

# Aquatics

## Summer Recreational Swim Days

Cool down on those hot Summer days with Milpitas Recreation and Community Services!

The Milpitas Sports Center pools are open to the public on Recreational Swim Days for a nominal fee. Cool down on those hot days with Milpitas Recreation and Community Services! There is a **\$2 per person entrance fee** for both swimmers and non-swimmers.

Fridays and Saturdays  
June 21 - August 10  
1:00P.M. - 4:00P.M.

Milpitas Sports Center  
1325 E. Calaveras Blvd.



**Please Note:**

- No diapers or pull-ups allowed in the pools. Children's specialized swimming pull-ups are required.
- No personal flotation devices allowed (ie. water wings, life vests, floating tubes) Decision of the Pool Management Staff on duty is final.
- Deep Water Swim Test is required for all swim patrons looking to swim in the deep pool.
- Food is only allowed in designated picnic areas.
- Must follow safety instructions from lifeguards (i.e. no horseplay, no running on the pool deck, only face forward and feet first entrances into the pool)
- Bring a swimsuit, towel, water, and sunscreen. Apply sunscreen at least 30 minutes prior to getting in the pool.
- Do not eat within one hour prior to getting in the pool.



# Aquatics

## Parent and Me Swim

Ages 6 months - 35 months  
with Recreation and Community Services Aquatic Staff

Spend quality time with your child in the water! 30 minutes of fun in the water led by a certified lifeguard. We will provide water songs and teach sing-a-longs. Our lifeguards will teach parents/guardians proper holds and if your child is comfortable they will hold them and teach them how to kick. The objective in this course is to get your child comfortable in the water and comfortable with the instructor so that they may move on to Tiny Tots when they are of age!

**Please Note:**

- Located at Milpitas Sports Center, 1325 E. Calaveras Blvd.
- Parent/Guardian must be in the water with the child.
- Babies must wear swimming pull-ups.
- No floatation devices are allowed (i.e. water wings, life vests).
- Bring swimsuit, towel, water and sunscreen.
- Apply sunscreen at least 30 minutes prior to lesson time.
- Do not eat anything within one hour of getting in the pool.
- No class held on 7/4.

PRICE		\$75/\$95	\$66/\$86	\$75/\$95	\$75/\$95
MEETINGS		8 meetings	7 meetings	8 meetings	8 meetings
DAYS	TIME	SESSION 1 June 17-June 27	SESSION 2 July 1-July 11	SESSION 3 July 15-July 25	SESSION 4 July 29-August 8
MON-THUR	8:30AM - 9:00AM	<a href="#">#8635</a>	<a href="#">#8641</a>	<a href="#">#8647</a>	<a href="#">#8653</a>
MON-THUR	9:05AM - 9:35AM	<a href="#">#8636</a>	<a href="#">#8642</a>	<a href="#">#8648</a>	<a href="#">#8654</a>
MON-THUR	9:40AM - 10:10AM	<a href="#">#8637</a>	<a href="#">#8643</a>	<a href="#">#8649</a>	<a href="#">#8655</a>
MON-THUR	6:40PM - 7:10PM	<a href="#">#8638</a>	<a href="#">#8644</a>	<a href="#">#8650</a>	<a href="#">#8656</a>
MON-THUR	7:15PM - 7:45PM	<a href="#">#8639</a>	<a href="#">#8645</a>	<a href="#">#8651</a>	<a href="#">#8657</a>
MON-THUR	7:50PM - 8:20PM	<a href="#">#8640</a>	<a href="#">#8646</a>	<a href="#">#8652</a>	<a href="#">#8658</a>



# Aquatics

## Tiny Tots

Ages 3-5

with Recreation and Community Services Aquatic Staff

Tiny Tots swim lessons are designed for preschool-aged swimmers and is geared to get them more comfortable in the water. Watch as they progress in head bobbing, blowing bubbles, arm circles, kicking, and floating. Our Tiny Tots course is also designed to incorporate water safety skills and knowledge. No experience is needed to join.

