

# CITY OF SANTA MARIA JANUARY-MAY 2020 RECREATION GUIDE



Register for Classes any time online at

[www.cityofsantamaria.org/register](http://www.cityofsantamaria.org/register)

FEES: When two fees are quoted e.g., \$33(R)/\$41(NR), the first is the discounted rate for City of Santa Maria residents, and the second is the standard fee for non-residents.



## AQUATICS

**Paul Nelson Aquatic Center (PNAC) at the Abel Maldonado Community Youth Center: 600 S. McClelland St.**

**Pool Closures:** The Paul Nelson Aquatic Center will be closed on the following dates:

December-February (*Exact dates TBA*)

**POOL RULES:** For you and your family's protection and enjoyment, the Department asks for you to abide by the following rules:

1. Swim suits required for those who plan to enter the pool
2. No inflatable devices (water wings). Foam devices must be approved
3. Approved waterproof swim diaper required
4. Shower before entering pool water
5. Parent/guardian is required to be in the water with children under the age of 5

**Public Swim Fees:** Single entry fee per visit.

- 5 yrs. & under/65 yrs. & up: FREE
- 6-16 yrs. \$1.50
- 17-54 yrs. \$3.00
- 55-64 yrs. \$1.50

**Annual Pool Pass:** Up to 6 family members per visit: \$58  
Annual pass holder must be present.

**Individual Monthly Fitness and Pool Pass:** Access to AMCYC Fitness Center: \$35

**Lap Swim (17 yrs. & up):**  
Fees - Refer to Public Swim Fees.  
**Long Course 50M:**

M,W,F	5:30-7 A
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**Short Course 25 yds.:**

M-Sa	12-1:30 P
M-F	6-7:30 P

**Pool Party Rentals:** To book a private pool party or for more information, please contact the Recreation and Parks main office at (805) 925-0951 ext. 2260.

**Recreation Swim Information:**

- Must be 42" tall or accompanied by an adult
- Fees - Refer to Public Swim Fees
- Swim suits required for those who plan to enter the pool.
- Children 5 yrs. and under must be accompanied by an adult at all times in the water

**Weekday Recreation Swim:**

**Rec Pool Only:**

M,W,F	3-4:30 P	Starting 4/01
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**Weekend Recreation Swim:**

Sa	12:30-3:30 P	5/02-5/30
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**Holiday Recreation Swim:**

May 25<sup>th</sup>, 12:30-3:30 PM

**Important Swim Lesson Information:**

- Swim Lessons available for ages 3 yrs. & up
- **Fee: \$35 (City Residents)/ \$43.50 (Non-City Residents)**
- **Swim lesson registration deadline is 5:00 PM on the Wednesday prior to the first day of class**
- Swim Lessons are offered every two weeks, run 10 days each and are 30 minutes in length each day
- For more information visit [www.cityofsantamaria.org/register](http://www.cityofsantamaria.org/register)

**Important Parent & Child Class Information & Requirements:**

- Children ages 6 mos.-3 yrs. eligible
- One parent per child must participate in the water each class session
- Waterproof swim diaper and swimsuit required



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## AQUATICS

### A PARENT'S GUIDE TO THE STARFISH SWIMMING® CURRICULUM

#### What is Starfish Swimming®?

The City of Santa Maria Recreation and Parks Department is an independent authorized provider of Starfish Swimming. Starfish Swimming is a nationally recognized swim instruction curriculum developed by the Starfish Aquatics Institute (SAI).

**Learn more about SAI at [www.starfishaquatics.org](http://www.starfishaquatics.org)**

The Starfish Swimming curriculum is designed for students ages 6-months to adult. Benchmarks are established at each stage in the program that combine both swimming and safety skills. Students participate in experiential learning activities that allow them to explore the water in a creative and comfortable environment. Correct swimming techniques are taught

from the very beginning, providing an easy transition to swim team.

Inside this guide, you will find the curriculum used in the StarBabies™/StarTots™ (ages 6 months to 36 months), Starfish Swim School® (ages 3 and up), and Starfish Stroke School™ programs. Our swim instructors will communicate your child's progression through the curriculum on a regular basis.

#### What role do I play in my child's swimming development?

As a parent or caregiver, you play a vital role in your child's swimming development. You have already taken the first step, by registering your child for swim lessons. Now, you must continue to communicate with your child's instructor and practice, practice, practice!

The bathtub is a great place to start practicing! Bubbles, breath holding, looking underwater, floating, and kicking can all take place in the bathtub! A few trips to the pool between swim lessons are nice too! You shouldn't feel the need to push children to do everything they are doing in swim lessons. Just give them the opportunity to get wet, splash around, and explore the water on their own terms.

But remember: supervision is a must! While swimming lessons are one layer of protection, nothing beats supervision. Keep your eyes on your child whenever you are in, on, or near the water!

If you have any questions, please do not hesitate to ask. We're here for you. **Contact us at (805) 925-0951 ext. 2260.**



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### STARBABIES™ AND STARTOTS™

The purpose of this course is to foster in very young children a high comfort level in the water while at the same time training parents and caregivers in water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, and loving experience.

