

For registration questions on swimming programs, call the Alf Sorensen Community Center at 353-2385. The facility is located at 1400 Baring Blvd.

## AQUACISE AM

Exercising in the water is a great way to stay fit. Get a healthy workout while socializing and having fun by taking part in this invigorating exercise program.

**WHO:** Everyone, 13 yrs. & Older  
**WHEN:** Mondays and Wednesdays

ACTIVITY#/SECTION#	DATES
210001 Section #3	10/3 - 10/31
211001 Section #3	11/2 - 11/30
212001 Section #3	12/5 - 12/28
201001 Section #3	1/2 - 1/30
202001 Section #3	2/1 - 2/29
203001 Section #3	3/5 - 3/28
204001 Section #3	4/2 - 4/30

**TIME:** 9:00 a.m. - 10:00 a.m.  
**WHERE:** Alf Sorensen Community Center  
**COST:** \$37 / \$31 Resident Discount  
**DROP-IN:** \$5

## AQUACISE PM

**WHO:** Everyone, 13 yrs. & Older  
**WHEN:** Monday - Thursday

ACTIVITY#/SECTION#	DATES
210002 Section #21 (2 day)	10/3 - 10/31
210002 Section #22 (3 day)	10/3 - 10/31
210003 Section #21 (4 day)	10/3 - 10/31
211002 Section #21 (2 day)	11/1 - 11/30
211002 Section #22 (3 day)	11/1 - 11/30
211003 Section #21 (4 day)	11/1 - 11/30
212002 Section #21 (2 day)	12/1 - 12/29
212002 Section #22 (3 day)	12/1 - 12/29
212003 Section #21 (4 day)	12/1 - 12/29
201002 Section #21 (2 day)	1/3 - 1/31
201002 Section #22 (3 day)	1/3 - 1/31
201003 Section #21 (4 day)	1/3 - 1/31
202002 Section #21 (2 day)	2/1 - 2/29
202002 Section #22 (3 day)	2/1 - 2/29
202003 Section #21 (4 day)	2/1 - 2/29
203002 Section #21 (2 day)	3/1 - 3/29
203002 Section #22 (3 day)	3/1 - 3/29
203003 Section #21 (4 day)	3/1 - 3/29
204002 Section #21 (2 day)	4/2 - 4/30
204002 Section #22 (3 day)	4/2 - 4/30
204003 Section #21 (4 day)	4/2 - 4/30

**TIME:** 6:25 p.m. - 7:25 p.m.  
**COST:** \$37 / \$31 Resident Discount - 2 day  
 \$55 / \$46 Resident Discount - 3 day  
 \$74 / \$62 Resident Discount - 4 day  
**DROP-IN:** \$5

**NOTE:** Registration for new students in all classes will be taken on a space-available basis only. Drop-ins will not be accepted when the class is full. People with recurrent medical conditions or pregnant women should consult their physician prior to enrolling.

## SENIOR & PRE-NATAL AQUACISE

Enjoy a slower paced workout that increases fitness level and strength. The exercise routine includes stretching, warm up, workout and cool down in a manner that is energizing and enjoyable. This also is a great option for pre-natal exercise.

**WHO:** Seniors, 55 yrs. & Older and Pre-natal participants  
**WHEN:** Monday - Thursday

ACTIVITY#/SECTION#	DATES
210004 Section #5 (2 day)	10/3 - 10/31
210005 Section #5 (3 day)	10/3 - 10/31
210006 Section #5 (4 day)	10/3 - 10/31
211004 Section #5 (2 day)	11/1 - 11/30
211005 Section #5 (3 day)	11/1 - 11/30
211006 Section #5 (4 day)	11/1 - 11/30
212004 Section #5 (2 day)	12/1 - 12/29
212005 Section #5 (3 day)	12/1 - 12/29
212006 Section #5 (4 day)	12/1 - 12/29
201004 Section #5 (2 day)	1/3 - 1/31
201005 Section #5 (3 day)	1/3 - 1/31
201006 Section #5 (4 day)	1/3 - 1/31
202004 Section #5 (2 day)	2/1 - 2/29
202005 Section #5 (3 day)	2/1 - 2/29
202006 Section #5 (4 day)	2/1 - 2/29
203004 Section #5 (2 day)	3/1 - 3/29
203005 Section #5 (3 day)	3/1 - 3/29
203006 Section #5 (4 day)	3/1 - 3/29
204004 Section #5 (2 day)	4/2 - 4/30
204005 Section #5 (3 day)	4/2 - 4/30
204006 Section #5 (4 day)	4/2 - 4/30