Please Note:

- Located at the Milpitas Sports Center, 1325 E. Calaveras Blvd.
- Please bring swimsuit, towel, water and sunscreen.
- Apply sunscreen at least 30 minutes prior to class time.
- No floatation devices are allowed (i.e. water wings, life vests).
- Do not eat any food within 1 hour of class time.
- No class held on 7/4.

PRICE		\$75/\$95	\$66/\$86	\$75/\$95	\$75/\$95
MEETINGS		8 meetings	7 meetings	8 meetings	8 meetings
DAYS	TIME	SESSION 1 June 17-June 27	SESSION 2 July 1-July 11	SESSION 3 July 15-July 25	SESSION 4 July 29-August 8
MON-THUR	8:30AM - 9:00AM	<a href="#">#8447</a>	<a href="#">#8462</a>	<a href="#">#8477</a>	<a href="#">#8492</a>
MON-THUR	9:05AM - 9:35AM	<a href="#">#8448</a>	<a href="#">#8463</a>	<a href="#">#8478</a>	<a href="#">#8493</a>
MON-THUR	9:40AM - 10:10AM	<a href="#">#8449</a>	<a href="#">#8464</a>	<a href="#">#8479</a>	<a href="#">#8494</a>
MON-THUR	10:15AM - 10:45AM	<a href="#">#8450</a>	<a href="#">#8465</a>	<a href="#">#8480</a>	<a href="#">#8495</a>
MON-THUR	10:50AM - 11:20AM	<a href="#">#8451</a>	<a href="#">#8466</a>	<a href="#">#8481</a>	<a href="#">#8496</a>
MON-THUR	12:40PM - 1:10PM	<a href="#">#8452</a>	<a href="#">#8467</a>	<a href="#">#8482</a>	<a href="#">#8497</a>
MON-THUR	1:15PM - 1:45PM	<a href="#">#8453</a>	<a href="#">#8468</a>	<a href="#">#8483</a>	<a href="#">#8498</a>
MON-THUR	1:50PM - 2:20PM	<a href="#">#8454</a>	<a href="#">#8469</a>	<a href="#">#8484</a>	<a href="#">#8499</a>
MON-THUR	2:25PM - 2:55PM	<a href="#">#8455</a>	<a href="#">#8470</a>	<a href="#">#8485</a>	<a href="#">#8500</a>
MON-THUR	3:00PM - 3:30PM	<a href="#">#8456</a>	<a href="#">#8471</a>	<a href="#">#8486</a>	<a href="#">#8501</a>
MON-THUR	3:35PM - 4:05PM	<a href="#">#8457</a>	<a href="#">#8472</a>	<a href="#">#8487</a>	<a href="#">#8502</a>
MON-THUR	6:40PM - 7:10PM	<a href="#">#8458</a>	<a href="#">#8473</a>	<a href="#">#8488</a>	<a href="#">#8503</a>
MON-THUR	7:15PM - 7:45PM	<a href="#">#8459</a>	<a href="#">#8474</a>	<a href="#">#8489</a>	<a href="#">#8504</a>
MON-THUR	7:50PM - 8:20PM	<a href="#">#8460</a>	<a href="#">#8475</a>	<a href="#">#8490</a>	<a href="#">#8505</a>
MON-THUR	8:25PM - 8:55PM	<a href="#">#8461</a>	<a href="#">#8476</a>	<a href="#">#8491</a>	<a href="#">#8506</a>

PRICE		\$38/\$58	\$38/\$58
MEETINGS		4 meetings	4 meetings
DAYS	TIME	SESSION 1 June 22-July 13	SESSION 2 July 20-August 10
SAT	10:55AM - 11:25AM	<a href="#">#9112</a>	<a href="#">#9115</a>
SAT	11:30AM - 12:00PM	<a href="#">#9113</a>	<a href="#">#9116</a>
SAT	12:05PM - 12:35PM	<a href="#">#9114</a>	<a href="#">#9117</a>

# Aquatics

## Beginners Swim

Ages 6-14

with Recreation and Community Services Aquatic Staff

City of Milpitas is pleased to offer group swim lessons for beginners that will help them improve their swimming skills and increase their knowledge and awareness of water safety. This class will emphasize beginning stroke technique, breath control, and basic water skills. No experience is necessary. On the first day of each session, all of the swimmers will be evaluated and placed in the appropriate group based on their skills. It is common to repeat Beginners Swim several times before the swimmer progresses forward.

