



**William Woollett Jr. Aquatics Center (WWJAC)**  
 4601 Walnut Ave, Irvine CA 92604  
 Phone: 949-724-6717

**Northwood High School Aquatics Center (NHSAC)**  
 4515 Portola Parkway, Irvine CA 92620  
 Phone: 949-724-6938

## Learn To Swim – Woollett

### SESSION DATES

**Session 1: February 17- March 12**  
 (No class Monday, February 16)

**Session 2: March 16 - April 9**

#### SESSION 1 & 2 REGISTRATION BEGINS

Residents: Sunday, January 11, 9:00pm  
 Non-Residents: Monday, January 12, 9:00pm

**Session 3: April 20 - May 14**

**Session 4: May 18 - June 11**

(No class Monday, May 25)

#### SESSION 3 & 4 REGISTRATION BEGINS

Residents: Sunday, March 22, 9:00pm  
 Non-Residents: Monday, March 23, 9:00pm

*If you do not have a client ID or family pin #,  
 please call 949-724-6610 two business days prior,  
 to have your account created.*

### FEES

Level	Session: 1 (M/W) & 4 (M/W)	Sessions: 1 (T/Th), 2, 3 & 4 (T/Th)
Ducklings	----	\$56
Little Fish/Little Eels	\$49	\$56
Big Fish	----	\$56
Privates	\$175	\$200
Adults	\$63	\$72
Super Shrimp	\$63	\$72

### LEVELS

**Infant & Toddler** Ages 6-36 months *Adult required in water with child*

**Ducklings:** Expose child and parent to water orientation focusing on achieving a high level of comfort in and around water. Parents will be instructed in basic skills that will aid the child's learning of elementary swimming skills.

**Little Fish** Ages 3-6 years

**Starfish, Seahorses, Seals & Sharks:** Children will be placed into groups based on ability. Content closely follows the skills listed for Hippos, Turtles and Eels. Children may switch groups (Starfish, Seahorse, Seal or Shark) to ensure they are with others of similar ability. Most children repeat this level several times before moving to Little Eels. If your child turns 6 and you would like to move to the Big Fish Program, please sign up for Turtles or Eels.

**Little Eels** (Ages 5 & 6 ONLY): Children must be able to complete the following: 25 yards freestyle with rotary breathing, 25 yards backstroke, 25 yards elementary backstroke, 10 yards freestyle side breathing, and 10 yards butterfly kick. Prerequisite: Child must have completed at least 1 session of Little Fish: Sharks to enroll in this level.

**Big Fish** Ages 6-13

**Hippos:** For children with little or no swimming experience. Skills include: water entry, floating, flutter kicking and arm action plus basic pool safety. Most children only need to take this course once. (Similar to American Red Cross Level 2)

**Turtles:** Children must possess skills from the previous level and swim ten yards without support. Skills taught include: freestyle with side breathing, backstroke, butterfly kick, breaststroke kick, and elementary backstroke plus some water safety skills. Most children take this course twice. (Similar to American Red Cross Level 3)

**Eels:** Children must be able to swim freestyle with side breathing, backstroke, and elementary backstroke for 25 yards. Instruction focuses on endurance with backstroke and freestyle, master freestyle side breathing, and build on butterfly and elementary backstroke. Breaststroke, sidestroke and turning at the wall will be introduced. Most children take this course two to three times. (Similar to American Red Cross Level 4 and 5)

**Dolphins:** The instructor is no longer required in the water. Children must be able to swim freestyle and backstroke efficiently for two lengths of the pool (50 yds) and have basic swimming knowledge of the four competitive strokes and two resting strokes. Instruction focuses on the coordination and refinement of all the strokes and increases distance. Most children take this course two to three times. (Similar to American Red Cross Level 5)

**Marlins:** Instructor is no longer required in the water. Children must be able to complete a minimum of four laps (100 yds) of freestyle and backstroke and two laps (50 yds) of all other strokes correctly. Instruction focuses on building endurance in all strokes and establishing proper stroke technique, allowing them to complete a 100 Individual Medley. Most children take this course two to three times. (Similar to American Red Cross Level 6: Fitness Swimming)

**Super Shrimp Squad** Ages 7-13

Children must be able to swim four laps (100 yards) of freestyle and backstroke, two laps (50 yards) of breaststroke and butterfly, as well as swim 20 laps continuously. Instruction includes swim workouts to improve conditioning.