**TIME:** 10:00 a.m. - 11:00 a.m.  
**WHERE:** Alf Sorensen Community Center  
**COST:** \$30 / \$25 Resident Discount - 2 day  
 \$44 / \$37 Resident Discount - 3 day  
 \$60 / \$50 Resident Discount - 4 day  
**DROP-IN:** \$4.50

### FEES AND PROGRAMS SUBJECT TO CHANGE

Please note that fees and programs are subject to change without notice. The Sparks Parks and Recreation Department reserves the right to make cancellations as deemed necessary. In the event a program or class is canceled by the Sparks Parks and Recreation Department prior to its starting date, a full refund will be made.

## SENIOR WATER FITNESS

Increase fitness level and stamina while having fun in the water through this exercise program for seniors. Drop-ins will not be accepted when the class is full.

**WHO:** Seniors, 55 yrs. & Older  
**WHEN:** Tuesdays and Thursdays, 9:00 a.m. – 10:00 a.m. and Saturdays, 12:00 p.m. – 1:00 p.m.

ACTIVITY#/SECTION#	DATES
210010 Section #1	10/1 – 10/29
211010 Section #1	11/1 – 11/29
212010 Section #1	12/1 – 12/31
201010 Section #1	1/3 – 1/31
202010 Section #1	2/2 – 2/28
203010 Section #1	3/1 – 3/31
204010 Section #1	4/3 – 4/28

**WHERE:** Alf Sorensen Community Center  
**COST:** \$41 / \$34 Resident Discount  
**DROP-IN:** \$4.50

## ADAPTED AQUATICS

This interactive, year-round water exercise/rehabilitation program is available to anyone with a physical or mental limitation. The program provides individual instruction and is designed to increase strength, flexibility and range of motion according to individual needs. Please call 353-2385 for registration information. Many thanks to The Nell J. Redfield Foundation for supporting this program.

**WHO:** Anyone with a physical or mental limitation  
**WHEN:** Mondays and Wednesdays  
**TIME:** 11:30 a.m. – 1:00 p.m.  
**WHERE:** Alf Sorensen Community Center  
**COST:** \$29 / \$24 Resident Discount  
**DROP-IN:** \$3

## ADAPTED AQUATICS TWO

This class is for those who have advanced through the Adapted Aquatics program and need a complete yet non-impact exercise program. The class features shallow water stretching, strengthening and deep water aerobic conditioning. Students must be self-sufficient in the water and comfortable in deep water.

**WHO:** Adults, 18 yrs. & Older  
**WHEN:** Tuesdays and Thursdays

ACTIVITY#/SECTION#	DATES
210015 Section #1	10/4 – 10/27
211015 Section #1	11/1 – 11/29
212015 Section #1	12/1 – 12/29
201015 Section #1	1/3 – 1/31
202015 Section #1	2/2 – 2/28
203015 Section #1	3/1 – 3/29
204015 Section #1	4/3 – 4/26

**TIME:** 11:30 a.m. – 12:30 p.m.  
**WHERE:** Alf Sorensen Community Center  
**COST:** \$29 / \$24 Resident Discount  
**DROP-IN:** \$3

## LIFEGUARD TRAINING

Become a certified lifeguard through our American Red Cross lifeguard training program. Candidates must pass a swim performance test prior to acceptance into the class. Students who complete the course will receive Lifeguard First Aid certificates valid for three years, and a CPR/AED for the Professional Rescuer certificate valid for one year. The registration fee includes instruction, course materials and administration fee.

**WHO:** Everyone, 15 yrs. & Older  
**WHEN:** January Class: Tuesday – Friday  
 April Class: Monday – Thursday

ACTIVITY#/SECTION#	DATES
201410 Section #1	1/3 – 1/6
204410 Section #1	4/9 – 4/12

**TIME:** 8:00 a.m. – 5:00 p.m.  
**WHERE:** Alf Sorensen Community Center  
**COST:** \$180 / \$150 Resident Discount  
**NOTE:** Specific class itinerary will be available one month prior to class start date. **MUST BE ABLE TO COMPLETE SWIMMING PREREQUISITES.**

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## SWIMMING & WATER SAFETY COURSE LEVELS AND SKILLS

The City of Sparks offers a comprehensive, developmentally appropriate swimming and water safety program that teaches you, your child or other family members how to swim skillfully and safely, and think and act safely in, on and around the water. **Detailed descriptions of the following class levels are available online at [www.sparksrec.com](http://www.sparksrec.com).** If you have questions about which level/class to register your child in, please call 353-2385.

