



# SUPERHEROES

OF  
SUMMER  
2025



# AQUATICS

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# ALAMEDA RECREATION & PARK DEPARTMENT



## First Day of Class

1. Arrive 10 minutes before your scheduled lesson.
2. You will need to check in at the front ARPD Counter for each lesson.
3. Please have your child rinse off in the shower area first.
4. Head to the grass until your class is called
5. A brief orientation will be held for parents on the first day of class to explain how lessons will run and introduce the swim lesson instructors. plus the first safety skill “ asking to get in the water:
6. Your child will enter the water when the swim instructor permits them to do so. All students will then enter the pool deck and be placed into their testing groups. Once testing is complete each child will be placed into a specific group and receive their color.

## Class Structure

Lessons are taught in a structured group setting. The motivation and inspiration that students get from watching peers excel and learn new skills has proven to be a powerful tool in teaching children how to swim. All children will be given individual attention but since it is in a group setting that cannot be constant.

If your child is taking a Private lesson Staff will still work through the color charts.

## Class Information

Your instructor may miss class due to illness or an emergency, but we will make every effort to keep the number of substitutes to a minimum.

Children must be the appropriate age on the first day of class. No exceptions.

# Swim Lesson Sessions



Summer 2025 Will Be At  
Encinal Swim Center Only

## WEEKEND SESSIONS

SATURDAY Session: -June 21, 28, July 12, 19

SUNDAY Sessions: -June 22, 29, July 13, 20  
-August 3, 10, 17, 24

## WEEKDAY SESSIONS

### Mon- Thu:

- June 16-19
- June 23-26
- June 30-July 3
- July 7-10
- July 14-17
- July 21-24
- July 28-31
- Aug 4-7



# LESSONS

## ARPD Has Switched to Starfish Swimming



Encinal  
Swim  
Center Only

All Codes are  
online

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.

# PRIVATE LESSONS

\$180R/\$200NR

OUR PRIVATE SWIM LESSONS ARE DESIGNED FOR YOU TO ENJOY PERSONALIZED, 1-ON-1 INSTRUCTION IN THE WATER! EACH 30-MINUTE SESSION IS CRAFTED TO FIT YOUR UNIQUE SKILL LEVEL AND GOALS, WHETHER YOU'RE JUST STARTING OUT OR LOOKING TO PERFECT YOUR STROKES. WITH FOCUSED ATTENTION FROM OUR EXPERT INSTRUCTORS, YOU'LL BUILD CONFIDENCE, IMPROVE TECHNIQUE, AND HAVE A BLAST WHILE DOING IT. GET READY FOR A FUN-FILLED JOURNEY WHERE EVERY STROKE BRINGS YOU CLOSER TO BECOMING A SWIM STAR!

WHEN REGISTERING, YOU WILL BE PROMPTED TO SELECT BETWEEN "SWIM SCHOOL" AND "STROKE SCHOOL."

**LOCATED IN COMP POOL**



ALL PRIVATE  
LESSONS  
AGE 6-ADULT

# PRIVATE LESSONS

\$180R/\$200NR

## WEEKENDS

9:00 AM

9:35 AM

10:10 AM

10:45 AM

11:55 AM



12:30 PM

1:05 PM

1:40 PM

2:15 PM

2:50 PM

3:25 PM

## WEEKDAYS

9:00 AM

9:35 AM

10:10 AM

10:45 AM

11:55 AM

12:30 PM

1:05 PM

1:40 PM

2:15 PM

2:50 PM

3:25 PM

4:00 PM

4:35 PM

5:10 PM

5:45 PM

6:20 PM

# STAR TOTS ( AQUA TOTS)

ALL Star Tot Lessons are  
2-3 students a teacher

\$128R / \$156NR

Lessons are now broken down by age

THIS COURSE WILL DEVELOP A HIGH COMFORT LEVEL IN THE WATER AND A READINESS TO SWIM. FOR THOSE CHILDREN WHO ARE DEVELOPMENTALLY READY, IT WILL TEACH FUNCTIONAL SWIM SKILLS. THE CLASS APPROACH TEACHES SWIMMING THROUGH CREATIVE, FUN ACTIVITIES IN THE WATER. THERE IS NO PREREQUISITE FOR THIS LEVEL, AND STUDENTS WILL BE ASSESSED ON THEIR FIRST DAY.