#### STAGE WHITE: TRUST AND COMFORT

**Safety Skill:** Understand constant and dedicated surveillance.

**Swim Skill:** Parent and child are relaxed and confident, and enjoy being in the water together.

#### STAGE RED: BODY POSITIONS

**Safety Skill:** Fit and properly put a lifejacket on the child.

**Swim Skill:** Perform a relaxed front, back, vertical, and side position for at least 5 seconds each.

#### STAGE YELLOW: SUBMERSION

**Safety Skill:** Use flotation to help someone in the water and know how to call 911.

**Swim Skill:** Enter from the wall, submerge, turn around, grab on to the wall, and pull up (assisted).

#### STAGE BLUE: AIR RECOVERY AND ROLLOVER

**Safety Skill:** Identify six methods of preventing recreational water illness.

**Swim Skill:** Enter from the wall, submerge, come to surface unassisted and get a breath in vertical or horizontal (on back) position.

#### STAGE GREEN: FORWARD MOVEMENT

**Safety Skill:** Know about infant and child CPR.

**Swim Skill:** Move through the water independently 10 feet, with or without flotation.

#### STARFISH SWIM SCHOOL®

Students work toward development of the five core swimming competencies and receive color stage awards for each achievement. The color stages are used to divide students into broad ability groups. Children progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.

#### STAGE WHITE: TRUST AND SUBMERSION

**Safety Skill:** Always ask permission before getting in the water.

**Swim Skill:** Assisted submersion, relaxed, 5 seconds and then come up to breathe.

#### STAGE RED: BODY POSITION AND AIR RECOVERY

**Safety Skill:** Put on a lifejacket, float on back, kick 20 feet.

**Swim Skill:** Jump in, submerge, recover for air, roll on back for 5 seconds in swimwear and in regular clothes.

#### STAGE YELLOW: FORWARD MOVEMENT

**Safety Skill:** Reach or Throw (Don't Go) and know how to call 911.

**Swim Skill:** Jump in, submerge, recover for air, forward movement 10 feet, change direction, and return to wall in swimwear and in regular clothes.

#### STAGE BLUE: BODY ROTATION

**Safety Skill:** Tread water 15 seconds.

**Swim Skill:** Jump in, submerge, recover to side glide position and kick 10 feet.

#### STAGE GREEN: INTEGRATED MOVEMENT

**Safety Skill:** Survival float and tread water for 30 seconds.

**Swim Skill:** Start in side glide, swim freestyle 30 feet with 1-2-3 breathe pattern.





## ATTENTION SWIMMERS AND POOL USERS

**Consider Upgrading to an Annual Pool Pass!**

Do you and your family visit the pool frequently?  
Are you tired of waiting in line to enter the pool?  
Don't want to pay a daily entry fee every time you visit the pool?  
**Skip the line and spend more time enjoying the pool!**

- Buy an Annual Pool Pass for \$58.00 and you and up to 6 family members are covered for the year!
  - A Pool Pass is good for Rec Swim and Adult Lap Swim year round!
- Pay a one-time fee for the entire year (pass expires 1 year after purchase date.)

Visit the Abel Maldonado Community Youth Center for more information.

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## AQUATICS

### STARFISH STROKE SCHOOL™

Students refine freestyle and learn stroke technique for backstroke, butterfly, breaststroke, and more!

#### STAGE WHITE: FREESTYLE, INTRODUCTION TO BACKSTROKE

**Safety Skill:** Always ask permission before getting in the water.

**Swim Skill:** Swim freestyle 30 feet with body stretched out and consistent form; swim 30 feet of triple-switch backstroke.

#### STAGE RED: BACKSTROKE, INTRODUCTION TO BUTTERFLY

**Safety Skill:** Put on a lifejacket from in the water, kick 30 feet.

**Swim Skill:** Swim 30 feet backstroke with straight arm recovery, body roll, good arm and body extension; perform arm down pulsing for 15 feet.

#### STAGE YELLOW: BUTTERFLY

**Safety Skill:** Scenario assist and know when and how to call 911.

**Swim Skill:** Swim 4 strokes butterfly with only one breath, then remainder of pool freestyle.

#### STAGE BLUE: BREASTSTROKE

**Safety Skill:** Discuss the Starfish safety concepts.

**Swim Skill:** Swim 30 feet breaststroke with good timing and extension.

#### STAGE GREEN: ENDURANCE

**Safety Skill:** Tread water or survival float for 2 minutes.

**Swim Skill:** Swim freestyle 50 yards; swim backstroke 50 yards; swim 25 yards butterfly; swim 50 yards breaststroke; perform freestyle and backstroke flip turns and butterfly and breaststroke open turns.

#### ♦ DEEP WATER WALKIN'

(16 yrs. & up):  
Use the natural resistance of the deep water to help strengthen muscles and give your heart the exercise it needs. **Swim attire required. Mon. & Wed. Instructor: Bergstrom**  
**\$28.50(R)/\$35.50(NR)**

8409	5:30-6:30 P	4/01-4/29
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9112	5:30-6:30 P	5/04-5/27
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#### ♦ SHALLOW WATER FITNESS

(16 yrs. & up):  
A low-impact water exercise class which promotes cardiovascular workout and strengthening of muscles with little resistance. **Swim attire required. Tue. & Thu. Instructor: Rosa**  
**\$28.50(R)/\$35.50(NR)**

8454	11 A-12 P	3/03-3/31
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8455	11 A-12 P	4/02-4/30
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8456	11 A-12 P	5/05-5/28
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♦ *Classes/programs provided by independent instructors, and are not City sponsored.*

