



# Fillmore Aquatics 2018

Open Memorial Day to Labor Day | Closed Sundays

575 First St, Fillmore CA, 93015 | (805) 524 4902 | fillmoreca.com

## Schedule for Session VII: **AUGUST 20 – SEPTEMBER 3**

Monday August 20 <sup>th</sup>	Tuesday August 21 <sup>st</sup>	Wednesday August 22 <sup>nd</sup>	Thursday August 23 <sup>rd</sup>	Friday August 24 <sup>th</sup>	Saturday August 25 <sup>th</sup>
<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM    <b>Water KickBoxing</b> 5:45 – 6:30 PM  <b>Water Conditioning</b> 6:00 – 6:45 PM  <b>Lap Swim</b> 6:00 – 8:00 PM  <b>Aquacise</b> 6:30 – 7:15 PM	<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM    <b>Mommy and Me</b> 5:45 – 6:30 PM  <b>Aquatic Circuit Workout</b> 6:00 – 6:45 PM  <b>Lap Swim</b> 6:00 – 8:00 PM  <b>Aquacise</b> 6:30 – 7:15 PM	<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM    <b>Water KickBoxing</b> 5:45 – 6:30 PM  <b>Water Conditioning</b> 6:00 – 6:45 PM  <b>Lap Swim</b> 6:00 – 8:00 PM  <b>Aquacise</b> 6:30 – 7:15 PM	<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM    <b>Mommy and Me</b> 5:45 – 6:30 PM  <b>Aquatic Circuit Workout</b> 6:00 – 6:45 PM  <b>Lap Swim</b> 6:00 – 8:00 PM  <b>Aquacise</b> 6:30 – 7:15 PM	<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM      <b>Family Night</b> 6:00 – 8:00 PM	<b>Lap Swim</b> 7:30 – 9:30 AM    <b>REC SWIM</b> 9:45 – 3:15 PM  
Monday August 27 <sup>th</sup>	Tuesday August 28 <sup>th</sup>	Wednesday August 29 <sup>th</sup>	Thursday August 30 <sup>th</sup>	Friday August 31 <sup>st</sup>	Saturday September 1 <sup>st</sup>
<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM    <b>Water KickBoxing</b> 5:45 – 6:30 PM  <b>Water Conditioning</b> 6:00 – 6:45 PM  <b>Lap Swim</b> 6:00 – 8:00 PM  <b>Aquacise</b> 6:30 – 7:15 PM	<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM    <b>Mommy and Me</b> 5:45 – 6:30 PM  <b>Aquatic Circuit Workout</b> 6:00 – 6:45 PM  <b>Lap Swim</b> 6:00 – 8:00 PM  <b>Aquacise</b> 6:30 – 7:15 PM	<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM    <b>Water KickBoxing</b> 5:45 – 6:30 PM  <b>Water Conditioning</b> 6:00 – 6:45 PM  <b>Lap Swim</b> 6:00 – 8:00 PM  <b>Aquacise</b> 6:30 – 7:15 PM	<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM    <b>Mommy and Me</b> 5:45 – 6:30 PM  <b>Aquatic Circuit Workout</b> 6:00 – 6:45 PM  <b>Lap Swim</b> 6:00 – 8:00 PM  <b>Aquacise</b> 6:30 – 7:15 PM	<b>Lap Swim</b> 6:30 – 8:00 AM  <b>Aquacise</b> 7:30 – 8:15 AM      <b>Family Night</b> 6:00 – 8:00 PM	<b>Lap Swim</b> 7:30 – 9:30 AM    <b>REC SWIM</b> 9:45 – 3:15 PM  
<b>CLOSING DAY SEPTEMBER 3<sup>RD</sup> (LABOR DAY)</b> <b>Lap Swim 6:30 – 8:00 AM and 6:00 – 8:00 PM</b>  <b>Aquacise 7:30 – 8:15 AM and 6:30 – 7:15 PM</b>  <b>REC SWIM 10:30 – 4:30 PM</b>					

General Fees:	
Family Night.....	\$1.00
Rec Swim.....	\$2.00
Lap Swim .....	\$4.00
Exercise Classes .....	\$4.50
TAKE YOUR FIRST EXERCISE CLASS FREE!	
Splash Passes:	
10-Visit Lap Swim .....	\$35.00
25-Visit Lap Swim .....	\$70.00
Lap Swim Season Pass.....	\$100.00
10-Visit Exercise Class .....	\$40.00
25-Visit Exercise Class .....	\$80.00
Exercise Class Season Pass.....	\$120.00
All Inclusive Season Pass (everything but lessons and rentals) .....	\$200.00
Swim Lessons: (8 Classes per session)	
Group Lessons.....	\$75.00
Private Lessons.....	\$120.00
Private Rentals:	
Deposit.....	\$100.00
2 hour.....	\$150.00
4 hour .....	\$225.00
Private rental times are Saturday 4-8, and Sunday 8-4.	