# WEEKENDS

## 3-4-YEAR-OLDS

9:00 AM  
10:10 AM  
11:55 AM  
1:05 PM  
2:15 PM  
3:25 PM



# WEEKDAYS

## 3-4-YEAR-OLDS

9:00 AM  
10:10 AM  
11:55 AM  
1:05 PM  
2:15 PM  
3:25 PM  
4:35 PM  
5:45 PM



# WEEKENDS

5-6-YEAR-OLDS



9:35 AM

10:45 AM

12:30 PM

1:40 PM

2:50 PM

# WEEKDAYS

5-6-YEAR-OLDS

9:35 AM

10:45 AM

12:30 PM

1:40 PM

2:50 PM

4:00 PM

5:10 PM

6:20 PM

8



# **SWIM SCHOOL (GROUP LESSONS)**

**\$52R/\$60NR**

Lessons are now broken down by age. Students work toward developing 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. Students progress at individual rates with the opportunity to learn the core swimming skills and progress to advanced strokes. Learning is self-paced but challenging.



# **WEEKENDS**

## **7-8-YEAR-OLDS**

---

**9:00 AM**  
**10:10 AM**  
**11:55 AM**  
**1:05 PM**  
**2:15 PM**  
**3:25 PM**



# **WEEKDAYS**

## **7-8-YEAR-OLDS**

---

**9:00 AM**  
**10:10 AM**  
**11:55 AM**  
**1:05 PM**  
**2:15 PM**  
**3:25 PM**  
**4:35 PM**  
**5:45 PM**



# WEEKENDS

## 9-11-YEAR-OLDS



9:35 AM  
10:45 AM  
12:30 PM  
1:40 PM  
2:50 PM

# WEEKDAYS

## 9-11-YEAR-OLDS

9:35 AM  
10:45 AM  
12:30 PM  
1:40 PM  
2:50 PM  
4:00 PM  
5:10 PM  
6:20 PM



# **STROKE SCHOOL (GROUP LESSONS)**

**\$52R/\$60NR**

This course is for students who achieved the Green Starfish Swim School® benchmark OR American Red Cross Level 4. Before enrolling, students must pass the green swim benchmark which requires the ability to swim 30 feet of freestyle with side-breathing. Students must be able to easily swim freestyle with 1, 2, 3 breathing pattern with face in the water, over arm action, and strong flutter kick across the deep end of the pool, and tread for at least 60 seconds in deep water.

**TAUGHT IN COMP POOL ONLY**

**\*If the child does not possess the necessary prerequisite skills for Stroke School, they may be dropped from the class.\***

# WEEKENDS



9:00 AM  
10:10 AM  
11:55 AM  
1:05 PM  
2:15 PM  
3:25 PM

# WEEKDAYS

9:00 AM  
10:10 AM  
11:55 AM  
1:05 PM  
2:15 PM  
3:25 PM  
4:35 PM  
5:45 PM



**\*If the child does not possess the necessary prerequisite skills for Stroke School, they may be dropped from the class.\***

# Starbabies

AGES: 3 mo. - 3y/o

\$52R/\$60NR

The purpose of this course is to foster a child's comfort level in the water. It also serves to train parents and caregivers about in-water safety and drowning prevention. This course does not teach children to become accomplished swimmers or to survive in the water. It provides a confidence-building experience for children, in a fun and loving way. One adult must be in the water with each child.

11:20am Baby Pool

Weekends: Sat, Sun

Weekdays: Mon-Thur





# GROUP ADULT SWIM LESSONS

18 AND UP

\$52R/\$60NR

Classes for beginning, intermediate, and advanced swimmers. No matter your level, our classes are taught in a comfortable, positive environment.