Please Note:

- Located at the Milpitas Sports Center, 1325 E. Calaveras Blvd.
- Please bring swimsuit, towel, water and sunscreen.
- Apply sunscreen at least 30 minutes prior to class time.
- No flotation devices are allowed (i.e. water wings, life vests).
- Do not eat any food within 1 hour of class time.
- No class held on 7/4.

PRICE		\$75/\$95	\$66/\$86	\$75/\$95	\$75/\$95
MEETINGS		8 meetings	7 meetings	8 meetings	8 meetings
DAYS	TIME	SESSION 1 June 17-June 27	SESSION 2 July 1-July 11	SESSION 3 July 15-July 25	SESSION 4 July 29-August 8
MON-THUR	8:30AM - 9:00AM	<a href="#">#8513</a>	<a href="#">#8528</a>	<a href="#">#8543</a>	<a href="#">#8558</a>
MON-THUR	9:05AM - 9:35AM	<a href="#">#8514</a>	<a href="#">#8529</a>	<a href="#">#8544</a>	<a href="#">#8559</a>
MON-THUR	9:40AM - 10:10AM	<a href="#">#8515</a>	<a href="#">#8530</a>	<a href="#">#8545</a>	<a href="#">#8560</a>
MON-THUR	10:15AM - 10:45AM	<a href="#">#8516</a>	<a href="#">#8531</a>	<a href="#">#8546</a>	<a href="#">#8561</a>
MON-THUR	10:50AM - 11:20AM	<a href="#">#8517</a>	<a href="#">#8532</a>	<a href="#">#8547</a>	<a href="#">#8562</a>
MON-THUR	12:40PM - 1:10PM	<a href="#">#8518</a>	<a href="#">#8533</a>	<a href="#">#8548</a>	<a href="#">#8563</a>
MON-THUR	1:15PM - 1:45PM	<a href="#">#8519</a>	<a href="#">#8534</a>	<a href="#">#8549</a>	<a href="#">#8564</a>
MON-THUR	1:50PM - 2:20PM	<a href="#">#8520</a>	<a href="#">#8535</a>	<a href="#">#8550</a>	<a href="#">#8565</a>
MON-THUR	2:25PM - 2:55PM	<a href="#">#8521</a>	<a href="#">#8536</a>	<a href="#">#8551</a>	<a href="#">#8566</a>
MON-THUR	3:00PM - 3:30PM	<a href="#">#8522</a>	<a href="#">#8537</a>	<a href="#">#8552</a>	<a href="#">#8567</a>
MON-THUR	3:35PM - 4:05PM	<a href="#">#8523</a>	<a href="#">#8538</a>	<a href="#">#8553</a>	<a href="#">#8568</a>
MON-THUR	6:40PM - 7:10PM	<a href="#">#8524</a>	<a href="#">#8539</a>	<a href="#">#8554</a>	<a href="#">#8569</a>
MON-THUR	7:15PM - 7:45PM	<a href="#">#8525</a>	<a href="#">#8540</a>	<a href="#">#8555</a>	<a href="#">#8570</a>
MON-THUR	7:50PM - 8:20PM	<a href="#">#8526</a>	<a href="#">#8541</a>	<a href="#">#8556</a>	<a href="#">#8571</a>
MON-THUR	8:25PM - 8:55PM	<a href="#">#8527</a>	<a href="#">#8542</a>	<a href="#">#8557</a>	<a href="#">#8572</a>

