



Swim Lesson Level Descriptions

All classes are taught in accordance to American Red Cross standards and conducted by American Red Cross certified and trained Instructors and Aides.

Starfish—Ages: 12 mos to 3 yrs

Parent or guardian must attend each class with child. Emphasis is on floating, swimming, blowing bubbles, going underwater, holding breath, kicking, arm movement and fun. **Only one adult per child allowed.**

Polliwog—Ages: 3 to 5 years

A swim readiness class that helps begin the skills of face in the water, blowing bubbles, breath holding, kicking, floating, arm strokes and going under water.

Minnows—Ages: 5 to 8 years

For those who are taking swim lessons for the first time. Emphasis is on water adjustment, swimming readiness skills, basic safety, floating, kicking and arm strokes.

Goldfish—Ages: 5 to 14 years

For those who are able to float comfortably on their front and back. Emphasis is on introducing the front and back crawl.

Manta Rays—Ages: 5 to 14 years

For those who have successfully completed the Goldfish class or are able to swim 15 yards without assistance. Emphasis is on improving the front and back crawl and introducing rhythmic breathing.

Fall Swim Lessons

Ease into the Fall season while continuing to improve your swimming skills. These classes will be offered on Monday & Wednesday's for youth ages 3 years and older. See above for class descriptions/requirements.

Location: Rusch Pool

Fee: \$42

Mon & Wed 5:30 - 6:00pm

8/18 - 9/15* 8 days

6113.206	Starfish I
6113.200	Polliwog
6113.201	Minnow
6113.202	Goldfish

Mon & Wed 6:00 - 6:30pm

8/18 - 9/15* 8 days

6113.207	Starfish II
6113.203	Polliwog
6113.204	Minnow
6113.205	Manta Rays

*No class 9/1

Public Swimming

The Sunrise Recreation and Park District operates two swimming facilities during the summer months at Rusch Park and Tempo Park. The pools are open to the public every day according to the schedule below.

DISTRICT SWIMMING POOLS

Rusch Park Pool

Telephone: 726-0111
7801 Auburn Blvd., Citrus Heights

Tempo Park Pool

Telephone: 726-1342
6600 Clear Creek Court, Citrus Heights
(Parking available on Smoke Creek Ct.)
No parking permitted on Clear Creek Ct.)

DATES, TIMES & FEES FOR PUBLIC SWIM

Rusch Park Pool

Mon - Fri	Thru August 15	1:00 - 3:30pm
Sat & Sun	Thru September 1	1:00 - 5:00pm

Fees for Rusch Park Pool

Tots (Under 2 yrs)	FREE
Youth (3-17 yrs)	Weekdays - \$2.00/Weekends - \$2.50
Adult (18 yrs & older)	Weekdays - \$2.50/Weekends - \$3.00

Tempo Park Pool

Mon - Fri	Thru August 8	1:00 - 3:30pm
Sat & Sun	Thru August 10	1:00 - 4:00pm

Fee for Tempo Pool: \$1.00 per person

ALL PERSONS ENTERING THE POOL AREA MUST PAY FEES.

ALL CHILDREN 8 YEARS OF AGE AND UNDER MUST BE ACCOMPANIED BY A RESPONSIBLE ADULT AT ALL TIMES WHILE IN THE WATER.

Sunrise Diving Program 7 years & up

This program provides diving instruction emphasizing approach and takeoff, basic positions and the different competitive categories. Basic swimming ability required and participant must be able to dive head first from the side of the pool.

Location: Rusch Pool
Instructor: Dee Robbins

Mon/Tue/Wed

7-9 years	6321.202	8/11 - 8/27	3:30 - 4:00pm	\$45
10 years & up	6321.204	8/11 - 8/27	4:00 - 5:00pm	\$90

Aqua-Cise 13 years & up

These classes are designed for individuals of ALL fitness levels. From the novice, new to exercise, just beginning a fitness routine or to the exercise veteran who wants to add fun and variety to spice up an existing fitness program. Aqua-Cise has something for everyBODY.

Instructor: Michelle Seruset
AEA, AFAA Certified

Fee: \$40
Location: Rusch Pool

Tue & Thur

6702.203	8/5 - 8/28*	6:30 - 7:30pm
6702.204	9/2 - 9/25	6:30 - 7:30pm

*8/5 - 8/14 classes at Tempo Pool

Instructor: Coby Peralta

Fee: \$40
Location: Rusch Pool

Mon & Wed

6702.208	8/4 - 8/27*	6:30 - 7:30pm
6702.209	9/3 - 9/29	6:30 - 7:30pm

*8/4 - 8/13 classes at Tempo Pool