## WEEKENDS

9:00 AM

11:55 AM

3:25 PM

## WEEKDAYS

9:00 AM

11:55 AM

3:25 PM

6:20 PM



# GROUP TEEN SWIM LESSONS

12-17-YEAR-OLDS

CLASSES FOR BEGINNING, INTERMEDIATE, AND ADVANCED SWIMMERS. NO MATTER YOUR LEVEL, OUR CLASSES ARE TAUGHT IN A COMFORTABLE, POSITIVE ENVIRONMENT.

\$52R/\$60NR

## WEEKENDS

9:35AM  
10:45AM  
12:30PM  
1:40PM  
2:50PM



## WEEKDAYS

9:35AM  
10:45AM  
12:30PM  
1:40PM  
2:50PM  
4:00PM  
5:10PM



# AQUATIC CAMPS 2025

## Swimmers of all abilities welcome

Aquatic camps are fun-filled day programs designed to provide participants with engaging water-based activities in a safe and supportive environment. Focused on enjoyment and recreation, these camps emphasize creativity and imaginative play.

Each session features exciting themes, including drama-based activities and water games, ensuring a memorable experience for all campers. From Pirates and Mermaids to Aqua Drama and Camp Neverland, the camps offer a wide variety of activities to spark curiosity and keep participants active.

These camps provide the perfect opportunity for campers to make new friends, build confidence, and enjoy summer days in and around the water!

Our counselors will evaluate each camper's swimming ability to determine if a life jacket is required for their safety. Swim tests will be conducted at the start of every camp session. To ensure a safe and enjoyable experience for all, campers may occasionally be grouped based on their swimming skills. When selecting a camp, we kindly ask you to consider your child's swimming proficiency to help ensure the best fit for their abilities.

For Aqua Camps, please ensure your child brings the following items each day:

- A swimsuit and towel
- A rash guard for sun protection (optional but recommended)
- A change of clothes
- Water shoes (optional but recommended)
- Sunscreen (applied before camp and packed for reapplication)
- A hat for additional sun protection
- A lunch, water bottle, and snack



Thank you for helping us create a fun and safe experience for your child!

# Aqua Camps



## **POLICIES AND PROCEDURES**

We're so glad you've chosen to register with ARPD Aquatics! Below, you'll find some important information about our policies and procedures to help ensure your experience with us is as smooth as possible:

### **\*\*Registration Policies\*\***

#### **\*\*Refunds and Transfers:\*\***

Parents have the option to unenroll, request a refund, or transfer their registration from February 19 to April 18. After April 18, we will no longer issue refunds, although transfers may still be possible with certain limitations.

If you have any questions or need to request changes, don't hesitate to contact the Aquatics Department at [arpdaquatics@alamedaca.gov](mailto:arpdaquatics@alamedaca.gov). When you reach out, please include the participant's name, activity details, and a contact phone number. We'll do our best to respond within three business days.

### **\*\*Arrival and Departure Procedures\*\***

#### **\*\*Sign-In and Sign-Out:\*\***

To ensure everyone's safety, parents or guardians must sign their child in upon arrival. Please note that children won't be able to participate in activities unless they are signed in. At the end of the day, it's important that an authorized parent or guardian signs them out. Sign-out will take place at the Encinal High School semi-circle parking lot by the jet.

### **\*\*Release Policy:\*\***

For everyone's safety, we will only release a child from our facility with an authorized adult present unless management has made and approved prior arrangements.

Thank you for your attention to these matters and for helping us create a safe and enjoyable environment for everyone!

# JUNE 9-13

R\$700/NR\$770

AGES 6-12

29066

9AM-4PM

## MERPERSON UNIVERSITY

This is your chance to experience what it's like to swim like a mermaid! Merperson University puts safety first, our training starts with basic swimming skills before transitioning into the monofin. Instructors will teach safe fin use and proper breathing while swimming. Swim sessions incorporate movement skills, pool entries, exits, dolphin dives, spins, turns, and mermaid games. Best of all, the fin is yours to keep! (Mermen are more than welcome to sign up!) \*Mono Fin and Mer-Tails included.