PRICE		\$38/\$58	\$38/\$58
MEETINGS		4 meetings	4 meetings
DAYS	TIME	SESSION 1 June 22-July 13	SESSION 2 July 20-August 10
SAT	10:55AM - 11:25AM	<a href="#">#9118</a>	<a href="#">#9121</a>
SAT	11:30AM - 12:00PM	<a href="#">#9119</a>	<a href="#">#9123</a>
SAT	12:05PM - 12:35PM	<a href="#">#9120</a>	<a href="#">#9124</a>

MCC = Community Center    MSC = Sports Center    MSRC = Senior Center  
 SAL = Sal Cracolice Recreation Facility    ADOBE = Higuera Adobe Building  
 NOTE = See "Please Note" in class description.    Fees are listed as Resident/Non-Resident.

# Aquatics

## Swim Test

Testing for Intermediate Swim, Advanced Swim, Jr Lifeguard, Swim Camp, Milpitas Tidal Waves Pre-Club and Milpitas Tidal Waves Swim Club are held at the Milpitas Sports Center Pools. No appointment is necessary.

Tuesday-Thursday  
3:30P.M.-5:15P.M.

\*During swim lessons, swimmers will test at the end of each session to determine if they will advance to the next level. Please note that it is common to repeat a level several times before advancing.

[Intermediate Swim](#)

Ages 6-17  
with Recreation and Community Services Aquatic Staff

This course is for students who have successfully passed Beginners Swim or who can demonstrate all of the Beginners Swim completion requirements. Intermediate Swim builds off Beginners Swim and will teach students stroke proficiency. This class is held partially in the deep end so students must be comfortable in deep water and have treading skills. To be eligible for Intermediate Swim, participants must be able to swim 2 laps each of freestyle with side breathing, breaststroke, backstroke, 1 lap of dolphin kick/butterfly, and be able to tread water for 1 minute. All participants must pass the Swim Test prior to enrolling (see Swim Test dates and times).

Please Note:

- Located at the Milpitas Sports Center, 1325 E. Calaveras Blvd.
- Please bring swimsuit, towel, water and sunscreen.
- Apply sunscreen at least 30 minutes prior to class time.
- Do not eat any food within 1 hour of class time.
- No class held on 7/4.

PRICE		\$75/\$95	\$66/\$86	\$75/\$95	\$75/\$95
MEETINGS		8 meetings	7 meetings	8 meetings	8 meetings
DAYS	TIME	SESSION 1 June 17-June 27	SESSION 2 July 1-July 11	SESSION 3 July 15-July 25	SESSION 4 July 29-August 8
MON-THUR	8:30AM - 9:00AM	<a href="#">#8574</a>	<a href="#">#8582</a>	<a href="#">#8590</a>	<a href="#">#8597</a>
MON-THUR	10:50AM - 11:20AM	<a href="#">#8575</a>	<a href="#">#8583</a>	<a href="#">#8591</a>	<a href="#">#8598</a>
MON-THUR	1:50PM - 2:20PM	<a href="#">#8576</a>	<a href="#">#8584</a>	<a href="#">#8592</a>	<a href="#">#8599</a>
MON-THUR	2:25PM - 2:55PM	<a href="#">#8577</a>	<a href="#">#8585</a>	<a href="#">#8593</a>	<a href="#">#8600</a>
MON-THUR	6:05PM - 6:35PM	<a href="#">#8578</a>	<a href="#">#8586</a>		
MON-THUR	6:40PM - 7:10PM	<a href="#">#8579</a>	<a href="#">#8587</a>	<a href="#">#8594</a>	<a href="#">#8601</a>
MON-THUR	7:15PM - 7:45PM	<a href="#">#8580</a>	<a href="#">#8588</a>	<a href="#">#8595</a>	<a href="#">#8602</a>
MON-THUR	8:25PM - 8:55PM	<a href="#">#8581</a>	<a href="#">#8589</a>	<a href="#">#8596</a>	<a href="#">#8603</a>