### PARENT AND CHILD AQUATICS 1 & 2

Builds basic water safety skills for both parents and children, helping infants and young children ages 6 months to about 3 years become comfortable in the water so they are willing and ready to learn to swim. These basic skills include adjusting to the water environment, showing comfort while maintaining a front or back position in the water and demonstrating breath control, including blowing bubbles or voluntarily submerging under water.

### PRESCHOOL AQUATICS 1 & 2

Gives young children ages 4 and 5 a positive, developmentally appropriate aquatic learning experience that emphasizes water safety and survival concepts. Skills are age-appropriate, helping participants achieve success on a regular basis while in a class environment with their peers.

### LEARN-TO-SWIM

This program is based on a logical, six-level progression that helps swimmers from approximately 5 years and up with varying abilities develop their swimming and water-safety skills. Classes are designed to give participants a positive learning experience. The prerequisite for each level is the successful demonstration of skills from the preceding level, except for Level 1, which has no prerequisites. **Please note: If your child meets the requirements to pass Level 1, you can register them in Level 2.**

- |  |  |
|--|--|
| ■ Level 1 Introduction to Water Skills | ■ Level 6 Swimming and Skill Proficiency, options include: |
| ■ Level 2 Fundamental Aquatic Skills   | ■ 6-1 Fitness Swimmer                                      |
| ■ Level 3 Stroke Development           | ■ 6-2 Fundamentals of Diving                               |
| ■ Level 4 Stroke Improvement           | ■ 6-3 Personal Water Safety                                |
| ■ Level 5 Stroke Refinement            |  |



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## ADULT SWIM LESSONS

You've always wanted to learn, and now is your chance! This convenient class will have you swimming in no time. Each session consists of four classes.

**WHO:** Adults, 18 yrs. & Older  
**WHEN:** Saturdays

ACTIVITY#/SECTION#	DATES
210020 Section #1	10/2 - 10/23
201020 Section #1	1/7 - 1/28
202020 Section #1	2/4 - 2/25
203020 Section #1	3/3 - 3/24
204020 Section #1	4/7 - 4/28

**TIME:** 12:00 p.m. - 1:20 p.m.  
**WHERE:** Alf Sorensen Community Center  
**COST:** \$53 / \$44 Resident Discount

## SATURDAY SWIM LESSONS

Here's a convenient alternative for those who cannot take their children to lessons during the week. Each session runs for eight weeks.

**WHO:** Parents and Children, 6 months - 5 yrs.  
**WHEN:** Saturdays

ACTIVITY#/SECTION#	LEVEL	DATES
210080 Section #5	Parent/Child 1	10/1 - 11/19
201081 Section #5	Parent/Child 2	1/7 - 2/25
203080 Section #5	Parent/Child 1	3/3 - 4/21

**TIME:** 12:00 p.m. - 12:30 p.m.  
**WHERE:** Alf Sorensen Community Center  
**COST:** \$42 / \$35 Resident Discount

## AUTUMN/WINTER & SPRING SWIM LESSONS

SESSIONS	*Online or Mail-in Registration for Sparks Residents	*Online or Mail-in Registration for Residents/ Non-Residents	*Walk-in, Online, Phone Registration for Residents/ Non-Residents
Oct. 3 - 26 M/W Oct. 4 - 27 T/TH Oct. 1 - Nov. 19 SAT	Beginning 9/5	9/12 - 9/22	9/19 - 9/22
Nov. 7 - 30 M/W Nov. 1 - 29 T/TH	Beginning 10/10	10/17 - 10/27	10/24 - 10/27
Jan. 4 - 30 M/W Jan. 3 - 26 T/TH Jan. 7 - Feb. 25 SAT	Beginning 12/12	12/19 - 12/29	12/27 - 12/29
Feb. 1 - 29 M/W Feb. 2 - 28 T/TH	Beginning 1/9	1/16 - 1/26	1/23 - 1/26
March 5 - 28 M/W March 6 - 29 T/TH March 3 - April 21 SAT	Beginning 2/6	2/13 - 2/23	2/21 - 2/23
April 2 - 25 M/W April 3 - 26 T/Th	Beginning 3/5	3/12 - 3/22	3/19 - 3/22
May 2 - 30 M/W May 1 - 24 T/TH	Beginning 4/9	4/16 - 4/26	4/23 - 4/26