## PIRATE CAMP

R\$600/NR

\$660

29069

9AM-4PM

Ahoy mateys! Do ye have a young'in who loves living the pirate life? Well then Pirate Camp is bound to be a perfect fit! Campers will swim across the seven seas, find treasure, and create plenty of pirate crafts and memories!

AGES 6-12

# JUNE 16-19

R\$540/NR\$600

29071

9AM-4PM



AGES 7-12

## EDNA'S WORKSHOP

Can't find your super suit?

Allow your incredible kiddo to craft their own costume and complete a set of aquatic challenges.



AGES 7-12

R\$540/NR\$600

29072

9AM-4PM

## HEROES VS. VILLAINS

Wham! Pow! An awesome summer idea for all of your heroes in training and aspiring movie villains.



# JUNE 23-26

R\$440/NR\$500

AGES 8-13

29081

9AM-4PM

## CARDBOARD BOAT CAMP

Is your child up for the challenge of crossing the pool undefeated? Campers will get to swim, create their own cardboard boat design, and finish the session with a boat race across our pool.



R\$440/NR\$500

29082

AGES 9-12

9AM-4PM

## A WEEK IN SHREK'S SWAMP

Welcome to the swamp! Join us to make messy green crafts, take trips to the Encinal boat ramp, and bring out your inner fairy tale character.



# JUNE 30 - JULY 3

R\$440/NR\$500

29084

9AM-4PM

## AQUA SPORTS

AGES 8-13

Are you ready to dunk on summer? It's our goal to inspire friendly competition and collaboration for your kiddos, giving them an opportunity to get off the bench and splash into sporty games.

R\$410/NR\$460

AGES 8-13

29085

9AM-4PM

## PERCY JACKSON'S CAMP HALF-BLOOD

Explore the world of Percy Jackson while taking on classic summer camp activities such as tie dye and capture the flag with a mythical twist.





# JULY 7-10

AGES 7-10

R\$440/NR\$500

29103

9AM-4PM

## CAMP

# NEVERLAND

At this camp, time stops, allowing your child to enjoy their youth while emulating the characters of Peter Pan. Campers will set off on a magical, aquatic adventure that is sure to include pixie dust, and conquering Captain Hook.

R\$540/NR\$600

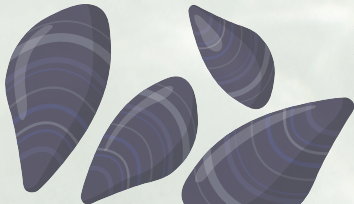
29102

9AM-4PM

## AQUA ECO

AGES 8-12

If your kiddo loves marine life, bodies of water, and the environment, Aqua Eco is the perfect opportunity to explore their interests. Join us to create eco-friendly crafts, and learn about aquatic ecosystems off the pacific coast.



# JULY 14-17



R\$220/NR250

29087

9AM-12PM

## INSIDE OUT

**AGES 7-11** This summer, campers will be using swim and drama skills to create their own production of Inside Out. Your child will get to create the set, play funny characters, and get in touch with their emotions.



## ELEMENTAL

R\$220/NR250

29088

12PM-3PM

**AGES 9-12**

Elemental inspires us this summer to come together to create a production despite our differences. Your child will kindle the power of teamwork by revising a script, improvising scenes and enjoying the water. Ignite your campers flames of excitement and let inspiration rain!

24



# JULY 14-17

AGES 9-13

R\$200/NR\$230

29089

BEGINNER DIVE

9AM-12PM

This class introduces fundamental diving skills. You'll learn basic body balance, spatial awareness, and safe water entry, with a focus on mastering the essentials of diving at your own pace. No previous diving experience is required!