PRICE		\$38/\$58	\$38/\$58
MEETINGS		4 meetings	4 meetings
DAYS	TIME	SESSION 1 June 22-July 13	SESSION 2 July 20-August 10
SAT	12:05PM - 12:35PM	<a href="#">#9125</a>	<a href="#">#9126</a>

# Aquatics

## Advanced Swim

Ages 6-17

with Recreation and Community Services Aquatic Staff

This course is for students who have successfully passed Intermediate Swim or for those individuals who can demonstrate all of the intermediate completion requirements. To be eligible for Advanced Swim, participants must be able to swim 4 laps each of freestyle with side breathing, breaststroke, backstroke, 2 laps of butterfly, tread water for 2 minutes and do a freestyle flip turn. Participants must pass the swim test prior to enrolling. (See Swim Test dates and times).

Please Note:

- Located at the Milpitas Sports Center, 1325 E. Calaveras Blvd.
- Please bring swimsuit, towel, water and sunscreen.
- Apply sunscreen at least 30 minutes prior to class time.
- Do not eat any food within 1 hour of class time.
- No class held on 7/4.

PRICE		\$75/\$95	\$66/\$86	\$75/\$95	\$75/\$95
MEETINGS		8 meetings	7 meetings	8 meetings	8 meetings
DAYS	TIME	SESSION 1 June 17-June 27	SESSION 2 July 1-July 11	SESSION 3 July 15-July 25	SESSION 4 July 29-August 8
MON-THUR	8:30AM - 9:00AM	<a href="#">#8605</a>	<a href="#">#8611</a>	<a href="#">#8617</a>	<a href="#">#8624</a>
MON-THUR	10:50AM - 11:20AM	<a href="#">#8606</a>	<a href="#">#8612</a>	<a href="#">#8618</a>	<a href="#">#8625</a>
MON-THUR	1:50PM - 2:20PM	<a href="#">#8607</a>	<a href="#">#8613</a>	<a href="#">#8619</a>	<a href="#">#8626</a>
MON-THUR	2:25PM - 2:55PM	<a href="#">#8608</a>	<a href="#">#8614</a>	<a href="#">#8620</a>	<a href="#">#8627</a>
MON-THUR	6:05PM - 6:35PM			<a href="#">#8621</a>	<a href="#">#8628</a>
MON-THUR	7:50PM - 8:20PM	<a href="#">#8609</a>	<a href="#">#8615</a>	<a href="#">#8622</a>	<a href="#">#8629</a>
MON-THUR	8:25PM - 8:55PM	<a href="#">#8610</a>	<a href="#">#8616</a>	<a href="#">#8623</a>	<a href="#">#8630</a>

PRICE		\$38/\$58	\$38/\$58
MEETINGS		4 meetings	4 meetings
DAYS	TIME	SESSION 1 June 22-July 13	SESSION 2 July 20-August 10
SAT	12:05PM - 12:35PM	<a href="#">#9127</a>	<a href="#">#9128</a>



# Aquatics

## Adult Swim

Ages 15+  
with Recreation and Community Services Aquatic Staff

It's never too late to get comfortable in the water and learn how to swim! Our adult class is designed for teens and adults who have never taken swimming lessons before or are looking to improve their existing skills. All skill levels are welcome. No experience or skills necessary. If you are a teen between 15 and 17 years old, with swim experience, please consider our intermediate or advanced swim program. See class information for the requirements.

**Please Note:**

- Located at the Milpitas Sports Center, 1325 E. Calaveras Blvd.
- Bring a swimsuit, towel, water, and sunscreen.
- Apply sunscreen at least 30 minutes prior to lesson.
- No class held on 7/4.

