**Notes:**

Lap Swim — Ages 13 and up only. Must be able to swim continuous laps.

Open Swim — Play, swim and relax with family and friends. All children under the age of 7 MUST be accompanied by an adult on site at the pool. All children regardless of age, that would require a coast guard approved flotation device, must also have a parent in the water at all times. All children under the age of three or any age child not fully potty trained MUST wear a nylon swim diaper under their swim suit. Please review the pool rules before swimming.

Water Walking — This is a low impact exercise in which the participant walks in the water. This is a self-driven exercise time.

Pre-Swim Team ($) — Pre-Swim Team (Seals level) is a group lesson class that is the final swim lesson level of our award winning group lesson program. For registration please contact Aquatics Registration Desk 650.378.2782.

Swim Team ($) — Swim team is for youths ages 5-17 who want to prepare and participate in competition. Bronze, Silver and Gold level teams are offered depending on ability and experience. For registration please contact Aquatics Registration Desk at 650.378.2782.