# JULY 21-24

INTRO TO POLO

AGES 7-13

Learn beginner knowledge and skills while building your endurance. Emphasis will be placed on: learning to eggbeater (tread water), catching and throwing the ball with one hand, shooting techniques, swimming with the ball, head-up freestyle swimming, and the beginning concepts of offense and defense.

R\$220/NR250

29104

9AM-12PM



25

# JULY 21-24

AGES 8-12



RS\$540/NR\$600

29105

9AM-4PM



WELCOME TO THE WILD  
WEST COAST

YEE-HAW! PUT ON YOUR SWIMMING BOOTS  
BUCKAROOS, IT'S TIME TO LASSO YOUR  
AQUA SKILLS AND ROUND UP YOUR BUDDIES  
TO PLAY CRAZY WATER GAMES WITH A  
WESTERN TWIST.



# JULY 28-31

AGES 8-12



R\$540/NR\$600

29116

9AM-4PM

## AQUA UNDERCOVER

Don't let this camp fall under the radar, leave that to your upcoming spies and detectives. Your camper will learn to pay attention to detail and discover top secrets at the bottom of the pool. We will put investigation skills to the test by playing memory and guessing games as well as solving an aquatic mystery.

AGES 6-8



R\$440/NR\$500

29117

9AM-12PM

## SPLISH SPLASH STORYTIME

Once upon a time you read your children tall tales of drama, action, and adventure. Now it's time to let them begin their own hero's journey with an introduction to story structure. Not too confident yet with writing? Luckily pictures can also tell a story. Splash while you create, and act out the plot while in water.

# AUGUST 4-7



R\$540/NR\$600

29097

AGES 7-12 9AM-4PM

## AQUA FASHION

Does your kid have a passion for fashion? Give your child a place to express their unique selves and style! Be prepared swim the aquatic catwalk with handcrafted outfits and impeccable design. See you there fashion icons!

R\$540/NR\$600

29098

9AM-4PM



## CAMP ROYALS

AGES 7-11

Let your camper dive into the regality of royalty by becoming their own queens, kings, and jesters. They will start by constructing their own crowns with fancy jewels, having underwater tea parties, and making friends with their fellow monarchs. Your child will rule the pool and learn how to safely navigate their aqua kingdom.

# CAMP ON-THE-WATER

STACKED ADVENTURES AND ARPD

## JUNE 23-27



Rentals, Tours, Paddling Clubs, & Guide Services

R\$545/NR\$575

29119

AGES 8-13

9AM-4PM

ON-THE-WATER BOAT CAMP

Get ready for a thrilling day of water fun where campers dive into a mix of kayaking, paddleboarding, and creative challenges! Mornings will be spent mastering the water—whether you're on a kayak or paddleboard you'll receive expert guidance from the Stacked Adventures staff. The afternoon shifts gears to the ultimate challenge: designing and building your very own cardboard boat. Will your creation sink or sail across the pool? With a perfect blend of water sports and engineering, your camper is sure to love every splash and turn!

# CAMP ON-THE-WATER

STACKED ADVENTURES AND ARPD



AGES 8-13

**JULY 1-3,5**

**R\$495/NR\$525**

**29112**

**9AM-4PM**

## **ON-THE-WATER SPORTS CAMP**

CAMPERS WILL ALTERNATE FROM TIME IN THE BAY'S OPEN WATER AND ENCINAL'S SWIM CENTER, UTILIZING SKILLED INSTRUCTORS FROM STACKED ADVENTURES AND OUR VERY OWN ENTHUSIASTIC COUNSELORS. YOUR TWEENS AND TEENS ARE SURE TO LOVE CRUISING THE COAST, WHETHER YOU CHOOSE TO PADDLE OR KAYAK. AFTER LUNCH, CAMPERS WILL JOIN AQUA SPORTS CAMP TO FURTHER FOSTER THEIR TEAMWORK AND ENGAGE IN HIGH-SPIRIT, POOL-BASED GAMES.