PRICE		\$75/\$95	\$66/\$86	\$75/\$95	\$75/\$95
MEETINGS		8 meetings	7 meetings	8 meetings	8 meetings
DAYS	TIME	SESSION 1 June 17-June 27	SESSION 2 July 1-July 11	SESSION 3 July 15-July 25	SESSION 4 July 29-August 8
MON-THUR	8:30AM - 9:00AM	<a href="#">#8660</a>	<a href="#">#8670</a>	<a href="#">#8680</a>	<a href="#">#8690</a>
MON-THUR	10:50AM - 11:20AM	<a href="#">#8661</a>	<a href="#">#8671</a>	<a href="#">#8681</a>	<a href="#">#8691</a>
MON-THUR	12:40PM - 1:10PM	<a href="#">#8662</a>	<a href="#">#8672</a>	<a href="#">#8682</a>	<a href="#">#8692</a>
MON-THUR	1:15PM - 1:45PM	<a href="#">#8663</a>	<a href="#">#8673</a>	<a href="#">#8683</a>	<a href="#">#8693</a>
MON-THUR	1:50PM - 2:20PM	<a href="#">#8664</a>	<a href="#">#8674</a>	<a href="#">#8684</a>	<a href="#">#8694</a>
MON-THUR	2:25PM - 2:55PM	<a href="#">#8665</a>	<a href="#">#8675</a>	<a href="#">#8685</a>	<a href="#">#8695</a>
MON-THUR	6:40PM - 7:10PM	<a href="#">#8666</a>	<a href="#">#8676</a>	<a href="#">#8686</a>	<a href="#">#8696</a>
MON-THUR	7:15PM - 7:45PM	<a href="#">#8667</a>	<a href="#">#8677</a>	<a href="#">#8687</a>	<a href="#">#8697</a>
MON-THUR	7:50PM - 8:20PM	<a href="#">#8668</a>	<a href="#">#8678</a>	<a href="#">#8688</a>	<a href="#">#8698</a>
MON-THUR	8:25PM - 8:55PM	<a href="#">#8669</a>	<a href="#">#8679</a>	<a href="#">#8689</a>	<a href="#">#8699</a>

# Aquatics

## Private Swim

Ages 3+  
with Recreation and Community Services Aquatic Staff

One-on-one instruction for those ages 3 and older. All skill levels are welcome. One instructor per student.

Please Note:

- Located at Milpitas Sports Center, 1325 E. Calaveras Blvd.
- Bring a swimsuit, towel, water, and sunscreen.
- Apply sunscreen at least 30 minutes prior to lesson time.
- Do not eat anything within one hour of getting in the pool.
- No class held on 7/4.

PRICE		\$304/\$324	\$266/\$286	\$304/\$324	\$304/\$324
MEETINGS		8 meetings	7 meetings	8 meetings	8 meetings
DAYS	TIME	SESSION 1 June 17-June 27	SESSION 2 July 1-July 11	SESSION 3 July 15-July 25	SESSION 4 July 29-August 8
MON-THUR	8:30AM - 9:00AM	<a href="#">#8701</a>	<a href="#">#8709</a>	<a href="#">#8717</a>	<a href="#">#8725</a>
MON-THUR	9:05AM - 9:35AM	<a href="#">#8702</a>	<a href="#">#8710</a>	<a href="#">#8718</a>	<a href="#">#8726</a>
MON-THUR	9:40AM - 10:10AM	<a href="#">#8703</a>	<a href="#">#8711</a>	<a href="#">#8719</a>	<a href="#">#8727</a>
MON-THUR	10:15AM - 10:45AM	<a href="#">#8704</a>	<a href="#">#8712</a>	<a href="#">#8720</a>	<a href="#">#8728</a>
MON-THUR	12:40PM - 1:10PM	<a href="#">#8705</a>	<a href="#">#8713</a>	<a href="#">#8721</a>	<a href="#">#8729</a>
MON-THUR	1:15PM - 1:45PM	<a href="#">#8706</a>	<a href="#">#8714</a>	<a href="#">#8722</a>	<a href="#">#8730</a>
MON-THUR	1:50PM - 2:20PM	<a href="#">#8707</a>	<a href="#">#8715</a>	<a href="#">#8723</a>	<a href="#">#8731</a>
MON-THUR	2:25PM - 2:55PM	<a href="#">#8708</a>	<a href="#">#8716</a>	<a href="#">#8724</a>	<a href="#">#8732</a>



# Aquatics

## Youth Swim Camp

Ages 6-14  
with Recreation and Community Services Aquatic Staff

Youth Swim Camp is taught by our Milpitas Tidal Waves Swim Club coaches who have a strong background in competitive swimming. The objective of this camp is to allow participants to explore aquatics and learn a variety of skills while having fun!