**Adult Swimming Program** Ages 14 & up

Appropriate for students ages 14 and up ranging from no experience to limited swimming experience. Instruction to focus on individual water instruction in a group setting based on learning interest.

**Private/Semi-Private Program** Ages 6 months & up

Private lessons are limited and are offered one-on-one or up to two participants in a class. The person requesting the semi-private class is responsible for finding the additional participant. Instruction to focus on skill level.

## LEARN TO SWIM

**FAX Registration Method  
 for January 11  
 and March 22**



Due to the delays in internet and touch tone phone registration, we will also be accepting FAX registrations. Below are strict guidelines:

1. We will accept fax registrations from 5:00pm to 10:00pm.
2. You MUST have a family account set up prior to faxing in your registration form.
3. Faxes time stamped before 5:00pm will not be processed.
4. The faxes will NOT be inputted into the computer until 9pm.
5. Faxes received before 9:00pm will be randomly selected and processed at 9:00pm. We will NOT guarantee time stamp order.
6. Multiple faxes from the same person will be moved to the end of all faxes.
7. Faxes received after 10:00pm will not be processed until the next business day.
8. Please make sure you include an alternate course number in the event the course you requested is full.
9. You can check your account online to view the class you are enrolled in, we will NOT be calling to confirm registration.

**We will accept faxes to the following numbers ONLY:**  
 949.724.6608    949.724.PLAY (7529)

# Aquatics



SESSION				DAYS	TIME
1	2	3	4		

## Ducklings

---	---	---	66585	M/W	11:00am-11:25am
---	---	---	66586	M/W	4:00pm-4:25pm
---	---	---	66587	M/W	4:30pm-4:55pm
---	---	---	66588	T/TH	3:00pm-3:25pm

## Little Fish

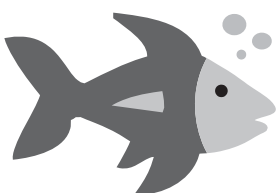
---	---	---	66450	M/W	11:00am-11:25am
---	---	---	66451	M/W	11:30am-11:55am
---	---	---	66452	M/W	12:00pm-12:25pm
---	---	---	66464	M/W	1:00pm-1:25pm
---	---	---	66465	M/W	1:30pm-1:55pm
---	---	---	66453	M/W	2:00pm-2:25pm
---	---	---	66484	M/W	2:30pm-2:55pm
66335	66340	66448	66466	M/W	3:30pm-3:55pm
66336	66327	66475	66477	M/W	4:00pm-4:25pm
66338	66333	66473	66478	M/W	4:30pm-4:55pm
66341	66325	66457	66479	M/W	5:00pm-5:25pm
66344	66337	66456	66455	M/W	5:30pm-5:55pm
---	---	66446	66449	M/W	6:00pm-6:25pm
---	---	---	66474	M/W	6:30pm-6:55pm
---	---	---	66447	T/TH	11:00am-11:25am
---	---	---	66469	T/TH	11:30am-11:55am
---	---	---	66480	T/TH	12:00pm-12:25pm
---	---	---	66488	T/TH	1:00pm-1:25pm
---	---	---	66486	T/TH	1:30pm-1:55pm
---	---	---	66463	T/TH	2:00pm-2:25pm
---	---	---	66460	T/TH	2:30pm-2:55pm
66326	66343	66471	66483	T/TH	3:00pm-3:25pm
---	---	---	66482	T/TH	3:30pm-3:55pm
66329	66331	66472	66459	T/TH	4:00pm-4:25pm
66339	66332	66445	66458	T/TH	4:30pm-4:55pm
66334	66330	66470	66467	T/TH	5:00pm-5:25pm
66342	66328	66476	66461	T/TH	5:30pm-5:55pm
---	---	---	66468	T/TH	6:00pm-6:25pm
---	---	---	66485	T/TH	6:30pm-6:55pm

