

# 2023 POMONA COLLEGE SUMMER SWIM

SWIM LESSONS / DIVE LESSONS / SHARKS SWIM TEAM  
OPEN SWIM / LAP SWIM

## LAP SWIM AT HALDEMAN

MAY 15 - JULY 14 & AUG 11-27  
MONDAY-FRIDAY 11:00 AM-1 PM  
MAY 15-JULY 15  
TUESDAY & THURSDAY 7:00-9:00 AM

## RECREATIONAL SWIM AT PENDLETON

SAT & SUN (MAY 27-AUG 27) 2:00-6:00 PM  
FRIDAY (JUNE 16-AUG 25) 2:00-6:00 PM  
MONDAY-THURSDAY (JUNE 19-AUGUST 24) 3-6:00 PM

## 2023 SUMMER SWIM LESSONS

MONDAY-THURSDAY

SESSION 1: JUNE 19-29 / SESSION 2: JULY 10-20TH  
SESSION 3: JULY 24-AUG 3RD / SESSION 4: AUG 7-17TH

SHARKS SWIM TEAM  
JUNE 19- AUGUST 3RD

REGISTRATION BEGINS APRIL 24, 2022

\*ALL SALES ARE FINAL\*

ANY QUESTIONS [JENEL.LOPEZ@POMONA.EDU](mailto:JENEL.LOPEZ@POMONA.EDU)



# 2023 Summer Swim Lessons



## Monday-Thursday at Pendleton Pool

Session 1: June 19-29 // Session 2: July 10-20

Session 3: July 24-Aug 3 // Session 4: Aug 7-17

Class Descriptions	Times Offered	Max. # Students	Instructor to Swimmer Ratio	Price	Class Length
<b>MINNOWS (ages 3-4)</b> Must be able to enter water with instructor (without parent). Will learn water acclimation skills.	9:00 AM 10:00 AM 1:00 PM 2:00 PM	6 per class	1:2	\$90	25 minutes
<b>GUPPIES (ages 5 &amp; up)</b> Must be able to put face in water. Will learn beginning water skills and safety.	9:30 AM 10:30 AM 1:30 PM 2:30 PM	6 per class	1:2	\$90	25 minutes
<b>CLOWNFISH (5 years &amp; up)</b> Must be able to paddle with face in water. Will learn freestyle & backstroke.	9:00 AM 10:00 AM 1:00 PM 2:00 PM	8 per class	1:4	\$100	50 minutes
<b>BARRACUDAS (ages 6-8)</b> Must be able to side breathe. Will learn elementary backstroke & breaststroke.	9:00 AM 10:00 AM 1:00 PM 2:00 PM	8 per class	1:4	\$100	50 minutes
<b>DOLPHINS (ages 8-10)</b> Must know freestyle, backstroke, & breaststroke. Will learn butterfly and improve speed and endurance.	9:00 AM 10:00 AM 1:00 PM 2:00 PM	8 per class	1:4	\$100	50 minutes

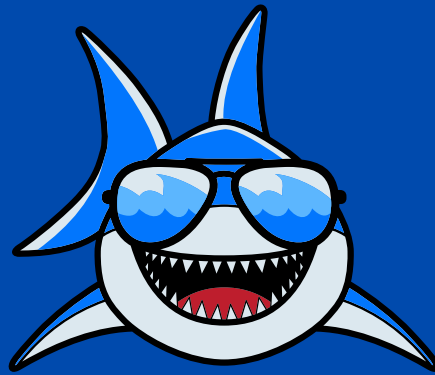
**\*\*Prices are listed for (1) 2-week session\*\***