Campers will participate in activities in the following areas: swimming, race starts, aquatic games, and water safety. Some sample activities include competitive relays, swimming drills, sitting and standing dives, diving for rings, treading, water safety seminars/ videos, and water games.

All Participants must pass the Swim Test prior to enrolling (see Swim Test dates and times). Participants must be able to swim 2 laps each of freestyle, backstroke, and breaststroke and tread water for one minute.

Please Note:

- Please bring a swimsuit, sunscreen, towel, water, and snacks.
- Do not eat any food within 1 hour of getting in the pool
- Apply sunscreen at least 30 minutes prior to class time

PRICE		\$105/\$125
MEETINGS		4 meetings
DAYS	TIME	July 8 - July 11
MON-THUR	9:00AM - 12:00PM	<a href="#">#8442</a>

## Junior Guard Academy

Ages 11-15  
with Recreation and Community Services Aquatic Staff

The Junior Lifeguard Academy is designed to teach basic pool safety, how to recognize potential hazards, prevent accidents, respond to emergency situations and perform basic water rescues. This course teaches responsibility, trust, and how to work well with your peers. This course does not certify you as a Lifeguard, but it will provide you with a solid foundation of knowledge and skills to help you prepare for the Lifeguarding course once you are eligible to enroll.

Upon successful completion of the course, you will be eligible to volunteer as a Jr Lifeguard for the 2019 Summer Aquatics program.

You must be able to swim 4 laps each of freestyle with side breathing, breaststroke, backstroke, 1 lap of dolphin kick/butterfly and tread water for 2 minutes. Participants must pass the Swim Test. (See testing dates and times).

Please Note:

- Bring a swimsuit, towel, snack, water, and sunscreen.
- Apply sunscreen at least 30 minutes prior to lesson time.
- Do not eat anything within one hour of getting in the pool.
- Fee includes T-shirt and manual.

PRICE		\$100/\$120	\$100/\$120
MEETINGS		2 meetings	2 meetings
DAYS	TIME	SESSION 1	SESSION 2
SAT/SUN	10:00AM - 3:00PM	April 27-April 28	May 18-May 19
		<a href="#">#8632</a>	<a href="#">#8633</a>

# Milpitas Tidal Waves

## Milpitas Tidal Waves Pre-Club

Ages 6-17  
with Recreation and Community Services Aquatic Staff

Interested in improving your stroke technique? How about racing? This pre-club course teaches competitive stroke techniques in freestyle, backstroke, butterfly, and breaststroke. Our Milpitas Tidal Waves swim coaches will teach proper swimming strokes, drills, racing starts, turns, speed, and endurance drills, and introduction to competition. Participants must be able to swim 4 laps each of freestyle with side breathing, breaststroke, backstroke, 2 laps of butterfly, tread water for 2 minutes, and do a freestyle flip turn. All participants must pass the Swim Test prior to enrolling (see Swim Test dates and times). Upon completion of Pre-Club, participants may tryout for the Milpitas Tidal Waves Swim Club.

Please Note:

- Bring a swimsuit, towel, water, snacks, and sunscreen.
- Apply sunscreen at least 30 minutes prior to class time.
- Do not eat anything within an hour of getting in the pool.