# CAMP ON-THE-WATER

STACKED ADVENTURES AND ARPD

AGES 8-13

JULY 7-11

R\$595/NR\$625

29121

9AM-4PM

## ON-THE-WATER ECO CAMP

IF YOUR KIDDO LOVES MARINE LIFE, BODIES OF WATER, AND THE ENVIRONMENT, AQUA ECO IS THE PERFECT OPPORTUNITY TO EXPLORE THEIR INTERESTS. JOIN US AND LEARN HOW TO PADDLE BOARD IN THE BAY, KAYAK ALONGSIDE EXPERT INSTRUCTORS FROM STACKED ADVENTURES, AND DIVE INTO THE WONDERS OF MARINE ECOSYSTEMS OFF THE PACIFIC COAST.

CAMPERS WILL JOIN AQUA ECO CAMP IN THE AFTERNOONS TO CRAFT ECO-FRIENDLY PROJECTS AND DISCOVER THE DELICATE BALANCE OF OCEAN LIFE. AQUA ECO OFFERS AN UNFORGETTABLE AQUATIC EXPERIENCE DESIGNED TO INSPIRE AND EDUCATE YOUNG ADVENTURERS.

AQUATICS CAMPS  
**FULL SUMMER**

**TRIATHALON CAMP**

**AGES 10-15 JUNE 11- AUGUST 8, 2024**

**\$275R / \$375NR PER WEEK**

**\$1980R / \$2700NR ALL SUMMER**

**#29349 8AM-11AM**

“Triathlon-specific swim, biking, and running for youth athletes of all levels and advanced junior swimmers! Build endurance, speed, and power in the water to feel fresh heading out for the bike!

Run a Triathlon at the end of the summer!

8 am Morning Drop off- Encinal Swim Center with their bikes.



\*Deposit Required (Non-Refundable)

Payment Plans Available\*



AQUATICS CAMPS

# FULL SUMMER

## INTRO TO SWIM TEAM

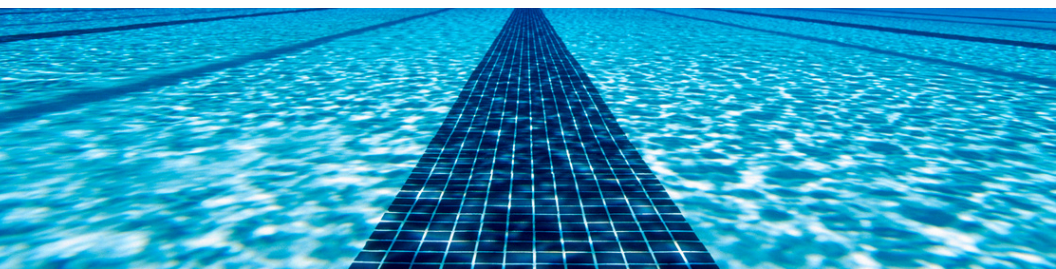
AGES 10-17

\$650R / \$750NR M/W OR T/TH

\$1300R / \$1500NR ALL SUMMER

JUNE 16- AUGUST 2 #29309

M-TH 5:30-7 PM



Are you thinking about joining a competitive swim team? Join our Intro to Swim Team group this summer and see what it would be like.

Designed for swimmers ready to join a competitive swim team and want to refine their skills and learn new skills necessary for competitive swimming, this all-summer class

\*Deposit Required (Non-Refundable)  
Payment Plans Available\*

# Spend the Summer at the Pool

## AQUATIC INTERNS

- Must be 12 - 15 years old of age.
- Must have a 2.5 GPA or higher.
- Be able to swim at a Red Cross Level 4 standard or above (pass the swim assessment test).
- Unofficial Transcript
- Letter of Recommendation
- Resume

The Aquatic Intern Program is designed for youth (12-15 years of age) interested in becoming lifeguards and swim instructors but still, need to meet the minimum age requirements. This program will help prepare participants to apply for and work as professional lifeguards and WSI once they meet the age requirement. All participants will help to protect the lives and well-being of each person using the pool and to teach swim lessons at our facilities.