**\*ALL SALES ARE FINAL\***

**\*\*classes are first come first serve\*\***

**\*\*no swim/regular diapers allowed in the pool\*\***

# 2023 SHARKS SWIM TEAM

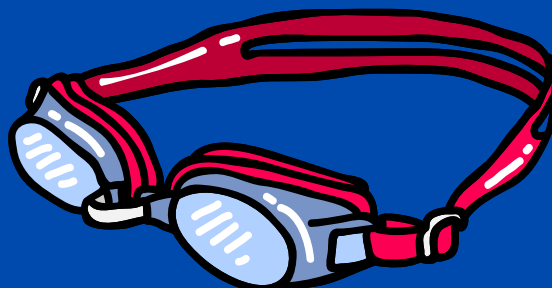


8 YEARS & UP  
MONDAY –THURSDAY  
JUNE 19TH – AUGUST 3RD  
8:00 – 8:50 AM AT PENDLETON POOL

COST: \$150

THIS TEAM IS FOR CHILDREN INTERESTED IN  
COMPETITIVE SWIMMING AND CONDITIONING  
SWIMMERS MUST KNOW ALL FOUR COMPETITIVE STROKES  
AND/OR HAVE SUCCESSFULLY COMPLETED THE DOLPHIN CLASS.  
THERE WILL BE A FUN AND COMPETITIVE SWIM MEET AT THE  
END OF THE SEASON!

SHARKS SWIM TEAM REGISTRATION WILL TAKE PLACE ONLINE  
STARTING APRIL 24TH!  
SPACE IS LIMITED!  
SPOTS WILL BE FILLED ON A FIRST COME BASIS WITH PAYMENT  
**\* ALL SALES ARE FINAL \***



PLEASE CONTACT SUMMER SWIM COORDINATOR, JENEL LOPEZ , WITH ANY QUESTIONS:  
JENEL.LOPEZ@POMONA.EDU OR 909-607-4485

# SUMMER DIVING LESSONS

INTRODUCTION TO SPRINGBOARD DIVING!



CLASS OFFERINGS: MONDAY – THURSDAY AT HALDEMAN POOL

9:00AM-9:50AM AND 10:00AM-10:50AM

3 WEEK SESSION:  
JUNE 19- JULY 14  
(WEEK OF 4TH OF JULY OFF)

## CLASS DESCRIPTION:

BASIC SPRINGBOARD DIVING SKILLS SUCH AS THE FORWARD JUMP, HURDLE AS WELL AS THE BACK JUMP ARE TAUGHT. IN OUR SPORT THE FIVE BASIC DIVES (FRONT, BACK, REVERSE, INWARD, AND TWIST) WILL BE INTRODUCED TO DIVERS THAT ARE READY. THIS IS A SAFE, FUN, ACTIVE WAY TO INTRODUCE DIVING HOPEFULS TO THE SPORT. DIVING DEVELOPS BALANCE, COORDINATION, AND SELF-CONFIDENCE.

AGES 6-12.

PRICE: \$ 175.00

## DIVE LESSONS REGISTRATION

WILL TAKE PLACE ONLINE STARTING APRIL 24TH

SPACE IS LIMITED!

SPOTS WILL BE FILLED ON A FIRST COME BASIS WITH ONLINE PAYMENT

*(HALDEMAN WILL BE CLOSED JULY 17-AUGUST 14TH FOR REPAIRS.*

*WE ARE EXCITED TO STILL OFFER DIVE LESSONS FOR*

*ONE 3-WEEK SESSION THIS SUMMER)*

PLEASE CONTACT AQUATICS DIRECTOR, JENEL LOPEZ,  
WITH ANY QUESTIONS: [JENEL.LOPEZ@POMONA.EDU](mailto:JENEL.LOPEZ@POMONA.EDU)

# **Pomona College Summer Swim Admission Fees:**

2023 FAMILY PASS: \$120 (immediate family members)

2023 INDIVIDUAL PASS: \$65

Daily Admission: \$5 (Adult and Child) CASH ONLY

Pomona & Pitzer Faculty/Staff & Students with ID: No Charge

**\*\*ALL SALES ARE FINAL\*\***

**REGISTRATION FOR SWIM LESSONS & DIVE  
LESSONS ENDS WEDNESDAY BEFORE EACH  
SESSION BEGINS**

**POOL MEMBERSHIPS REGISTRATION IS OPEN ALL  
SUMMER!**

**LOOK FORWARD TO SEEING YOU!**

JENEL.LOPEZ@POMONA.EDU