## AUTUMN/WINTER & SPRING SWIM LESSONS

**WHO:** Youth, 3 yrs. & Older  
**WHEN:** See pages 12-14 for dates and times, Monday - Thursday  
**WHERE:** Alf Sorensen Community Center Pool (1400 Baring Blvd.)  
**COST:** \$53 / \$44 Resident Discount

**REGISTER:** \$42 / \$35 Resident Discount (for Parent/Child Aquatics 1 & 2)  
 See table below for registration dates. The first week of registration is for residents of Sparks only and must be conducted online or by mail. During the second week of registration, both residents and non-residents can register online, or by mail. Walk-in and phone-in registration is permitted the third week of registration. Early registration is advised as classes fill quickly. You will need to have your household ID number to register online. If you do not have an ID number, call 353-2385 or e-mail [recinfo@cityofsparks.us](mailto:recinfo@cityofsparks.us) to obtain one. Be prepared to provide the first/last name of each member in your household, their respective birth dates, address and phone number for verification.


**WAIT LIST:** There are limited number of spaces in each class. If you are on the wait list, we will call you as soon as a position opens up. Please do not show up for the first day of class if you have not been called. Be sure to update your contact information so we are able to reach you.

**NOTE:** **Online registration begins at 6:00 a.m. at the start of each registration period.**  
 Parent/Child Aquatic classes are 30 minutes and will be held in the tot pool. No swim program will drown proof your child. Proper supervision and safety precautions are always needed. All classes are subject to cancellation if minimum enrollment is not met.

## AUTUMN/WINTER & SPRING SWIM LESSONS

Time	Day/Dates	Section #	Parent/ Child 1	Parent/ Child 2	Preschool 1	Preschool 2
9:00 AM Alf Sorensen	10/3 - 10/26 (M/W)	Sec. #3	210040			
	11/7 - 11/30 (M/W)	Sec. #3		211041		
	1/4 - 1/30 (M/W)	Sec. #3			201042	
	2/1 - 2/29 (M/W)	Sec. #3				202043
	3/5 - 3/28 (M/W)	Sec. #3	203040			
	4/2 - 4/25 (M/W)	Sec. #3		204041		
	5/2 - 5/30 (M/W)	Sec. #3			205042	
4:45 PM Alf Sorensen	10/3 - 10/26 (M/W)	Sec. #10				210043
	10/4 - 10/27 (T/TH)	Sec. #10	210060			
	11/7 - 11/30 (M/W)	Sec. #10		211041		
	11/1 - 11/29 (T/TH)	Sec. #10			211062	
	1/4 - 1/30 (M/W)	Sec. #10				201043
	1/3 - 1/26 (T/TH)	Sec. #10	201060			
	2/1 - 2/29 (M/W)	Sec. #10		202041		
	2/2 - 2/28 (T/TH)	Sec. #10			202062	
	3/5 - 3/28 (M/W)	Sec. #10				203043
	3/6 - 3/29 (T/TH)	Sec. #10	203060			
	4/2 - 4/25 (M/W)	Sec. #10		204041		
	4/3 - 4/26 (T/TH)	Sec. #10			204062	
	5/2 - 5/30 (M/W)	Sec. #10				205043
	5/1 - 5/24 (T/TH)	Sec. #10	205060			