## Little Fish: Little Eels

---	66363	66489	---	M/W	5:00pm-5:25pm
---	66364	66490	---	M/W	5:30pm-5:55pm
---	---	---	66493	T/TH	11:00am-11:25am
---	66361	---	66494	T/TH	4:00pm-4:25pm
---	---	---	66495	T/TH	4:30pm-4:55pm
---	66362	66492	---	T/TH	5:30pm-5:55pm

## Big Fish: Hippos

---	---	---	66498	M/W	3:00pm-3:25pm
---	---	---	66499	M/W	4:00pm-4:25pm
---	---	66496	---	M/W	5:00pm-5:25pm
---	---	---	66500	M/W	5:30pm-5:55pm
---	66366	66497	---	M/W	6:00pm-6:25pm
---	---	---	66501	T/TH	4:00pm-4:25pm
---	---	---	66502	T/TH	5:30pm-5:55pm
---	66367	66503	---	T/TH	6:00pm-6:25pm



**We reserve the right to move your child from the class you signed up for to one that is more developmentally appropriate!**

SESSION				DAYS	TIME
1	2	3	4		

## Big Fish: Turtles

---	---	---	66517	M/W	3:00pm-3:25pm
---	---	---	66516	M/W	3:30pm-3:55pm
---	---	---	66518	M/W	4:00pm-4:25pm
---	---	---	66507	M/W	4:30pm-4:55pm
---	66373	66513	---	M/W	5:00pm-5:25pm
---	---	---	66519	M/W	5:30pm-5:55pm
---	66374	66506	---	M/W	6:00pm-6:25pm
---	---	---	66524	T/TH	3:00pm-3:25pm
---	---	---	66508	T/TH	3:30pm-3:55pm
---	---	---	66509	T/TH	4:00pm-4:25pm
---	---	---	66520	T/TH	4:30pm-4:55pm
---	66375	66514	---	T/TH	5:00pm-5:25pm
---	---	---	66521	T/TH	5:30pm-5:55pm
---	66370	66510	---	T/TH	6:00pm-6:25pm
---	66372	---	66522	T/TH	6:30pm-6:55pm

## Big Fish: Eels

---	---	---	66544	M/W	3:00pm-3:25pm
---	---	---	66545	M/W	3:30pm-3:55pm
---	---	---	66529	M/W	4:00pm-4:25pm
---	---	---	66542	M/W	4:30pm-4:55pm
---	66381	---	---	M/W	5:00pm-5:30pm
---	---	---	66543	M/W	5:30pm-5:55pm
---	66380	66547	---	M/W	6:00pm-6:25pm
---	66377	66535	66530	M/W	6:30pm-6:55pm
---	---	---	66533	T/TH	3:00pm-3:25pm
---	---	---	66534	T/TH	3:30pm-3:55pm
---	---	---	66536	T/TH	4:00pm-4:25pm
---	---	---	66532	T/TH	4:30pm-4:55pm
---	66376	66538	---	T/TH	5:00pm-5:25pm
---	---	---	66537	T/TH	5:30pm-5:55pm
---	66378	66539	---	T/TH	6:00pm-6:25pm
---	66379	66540	66546	T/TH	6:30pm-6:55pm

## Big Fish: Dolphins

---	---	66558	---	M/W	6:00pm-6:25pm
---	66382	66556	66552	M/W	6:30pm-6:55pm
---	---	---	66557	T/TH	3:00pm-3:25pm
---	---	---	66554	T/TH	4:30pm-4:55pm
---	---	66559	66553	T/TH	6:30pm-6:55pm

