upon skills learned in Level A, as well as explore using arms/legs at alternating/simultaneous times.

Weekday Fee: \$40 resident, \$45 nonresident - Early Bird  
 Weekday Fee: \$45 resident, \$50 nonresident - Regular Price  
 Weekend Fee: \$35 resident, \$40 nonresident - Early Bird  
 Weekend Fee: \$40 resident, \$45 nonresident - Regular Price

**4-5 YEARS-OLD SWIM LESSONS**

Classes are limited to 5 students per instructor to provide for individualized attention. Students are grouped with other children of equal abilities and follow the Learn-To-Swim guidelines for Levels 1-4.

Weekday Fee: \$43 resident, \$48 nonresident - Early Bird  
 Weekday Fee: \$48 resident, \$53 nonresident - Regular Price  
 Weekend Fee: \$39 resident, \$44 nonresident - Early Bird  
 Weekend Fee: \$44 resident, \$49 nonresident - Regular Price

**LEARN-TO-SWIM LEVELS (LTS) 1-6**

- Ages 6+

**Level 1 – Intro to Water Skills:**

The objective of this class is to help students feel comfortable in the water. Students will learn elementary water skills which they will build on as they progress through the LTS program. Those who feel comfortable in the water may progress quickly.

**Level 2 – Fundamental Aquatic Skills:**

The objective of this class is to teach independent movement in the water. Students will learn to float on their front and back without support and to recover to a vertical position. Entering and exiting the pool independently is also introduced.

**Level 3 – Stroke Development:**

The objective of this class is to give students success with fundamental skills. Students begin learning alternating and simultaneous arm and leg actions on their front and back, jumping in from the side of the pool, trading water and dolphin/breaststroke kicks.

**Level 4 – Stroke Improvement:**

The objective for this class is to build on the skills in Level 3 by providing additional guided practice. Students will begin coordinating the front and back crawl strokes. Participants will be introduced to diving from the side of the pool, survival floating, breaststroke and sidestroke.

**Level 5 – Stroke Refinement:**

The objective of this class is to develop confidence and endurance in the strokes learned and improve other aquatic skills. Participants will be introduced to swimming underwater, feet-first surface dives, open turns and the importance of streamlining.

**Level 6 – Fitness Swimmer:**

The objective of this class is to refine the strokes so students swim with ease, efficiency, power and smoothness over greater distances. Students will also be introduced to skills pertaining to personal water safety, lifeguard readiness, and becoming a fitness swimmer.

Weekday Fee: \$37 resident, \$42 nonresident - Early Bird  
 Weekday Fee: \$42 resident, \$47 nonresident - Regular Price  
 Weekend Fee: \$34 resident, \$39 nonresident - Early Bird  
 Weekend Fee: \$39 resident, \$44 nonresident - Regular Price

**ADULT/TEEN SWIM LESSONS • Ages 13+**

Individualized instruction for basic skill development in all basic strokes. Instructors will work with participants at their own pace. This class is ideal for teens and adults to become comfortable in the water and work on stroke development.

Weekday Fee: \$37 resident, \$42 nonresident - Early Bird  
 Weekday Fee: \$42 resident, \$47 nonresident - Regular Price  
 Weekend Fee: \$34 resident, \$39 nonresident - Early Bird  
 Weekend Fee: \$39 resident, \$44 nonresident - Regular Price

**PRIVATE LESSONS**

Sign up for one-on-one swim lessons. Open to students of ALL ages and abilities. Each class provides instruction by dedicated swim instructors at the Cunningham Aquatic Complex. Participants can register for a series of lessons or individually. For more information inquire at Cunningham Pool or call 648-4635.

**\$20 per lesson resident**  
**\$25 per lesson nonresident (30 min.)**

**SEMI-PRIVATE SWIM LESSONS**

Sign up for two-on-one semi-private lessons, a great teaching tool for swimmers of similar ability. Participants must be registered at the same time. For more information, inquire at Cunningham Pool or call 648-4635.

**\$30/30 min lesson (\$15/student) resident**  
**\$35/30 min lesson (\$17.5/student) nonresident**

**AQUATIC SPRING BREAK CAMP • Ages 5-11**

Come to the pool for an exciting spring break! We will play group games and sports while having a swim lesson and recreational swim every day. Our leaders are fully certified lifeguards who teach swim lessons and lifeguard during the summer. No swimming experience necessary. Campers must bring a lunch, snack and at least two drinks to camp each day. Advanced registration is required, so sign up today! Contact Justin Saroyan for more details, 648-4663 or jsaroyan@gvrd.org.

**Public School: Monday-Friday, March 26-April 6**  
**Private School: Monday-Friday, April 9-16**  
**2 Days Only: April 5 & 6, \$25 Reg Care, \$35 Ext Care**  
**Regular Care: 9:00am-3:00pm**  
**Extended Care: 7:00am-6:00pm**  
**One week:**

**Regular Care \$75 resident, \$85 nonresident**  
**Extended Care \$100 resident, \$110 nonresident**  
**Two week Discount (Save \$10):**  
**Regular Care \$140 resident, \$150 nonresident**  
**Extended Care \$190 resident, \$200 nonresident**