# Kids



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Time	Day/Dates	Section #	Parent/Child 1	Parent/Child 2	Preschool 1	Preschool 2	Level 1	Level 2	Level 3	Level 4	Level 5	Level 6-1	Level 6-2	Level 6-3
<b>5:30 PM</b> Alf Sorensen	10/3 - 10/26 (M/W)	Sec. #20	210040				210044	210045	210046					
	10/4 - 10/27 (T/TH)	Sec. #20		210061			210064	210065	210066					
	11/7 - 11/30 (M/W)	Sec. #20			211042		211044	211045	211046					
	11/1 - 11/29 (T/TH)	Sec. #20				211063	211064	211065	211066					
	1/4 - 1/30 (M/W)	Sec. #20	201040				201044	201045	201046					
	1/3 - 1/26 (T/TH)	Sec. #20		201061			201064	201065	201066					
	2/1 - 2/29 (M/W)	Sec. #20			202042									
	2/2 - 2/28 (T/TH)	Sec. #20				202063								
	3/5 - 3/28 (M/W)	Sec. #20	203040											
	3/6 - 3/29 (T/TH)	Sec. #20		203061										
	4/2 - 4/25 (M/W)	Sec. #20			204042									
	4/3 - 4/26 (T/TH)	Sec. #20				204063								
	5/2 - 5/30 (M/W)	Sec. #20	205040											
5/1 - 5/24 (T/TH)	Sec. #20		205061											
<b>6:15 PM</b> Alf Sorensen	10/3 - 10/26 (M/W)	Sec. #21		210041			210044	210045	210046	210047				
	10/4 - 10/27 (T/TH)	Sec. #21			210062		210064	210065	210066	210067				
	11/7 - 11/30 (M/W)	Sec. #21				211043	211044	211045	211046		211048			
	11/1 - 11/29 (T/TH)	Sec. #21	211060				211064	211065	211066	211067				
	1/4 - 1/30 (M/W)	Sec. #21		201041			201044	201045	201046	201047				
	1/3 - 1/26 (T/TH)	Sec. #21			201062		201064	201065	201066			201069		
	2/1 - 2/29 (M/W)	Sec. #21				202043	202044	202045	202046		202048			
	2/2 - 2/28 (T/TH)	Sec. #21	202060				202064	202065	202066	202067				
	3/5 - 3/28 (M/W)	Sec. #21		203041			203044	203045	203046				203050	
	3/6 - 3/29 (T/TH)	Sec. #21			203062		203064	203065	203066					203071
	4/2 - 4/25 (M/W)	Sec. #21				204043	204044	204045	204046	204047				
	4/3 - 4/26 (T/TH)	Sec. #21	204060				204064	204065	204066	204067				
	5/2 - 5/30 (M/W)	Sec. #21		205041			205044	205045	205046			205049		
5/1 - 5/24 (T/TH)	Sec. #21			205062		205064	205065	205066				205070		
<b>7:00 PM</b> Alf Sorensen	10/3 - 10/26 (M/W)	Sec. #23			210042		210044	210045	210046		210048			
	10/4 - 10/27 (T/TH)	Sec. #23				210063	210064	210065	210066			210069		
	11/7 - 11/30 (M/W)	Sec. #23	211040				211044	211045	211046				211050	
	11/1 - 11/29 (T/TH)	Sec. #23		211061			211064	211065	211066	211067				
	1/4 - 1/30 (M/W)	Sec. #23			201042		201044	201045	201046	201047				
	1/3 - 1/26 (T/TH)	Sec. #23				201063	201064	201065	201066		201068			
	2/1 - 2/29 (M/W)	Sec. #23	202040				202044	202045	202046			202049		
	2/2 - 2/28 (T/TH)	Sec. #23		202061			202064	202065	202066				202070	
	3/5 - 3/28 (M/W)	Sec. #23			203042		203044	203045	203046		203048			
	3/6 - 3/29 (T/TH)	Sec. #23				203063	203064	203065	203066	203067				
	4/2 - 4/25 (M/W)	Sec. #23	204040				204044	204045	204046		204048			
	4/3 - 4/26 (T/TH)	Sec. #23		204061			204064	204065	204066			204069		
	5/2 - 5/30 (M/W)	Sec. #23			205042		205044	205045	205046	205047				
5/1 - 5/24 (T/TH)	Sec. #23				205063	205064	205065	205066		205068				

# KIDS NIGHT OUT...PARENTS NIGHT IN

Kids will enjoy an evening filled with swimming, games, pizza, and FUN! Parents – this is your chance to enjoy a quiet night IN or to do that last minute holiday shopping.

**WHO:** Youth, 7 – 12 yrs.  
**WHEN:** Saturday, December 17  
**TIME:** 7:00 p.m. – 11:00 p.m.  
**WHERE:** Alf Sorensen Community Center  
**COST:** \$24 / \$20 Resident Discount



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