PRICE		\$105/\$125	\$105/\$125
MEETINGS		4 meetings	4 meetings
DAYS	TIME	July 15 - July 18	July 22 - July 25
MON-THUR	9:00AM - 12:00PM	<a href="#">#8444</a>	<a href="#">#8445</a>

## Developmental Swim Club

Ages 6-17  
with Recreation and Community Services Aquatic Staff

The Milpitas Tidal Waves Swim Club teaches your child swim skills and helps them to build stamina and improve technique. MTW Swim Club is open to youth ages 6-17 years old. Practices are held at the Milpitas Sports Center (1325 E. Calaveras Blvd). Individuals interested in joining the swim club must be able to swim 6 laps each of freestyle, backstroke, and breaststroke. Pre Tests are held at the Milpitas Sports Center Pools (see dates and times).

Please Note:

- There is a discount for multiple children of the same family. (\$10 off 2nd child and \$20 off 3rd or more children).
- Do not register for MTW until the coaching staff have confirmed that the swimmer has passed the Pre-Test.
- Practices follow the Milpitas Unified School District and City Holidays. Prices reflect days off. Please note that there will be no practices on the following days: 7/4.

PRICE		\$68/\$88	\$68/\$88	\$68/\$88
MEETINGS		12 meetings	13 meetings	13 meetings
DAYS	TIME	JUNE	JULY	AUGUST
TUE-THURS	3:30PM - 4:45PM	<a href="#">#8733</a>	<a href="#">#8734</a>	<a href="#">#8735</a>

# Milpitas Tidal Waves

## Junior Swim Club

Ages 6-17  
with Recreation and Community Services Aquatic Staff

The Milpitas Tidal Waves Swim Club teaches your child swim skills and helps them to build stamina and improve technique. MTW Swim Club is open to youth ages 6-17 years old. Practices are held at the Milpitas Sports Center (1325 E. Calaveras Blvd). Individuals interested in joining the swim club must be able to swim 8 laps each of freestyle, backstroke, breaststroke, and 4 laps of butterfly. Pre- Tests are held at the Milpitas Sports Center Pools (see dates and times).

Please Note:

- There is a discount for multiple children of the same family. (\$10 off 2nd child and \$20 off 3rd or more children).
- Do not register for MTW until the coaching staff have confirmed that the swimmer has passed the Pre-Test.
- Practices follow the Milpitas Unified School District and City Holidays. Prices reflect days off.
- Please note that there will be no practices on the following days: 7/4.

PRICE		\$78/\$98	\$78/\$98	\$78/\$98
MEETINGS		12 meetings	13 meetings	13 meetings
DAYS	TIME	JUNE	JULY	AUGUST
TUE-THURS	4:00PM - 5:45PM	<a href="#">#8736</a>	<a href="#">#8737</a>	<a href="#">#8738</a>

# BECOME A LIFEGUARD!

## Lifeguard Academy

Ages 15+  
with Recreation and Community Services Aquatic Staff

The City of Milpitas is hosting an American Red Cross Lifeguard Certification Course for any individual that is interested in becoming a City of Milpitas Lifeguard. Our Aquatics program schedules host a variety of shifts that can accommodate any schedule. Participants must be at least 15 years old by the last day of class. Participants must be able to swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both. Tread water for 2 minutes, using only the legs. Complete a timed event within 1 minute, 40 seconds: Swim 20 yards front crawl or breaststroke and surface dive to retrieve a 10-pound brick. With both hands remaining on the brick, place it on your chest and return to the wall which you started. Exit the water without using a ladder or steps. For more information and to schedule a swim test, please contact our Aquatics Program Coordinator, Lisa Ciardella, at [lciardella@ci.milpitas.ca.gov](mailto:lciardella@ci.milpitas.ca.gov) or 408 586-3234.

Please Note:

- Located at the Milpitas Sports Center, 1325 E. Calaveras Blvd.

	\$100/\$120	4 meetings	Ages 15+	
<a href="#">#8433</a>	SAT/SUN	4/6-4/14	10:00AM - 6:00PM	MSC
<a href="#">#8434</a>	SAT/SUN	5/25-6/2	10:00AM - 6:00PM	MSC