**GROUP LESSON SESSION DATES • SPRING ▲**

**Session 1: Mon-Thur, Mar 19-Mar 29**  
**Session 2: Mon-Thur, Apr 2-Apr 12**  
**Session 3: Mon-Thur, Apr 16-Apr 26**  
**Session 4: Mon-Thur, Apr 30-May 10**  
**Session 5: Mon-Thur, May 14-May 24**  
**Session 6: Mon-Thur, May 28-June 7**  
**Saturday Session 1: Apr 7-Apr 28**  
**Saturday Session 2: May 12-June 2**  
**Saturday Session 3: June 9-June 30**  
**Sunday Session 1: Apr 1-Apr 29 (No class Apr 8)**  
**Sunday Session 2: May 13-June 3**  
**Sunday Session 3: June 10-July 1**  
**Private Lessons: Mar 19-June 8**  
*Early Bird registration ends 7 days prior to the beginning of the class, after that will result in \$5 more/class.*

Spring Lessons	Parent/ Tot	4/5 yrs old	Level 1-4	Level 5-6	Adult Teen	Private Lessons
3:40-4:10 (M-Th)						C
4:15-4:45 (M-Th)		C	C			
4:50-5:20 (M-Th)		C	C	C		
5:25-5:55 (M-Th)	C		C	C		
6:00-6:30 (M-Th)				C	C	C
4:15-4:45 (Fri)						C
4:50-5:20 (Fri)						C
5:25-5:55 (Fri)						C
6:00-6:30 (Fri)						C
10:00-10:30 (Sat)						C
10:00-10:40 (Sat)			C			
10:50-11:30 (Sat)		C	C	C		
11:40-12:10 (Sat)						C
11:40-12:20 (Sat)	C	C				
11:40-12:20 (Sun)	C	C			C	C
12:30-1:10 (Sun)		C	C			C
1:20-2:00 (Sun)			C	C		C
2:10-2:50 (Sun)		C		C		C

**ROGASKI, PREOVOLOS,  
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*Personal Injury • Real Estate • Living Trusts • Wills • Probate • Business*

**COMMUNITY FIRST AID & CPR • All ages ▲**

Course teaches participants how to respond to respiratory emergencies for adults, children, and infants, includes first aid certification as well. Great for parents, teachers, or daycare providers. Course fee includes all materials and certifications. For more information call 648-4635.

Cunningham Pool Club House, 709 Heartwood Ave.

Cost: \$60/class resident, \$65/class nonresident

Jan 28, Feb 18, Mar 17, Apr 14, May 5, May 19.

Saturday, 8am-5pm

**SCUBA INSTRUCTION & DISCOVER SCUBA**

• **Ages 10+ ▲**

Discover what it's like to scuba dive on Discover Scuba Day. Dive master Kris Hanna will be giving instruction to the amazing world of scuba and allowing participants a chance to scuba around the depths of Cunningham Pool. A great introduction prior to becoming certified. Register at the Cunningham Pool.

Cost: \$15/class

Jan 14, Feb 18, Mar 3, Apr 7. Saturday, 10am-2pm

(Call to verify times)

**LIFEGUARD TRAINING • Ages 15+ ▲**

Want to work as a lifeguard next summer? This course provides you with everything you need. Course includes lifeguard training, CPR/AED for the professional rescuer, and first aid. Course fee includes all materials and certifications. Advanced registration is required, so sign up today! Contact Justin Saroyan for more details, 648-4663.

Cunningham Pool Clubhouse, 709 Heartwood Ave.

Cost: \$135/session resident, \$145/session nonresident

Mar 12-16, Mar 26-30, Apr 9-13. Monday-Friday, 9am-3pm

Feb 6-27. Mon/Wed/Fri, 6:00-9:00pm

**LIFEGUARD RECERTIFICATION • Ages 15+ ▲**

Course includes CPR/AED for the professional rescuer, first aid, and lifeguard training review. Course fee includes review, testing, and certifications only after successful completion of required tests. Please bring your own book. Advanced registration is required, so sign up today! Contact Justin Saroyan for more details, 648-4663.

Cunningham Pool Clubhouse, 709 Heartwood Ave.

Cost: \$75/class resident, \$80/class nonresident

Apr 21, May 12. Saturday, 9:00am-4:00pm



The Cities of Vallejo and Benicia present:

**Spring 2012 Water-Wise Landscaping Workshop Series**

**6:00-8:00 PM- Mondays or Wednesdays**  
**Two Locations:**  
**Douglas Senior Center: 333 Amador St., Vallejo**  
**Heritage Hall: 1400 East 2nd St, Benicia**

**WATER-WISE BASICS**  
**Apr 23 – Florence Douglas Senior Center, Vallejo**  
**Apr 25 – Heritage Hall, Benicia**  
 Learn the basic principals of water-wise landscaping. Hands - on demonstrations and displays help you see the importance of soil type, amendments, mulching, and basic design elements.

**IRRIGATION DESIGN**  
**Apr 30 – Florence Douglas Senior Center, Vallejo**  
**May 2 - Heritage Hall, Benicia**  
 Learn the different types of irrigation systems and the strategies for how to use water wisely, with a focus on drip irrigation. Get your irrigation design questions answered by knowledgeable experts.

**WATER-WISE PLANT SELECTION**  
**May 7 – Florence Douglas Senior Center, Vallejo**  
**May 9 - Heritage Hall, Benicia**  
 See how to select the perfect drought tolerant plants for your yard. Trees, shrubs, perennials, lawns and more on display!

Workshops are **Absolutely Free.**  
 Come to one or two – or the entire series at either location.  
 Water-saving devices, literature, door prizes!  
**Visit us at [www.vallejowater.org](http://www.vallejowater.org)**  
 To reserve your space call (707) 648-5299 for Vallejo location  
 or (707) 746-4792 for Benicia location.

*With special thanks to UCCE Master Gardeners, Benicia Community Garden, and the Water Conservation Programs of the Cities of Vallejo and Benicia.*