Session I: May 28 – June 9 (no lessons this session)
Session II: June 11 – June 23
Session III: June 25 – July 7
Session IV: July 9 – July 21
Session V: July 23 – August 4
Session VI: August 6 – August 18
Session VII: August 20 – September 3

# Fillmore Aquatic Center

## Program Descriptions, Schedule, & Fees

Summer 2018

575 First Street  
Fillmore, CA 93015  
(805) 524-4902



### Lap Swim

Morning Lap	M-F	6:30 - 8:00 am
Evening Lap	M-Th	6:00 - 8:00 pm
Weekend Lap	Sat	7:30 - 9:30 am

Lap swim is open to swimmers of all ages as long as they can swim continually. During busy days, you may have to share lanes with other swimmers.

### Aquacise

Morning Aquacise	M-F	7:30 - 8:15 am
Evening Aquacise	M-Th	6:30 - 7:15 pm

Intensity: Light - Moderate

Aquacise is an instructor taught low impact aerobic workout. These resistance and cardio workouts can help improve a limited range of motion, aid in weight loss, and your general well being. After trying out your first class for free, you can either pay by the class, or purchase one of our various splash passes.

### Water Kickboxing

Water Kickboxing	M, W	5:45 - 6:30 pm
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Intensity: Moderate - High

Water Kickboxing is an aerobic toning class. The motions of this workout help burn calories and improve muscular strength and function. This class combines punching and kicking movements in a way that will get your heart rate up and your blood pumping for optimal calorie burn. After trying out your first class for free, you can either pay by the class, or purchase one of our various splash passes.

### Water Conditioning

Water Conditioning	M, W	6:00 - 6:45 pm
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Intensity: Moderate - Athletic

This class is ideal for swimmers looking to understand the fundamentals of competitive swimming. Emphasis is placed on improving conditioning while also mastering technique and the essentials of competitive swimming. Swimmers will also gain an understanding of how to use the pace clock, and proper lane etiquette. Swimmers should have a basic understanding of the four competitive swim strokes. For more advanced swimmers, focus is on continuation of stroke development with more advanced endurance training. After trying out your first class for free, you can either pay by the class, or purchase one of our various splash passes.

### Aquatic Circuit Workout

Aquatic Circuit Workout	T, Th	6:00 - 6:45 pm
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Intensity: Moderate - Athletic

This is a combination of a deep water and dryland workouts tailored to your ability. Swimmers do not need to know the four competitive strokes to take this class. This class has been designed to increase your athletic abilities, strengthen muscles, increase endurance, improve balance and coordination, and overall health. After trying out your first class for free, you can either pay by the class, or purchase one of our various splash passes.

### Recreation Swim / Family Night

Weekday Rec Swim	M-F	11:30 am - 3:45 pm
Weekend Rec Swim	Sat	9:45 am - 3:15 pm
Family Night	F	6:00 - 8:00 pm

All ages are welcome for these free swim programs. Life jackets are available for use in sizes for small children, youth, and adults.

## Fees and Passes

Family Night .....	\$1.00
Rec Swim .....	\$2.00
Lap Swim .....	\$4.00
Exercise Class (Take your first class FREE!!) .....	\$4.50

### Splash Passes

10 Visit Lap Swim Pass .....	\$35.00
25 Visit Lap Swim Pass .....	\$70.00
Lap Swim Season Pass .....	\$100.00
10 Visit Exercise Class Pass .....	\$40.00
25 Visit Exercise Class Pass .....	\$80.00
Exercise Class Season Pass .....	\$120.00
All Inclusive Season Pass .....	\$200.00

\*everything but lessons and rentals

### Swim Lessons

Group Lessons .....	\$75.00
Private Lessons .....	\$120.00

### Private Rentals

Deposit (refundable) .....	\$100.00
2 Hour Party .....	\$150.00
4 Hour Party .....	\$225.00

\*Private Rental times are Saturday 4-8, and Sunday 8-4