## Big Fish: Marlins

---	---	66578	66579	M/W	6:30pm-6:55pm
---	---	---	66580	T/TH	4:30pm-4:55pm
---	66383	---	---	T/TH	7:00pm-7:25pm

## Super Shrimp Squad

---	---	66575	---	T/TH	6:30pm-7:10pm
---	---	---	66576	T/TH	7:00pm-7:40pm

## Private Lessons

66345	---	-----	---	M/W	4:30pm-4:55pm
66350	---	-----	---	M/W	5:00pm-5:25pm
66349	66346	66573	---	M/W	5:30pm-5:55pm
---	66357	---	---	M/W	6:30pm-6:55pm
66348	---	---	---	T/TH	5:00pm-5:25pm
66347	66356	---	---	T/TH	5:30pm-5:55pm
---	66355	66574	---	T/TH	6:00pm-6:25pm
---	66354	---	---	T/TH	6:30pm-6:55pm

## Adults

66360	---	---	---	M/W	6:00pm-6:40pm
---	---	66442	---	M/W	6:30pm-7:10pm
---	66539	---	66443	M/W	7:00pm-7:40pm



# Aquatics

## Junior Lifeguard Prep Class **New**

Get ready for the summer beach Jr. Lifeguard Programs! Prepare by learning appropriate stretching and warm-up technique; get physically fit through stroke training, treading water, and by learning proper movement and efficiency. We will help you pass your swim test! Ages 9-14.

#66583	T/Th	Feb 16-Mar 12	6:00pm-6:40pm	WWJAC	\$72
#66584	T/Th	Mar 16-Apr 9	7:00pm-7:40pm	WWJAC	\$72

## Lap Swim

Lap swim is offered year-round for ages 16 & up. All memberships can be purchased at the William Woollett Jr. Aquatics Center.

<b>Monday-Thursday</b>	PM	6:00pm-8:00pm	Woollett
<b>Monday-Friday</b>	AM NOON	6:00am-8:00am 11:00am-2:00pm	Woollett Woollett
<b>Tuesday-Friday</b>	PM	6:00pm-8:00pm	Northwood High
<b>Saturday &amp; Sunday</b>	AM	8:00am-10:00am	Woollett & Northwood

### LAP SWIM FEES:

	Daily	10 Visit	30 Visit	90 Visit	Year-Unlimited
Junior (16 & 17)	\$2.00	\$18.00	\$52.50	\$135.00	\$250.00
Adult (18-55)	\$4.00	\$36.00	\$90.00	\$225.00	\$500.00
Senior (55+)	\$2.00	\$18.00	\$52.50	\$135.00	\$250.00

## Water Aerobics

Classes are great for both new and long time participants of water fitness! These classes offer a fun, fast paced workout guaranteed to shape you up with no stress on the back or knees. Cardio conditioning is followed by total body resistance work and toning. Water Aerobics is offered year-round for ages 16 & up. All memberships can be purchased at the William Woollett Jr. Aquatics Center.

<b>Monday &amp; Wednesday</b>	AM PM	10:00am-11:00am 6:00pm-7:00pm	Woollett Woollett
<b>Friday</b>	AM	10:00am-11:00am	Woollett

### WATER AEROBICS FEES:

	Daily	4 Visit	10 Visit
Adult (16+)	\$7.00	\$24.00	\$50.00

## Water Safety Instructor (WSI)

Looking to teach swim lessons? Get this class out of the way before summer comes! This course provides the certification and training necessary to teach all of the American Red Cross swimming and water safety courses. Participants must be 16 years of age the day the class ends. Class includes the prerequisite Fundamental of Instructor Training (FIT).

