



CAPISTRANO COMMUNITY EDUCATION

WWW.CAPOUSD.ORG/ADULT OR 949-489-7202



2010 Aliso Niguel High Summer Aquatics Programs

Program Directors: Lisa Ezratty and Erick Lynch
Contact Information: (949) 697-0918 or eblynch@capousd.org

Registration: May 18 5:00 – 7:00 pm at the Aliso Niguel High School Pool
May 22 9:00 – 11:00 am at the Aliso Niguel High School Pool

Meeting Dates: Two week lessons: M/W/F or M -F

Session I: June 28– July 9

Session II: July 12 – July 23

Session III: July 26 – Aug 6

Three week lessons: Tues. /Thurs.

Session I: June 29 – July 15

Session II: July 20 – Aug 5

SWIMMING LESSON SCHEDULE AND PRICING (SAME PRICING AS LAST YEAR!)

All lessons will be 20 minutes in length and are offered from 10 am - 12pm and 4pm to 6pm ,with the following choices of days:

Mon/Wed/Fri. 6 lessons (2 weeks) semi-private \$80 (2 students); private \$125

Mon. – Fri. 10 lessons (2 weeks) semi-private \$125 (2 students); private \$210

Tues/Thurs. 6 lessons (3 weeks) semi-private \$80 (2 students); private \$125

*MULTIPLE SESSION SIGN UPS WILL RECEIVE \$10 OFF EACH SESSION

SPECIALTY/GROUP INSTRUCTION (A minimum enrollment is required for all specialty classes)

Advanced swimmers 7 to 18 pre-swim team/stroke work (NOT LESSONS) 4:00 – 5:00

**Proof of ability to swim is required to enroll in this class.

Advanced: 6/28 – 8/6 Mon/Wed/Fri 4:00 to 5:00 (6 weeks) \$200 per person

Intermediate: 6/29 – 8/5 Tue/Thurs 4:00 to 5:00 (6 weeks) \$150 per person

Adult Lap Swim (June 28 – Aug 6)

10 am – 12 noon and 4pm – 6pm Monday – Friday (Pool closed Thurs. from 10:00 to 11:00)

\$ 2 per person per entry or \$30 summer pass

YOUTH WATER POLO : Girls and Boys Ages 7-14: NO EXPERIENCE NEEDED !!!!

*****6/29 – 8/5 = 6 weeks for only \$200*****

10&U Beginning Level: T/Th 6:30pm – 7:30pm, Sat 11:30am – 12:30pm

12/14&U Intermediate Level: T/Th 5:00pm – 6:30pm, Sat 10:00am – 11:30am

14&U Advanced Level: T/TH 7:30pm – 9:00pm, Sat 8:00am -10:00am (by invitation only)

For more information visit www.alisoaquatics.com