



PORTOLA POOL

2024 SCHEDULE

Opening Day – Saturday June 15th, 2024

REGULAR SWIM

Monday – Saturday: Noon – 5:00pm

1-5 years: \$2.00

6-17 years: \$4.00

Adults (18+): \$5.00

Seniors (60+): \$3.00

SEASON PASS

Individual \$60*

Family \$125 (up to 6 people) *

Senior (60+) \$50*

Fitness Pass \$125**

*Season pass is good for entry into the pool during regular swim hours only (12-5pm)

**Fitness pass is good for entry into lap swim and water aerobics – does not qualify for regular pool entry.

WATER AEROBICS/LAP SWIM

Aerobics: Monday – Friday 6:00pm – 7:00pm

Drop-in fee - \$5.00

Laps: Monday – Friday 8:00am – 9:00am

Drop-in fee - \$5.00

Seniors (60+) - \$3.00

Laps also open for swim team use

SWIM PARTY: \$125

2-hour private swim parties can be reserved at

Portola City Hall

Saturdays – 10am - 12pm or 5pm – 7pm

Sundays upon request

SWIM LESSONS

Swim Lesson: \$50 per session

Private Lesson \$70 per session

PORTOLA SWIM LESSON SCHEDULE

ALL SESSIONS HELD MONDAY- FRIDAY

GROUP SESSION 1: JUNE 17TH – 28TH

10:30am – 11:00am LEVEL 3 & 4

11:00am – 11:30am LEVEL 1 & 2

5:00pm – 5:30pm LEVEL 1 & 2/PARENT & CHILD

5:30pm – 6:00pm LEVEL 3 & 4

GROUP SESSION 2: JULY 8TH – 19TH

10:00am – 10:30am LEVEL 3 & 4

10:30am – 11:00am LEVEL 1 & 2

5:00pm – 5:30pm LEVEL 1 & 2/PARENT & CHILD

5:30pm – 6:00pm LEVEL 3 & 4

GROUP SESSION 3: JULY 29TH – AUGUST 9TH

10:30am – 11:00am LEVEL 3 & 4

11:00am – 11:30am LEVEL 1 & 2

5:00pm – 5:30pm LEVEL 1 & 2/PARENT & CHILD

5:30pm – 6:00pm LEVEL 3 & 4

PRIVATE SESSION 1: JULY 1ST – JULY 5TH

10:00am – 10:45am

10:45am – 11:30am

5:15pm – 6:00pm

PRIVATE SESSION 2: JULY 22ND – 26TH

10:00am – 10:45am

10:45am – 11:30am

5:15pm – 6:00pm

PRIVATE SESSION 3: AUGUST 12TH – 16TH

10:00am – 10:45am

10:45am – 11:30am

5:15pm – 6:00pm

PARENT & CHILD AQUATICS

Purpose: The foundation of the Parent and child aquatics is a set of basic skills that prepares children to become comfortable in the water so they can be ready to learn to swim. Must be 6 months of age and provide "Swim Diaper".

LEVEL 1 – INTRO TO WATER SKILLS

Purpose: Helps students feel comfortable in the water. Enter and exit the water, submerge mouth, nose & eyes, exhale underwater, pick up submerged object, change direction while walking or paddling, roll over from front to back & back to front with support, explore floating on front & back with support, explore swimming on front and back using arm & leg actions with support, and using a life jacket. Must be 3 years of age.

LEVEL 2 – FUNDAMENTAL AQUATIC SKILLS

Purpose: Gives students success with basic skills. Enter water by stepping or jumping from the side, exit water safely using ladder or side, submerge entire head, blow bubbles submerging head in a rhythmic pattern (bobbing), open eyes underwater, pick up submerged object in shallow water, float on front & back, perform front & back glide, change direction of travel, paddling on front or back, tread water using arm and leg motions, swim on front, back & side using combined arm and leg actions, and move in water while wearing a life jacket.

LEVEL 3 – STROKE DEVELOPMENT

Purpose: Builds on the skills in Level 2 through additional guided practice. Jumping into deep water from the side, dive from a kneeling or standing position, submerge and retrieve an object in chest-deep water, bob with head fully submerged, rotate breathing in horizontal position, perform front & back glide using two different kicks, float on front & back in deep water, change from horizontal to vertical position on front & back, tread water using hand and leg movements, perform front and back crawl, butterfly - kick and body motion.

LEVEL 4 – STROKE IMPROVEMENT

Purpose: Develop confidence in the skills learned and improves other aquatic skills. Performs a dive from a standing or stride position, swim underwater, perform feet-first surface dive, perform open turns on front & back, tread water using sculling arm motions and with different kicks. Perform the following: Front & back crawl, breaststroke, butterfly, elementary backstroke, swim on side using scissor-like kick, perform compact jump into water from a height while wearing life jacket.

LEVEL 5 – STROKE REFINEMENT

Purpose: Stroke refinement, endurance. Ready for competition, long distance swimming, butterfly, back, breaststroke, freestyle, flip turns, racing dives. Swim for mileage, refine stroke for smoothness, speed and efficiency. Water safety, basic rescue.