**Intern  
Applications  
Open April 1st**



# LOOKING FOR A JOB?



# APPLY NOW



# AQUATIC EVENTS

4<sup>th</sup> of July  
**SWIM**

**2-5PM**

Come after the parade and make a splash with us from 2:00 PM to 5:00 PM! Celebrate Independence Day with a fun-filled afternoon at the pool. Enjoy exciting games, music, delicious food, and plenty of poolside fun. Must pre-register to attend.

\*Registration fee: \$15.

July 18th, 2025



Join ARPD this summer for our Annual Dive-In Movie! We will be watching Sky High!

\*Registration fee: \$15.

DOORS OPEN AT  
6:30P,  
MOVIE STARTS AT  
8:30P

# Save the Date



Thank your ARPD lifeguard simply by telling them “Thank you for all you do”. Celebrate them with special thank you posters, photos, staff treats, an extra cooler full of ice-cold water, or a visit from the ice-cream truck.

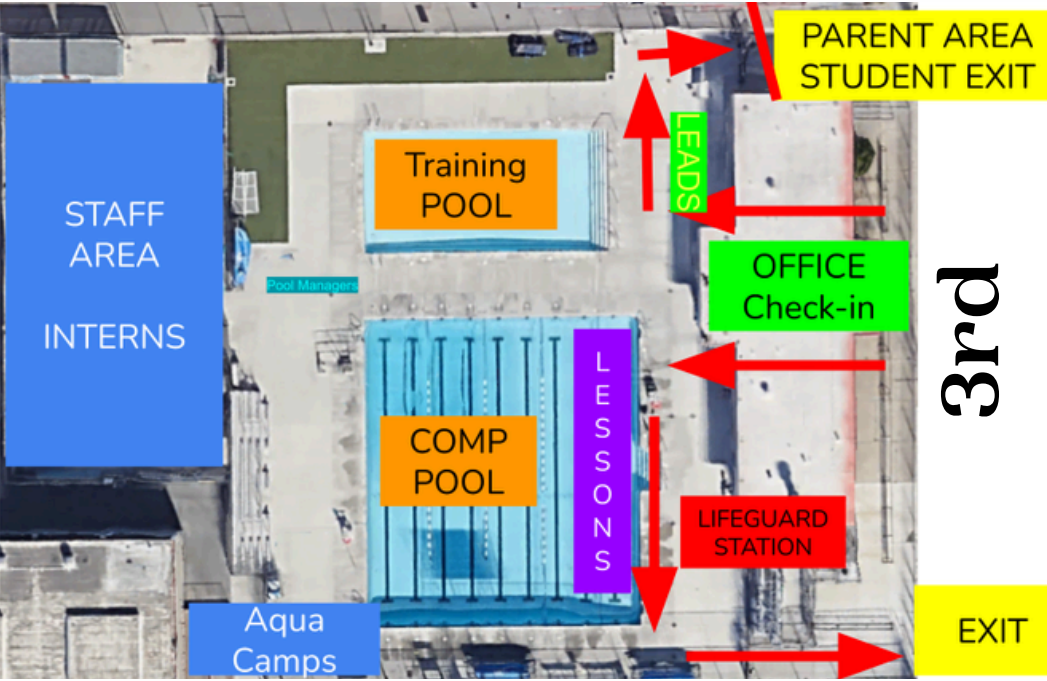
The best way to show your appreciation to a lifeguard is to follow the facility rules, keep an eye on your children or weak swimmers, and willingly follow lifeguard instructions.

Come support your  
favorite  
ARPD Aquatic Staff  
as they show off their  
lifeguard skills in the  
2025 BAPPOA  
Lifeguard Games!



## New this year: Jr Guard Games

# Encinal Swim Center



## Contact Us Social Media



stthomas@alamedaca.gov

ARPD Aquatics@alamedaca.gov

v



<https://www.alamedaca.gov/Departments/Recreation-Parks/Aquatics>



@PLAYARPD



@ARPD Aquatics