#65933	Sa & Su	Jan 24-Feb 1	9:00am-6:00pm	WWJAC	\$155
#65932	Sa & Su	Mar 21-29	9:00am-6:00pm	WWJAC	\$155
#65946	W-Sa	Apr 15-Apr 18	6:00pm-9:00pm (W) 9:00am-7:00pm (Th-Sa)	WWJAC	\$155



### Withdrawal requests for Learn To Swim

must be made 10 days prior to the start of the session. The session always begins on a Monday, even if your class begins on a Tuesday. \$5 fee applies per class. Requests received fewer than 10 days prior to the start of the session will be processed for 50% of the fees. Withdrawals/refunds are not available once the session begins. Sorry, there are no make-ups for missed classes, nor partial refunds. Speak to Aquatics staff at 949-724-6717 or email [aquatics@cityofirvine.org](mailto:aquatics@cityofirvine.org) with your withdrawal request.

## Lifeguarding Instructor

This course provides the certifications and training necessary to teach the American Red Cross Lifeguarding Course. Participants must be 16 years of age the day the class ends, and possess certifications in ARC Fundamentals of Instructor Training (FIT), Lifeguarding, First Aid and CPR for the Professional Rescuer. Fee includes all materials.

#65934	Sa-M	Feb 14-16	9:00am-6:00pm	WWJAC	\$155
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## Lifeguarding

Prepare yourself for a job as a lifeguard. The City of Irvine offers a unique program to teach lifeguard candidates the skills and knowledge necessary to prevent and respond to aquatic emergencies. Upon successful completion, participants will receive certifications in ARC Lifeguarding Training (including First Aid) and ARC CPR for the Professional Rescuer. Ages 15+.

#65935	Th-Su	March 26-29	5:00-9:00pm (Th), 5:00-10:00pm (F), 8:00am-8:00pm (Sa & Su)	WWJAC	\$150
#65938	Th-Su	April 2-5	5:00-9:00pm (Th), 5:00-10:00pm (F), 8:00am-8:00pm (Sat & Sun)	WWJAC	\$150
#65937	M-Th	April 13-16	9:00am-7:00pm (M-W) 9:00am-1:00pm (Th)	WWJAC	\$150

## Lifeguard Training Challenge

This course allows individuals who have been previously certified in American Red Cross Lifeguard Training to renew the certification. Participants are responsible for preparing for the Challenge, as there will be no review. Bring bathing suit and towel. Upon completion of all skills, participants will receive re-certification in lifeguard training (LGT), CPR and First Aid. Ages 15+.

#65940	Sa (CPR only)	April 11	9:00am-11:00am	WWJAC	\$25
#65941	Sa (LGT & First Aid)	April 11	11:00am-2:00pm	WWJAC	\$50

## CPR Challenge

This course allows individuals who have been previously certified in American Red Cross CPR for the Professional Rescuer or Community CPR to renew the certification. Participants are responsible for preparing for the Challenge, as there will be no review. Ages 15+.

#65920	Su	Jan 4	10:00am	WWJAC	\$25
#65919	Su	Feb 1	10:00am	WWJAC	\$25
#65916	Su	Mar 1	10:00am	WWJAC	\$25

## CPR Review

Brush up on your CPR skills before you take the test!! This refresher course is great for those who have been previously certified in CPR for the Professional Rescuer or Community CPR. Come review and then take the test with us! Ages 15+.

#65917	Su	Jan 4	9:00am-10:00am	WWJAC	\$40
#65918	Su	Feb 1	9:00am-10:00am	WWJAC	\$40
#65915	Su	Mar 1	9:00am-10:00am	WWJAC	\$40

## Safety Training For Swim Coaches

This class provides training in aquatic safety for competitive swim coaches, athletic trainers, aquatic exercise trainers, and other individuals involved in aquatics competition or exercise programs. Ages 14+.

#65930	Su	Feb 1	12:00pm-4:00pm	WWJAC	\$60
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The Aquatics Centers are the host for a variety of activities offered through a combined effort of the City of Irvine and various competitive/recreational aquatic clubs. For more information, please call:

Swim Instruction/Lessons	949-724-6717
Recreation Swimming Sessions	949-724-6717
Competitive Swimming	949-559-NOVA
Masters Swimming & Triathlons (Adults)	949-338-6682
Age Group Water Polo	949-280-4804
Masters Water Polo	949-280-4804
Synchronized Swimming	949-903-6512