

Aquatics Recreation Guide

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LOMA LINDA
UNIVERSITY

Drayson Center

Welcome to the Drayson Center

Welcome to our summer 2018 aquatic programs at the Loma Linda University Drayson Center. Whether you're putting your little one in a swimming pool for the first time or looking to advance your own skills, we have the program for you.

The Drayson Center's purpose is to provide opportunities for enhancement of the quality of life within this community through a wide variety of social, recreational, and health-building activities. These activities enhance and contribute to the balance and integration of the intellectual, spiritual, social, and physical powers of students and others whom we serve. The Drayson Center is committed to fulfilling its mission through "promoting physical, mental, and spiritual wellness through recreation and fitness."

We hope you find our facilities as the place that you want to spend your summer days, cooling off, exercising, or even watching a movie. Our premier facilities come hand-in-hand with first-class instructors, lifeguards, and staff and we look forward to working with you on whatever your aquatic fitness goals or dreams may be. Take a look through this book and find out what program is right for you and register by visiting mydrayson.llu.edu.

We look forward to swimming with you!

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Swim-N-Cinema

Join us for family friendly movies on the pool deck. Bring your family and swim or enjoy the movie from our grassy area on the pool deck.

Swim-N-Cinema Admission

\$5 per person. Free with season pool pass or current Drayson Center membership. Tickets will be available online at mydrayson.llu.edu or at the door for same-day admission.

The show starts at 8:15 p.m. by the leisure pool.



Thursday, June 21
The Incredibles



Thursday, July 5
The Lion King



Thursday, July 19
Toy Story



Thursday, August 2
Cool Runnings





Preschool Swim Lessons

Children are taught the fundamentals of swimming in a structured format through water exploration, fun and games. Bobbing, bubble-blowing, floating on the front and back, kicking, arm strokes, and water safety are developed through a progressive approach. Each class is 30 minutes long and is taught Monday through Thursday.

Dates

Session 1: June 18 - June 28

Session 2: July 2 - July 12
(different price for Session 2 due to the holiday)

Session 3: July 16 - July 26

Session 4: July 30 - August 9

Times

12:00 p.m., 12:35 p.m., 4:30 p.m.,
5:05 p.m., 6:35 p.m., 7:25 p.m.

Ages 3 - 4 years

Fees

Online earlybird: \$55.00

Session 2: \$48.00

Registration: \$60.00

Session 2: \$53.00

If your child is not potty trained, they **MUST** be wearing a swim diaper at all times while in the pool. Children enrolled in this program do not need to attend Safety Swim Sunday.

Online earlybird registration is April 2-15 - visit mydrayson.llu.edu. In-person registration begins Monday, April 16.

Kids Learn-to-Swim

The American Red Cross Learn-to-Swim Program is specifically designed to meet the age and skill level of your child. Your child will be tested and placed in the appropriate level for his/her ability. Each class is 40 minutes long and is taught Monday through Thursday.

Dates

Session 1: June 18 - June 28

Session 2: July 2 - July 12
(different price for Session 2 due to the holiday)

Session 3: July 16 - July 26

Session 4: July 30 - August 9

Times

8:45 a.m., 9:35 a.m., 10:25 a.m.,
11:15 a.m., 5:45 p.m., 6:35 p.m.,
7:25 p.m.

Ages

4 - 15 years
(No one under the age of 4 can participate, **no exceptions**)

Fees

Online earlybird: \$55.00

Session 2: \$48.00

Registration: \$60.00

Session 2: \$53.00

Safety Swim Sunday

All participants **MUST** attend Safety Swim on the Sunday before their scheduled session start date. This allows us to place your child in the appropriate level for his or her abilities. Safety Swim begins at 5:30 p.m.

Online earlybird registration is April 2-15 - visit mydrayson.llu.edu. In-person registration begins Monday, April 16.





Baby and Me

The American Red Cross Parent/Child Aquatics Program is geared towards water exploration and is designed to provide a safe learning environment through games, songs, and interactive play. Parents will participate in this class. Each class is 30 minutes long and is taught Monday through Thursday.

Dates

Session 1: June 18 - June 28

Session 2: July 2 - July 12
(different price for Session 2 due to the holiday)

Session 3: July 16 - July 26

Session 4: July 30 - August 9

Times

8:45 a.m., 9:35 a.m., 10:25 a.m.,
11:15 a.m., 5:05 p.m., 5:45 p.m.

Ages

6 months - 4 years

Fees

Online earlybird: \$55.00

Session 2: \$48.00

Registration: \$60.00

Session 2: \$53.00

If your child is not potty trained, they MUST be wearing a swim diaper at all times while in the pool. Children enrolled in this program do not need to attend Safety Swim Sunday.

Online earlybird registration is April 2-15 - visit mydrayson.llu.edu. In-person registration begins Monday, April 16.





Private Swim Lessons

Diving

Looking for one-on-one instruction for you or your child? Private lessons are the way to go! Our instructors are here to devote the necessary time to help you or your child succeed. Semi-private lessons are also available for families with multiple children or friends who want to learn together! Each lesson is either 30 or 60 minutes.

In this introductory program, an emphasis is placed on developing confidence with a head first entry into the water. Once this is mastered, a hurdle approach is added. Whether your goal is to compete or just enjoy the sport, our course gets you started! Students must have a basic understanding of swim skills. There will be four class sessions and each class is 45 minutes long.

Dates

Sunday through Friday

Times

Please call for available times

Ages

4 years and up

Fees	30 Minute	60 Minute	Five 60 Minute Lessons OR Ten 30 Minute Lessons
1 Person	\$35	\$60	\$245
2 Person	\$40	\$70	\$270
3 Person	\$45	\$80	\$300

Dates

Session 1: June 18 - June 28

Session 2: July 2 - July 12
(different price for Session 2 due to the holiday)

Session 3: July 16 - July 26

Session 4: July 30 - August 9

Fees

Online earlybird: \$40.00

Session 2 (Monday and Wednesday): \$29.00

Registration: \$45.00

Session 2 (Monday and Wednesday): \$34.00

Online earlybird registration is April 2-15 - visit mydrayson.llu.edu. In-person registration begins Monday, April 16.

Times

Monday and Wednesday or Tuesday and Thursday
12:00 p.m.

Ages

6 - 15 years





Adult Swim Lessons

It is never too late to learn! Our instructors will be more than happy to assist you in meeting your individual swimming goals, whether that is to become comfortable in and around the water, or to become a fluid swimmer. Each class is 45 minutes in length and is taught Monday through Thursday.

Dates

Session 1: June 18 - June 28

Session 2: July 2 - July 12
(different price for Session 2 due to the holiday)

Session 3: July 16 - July 26

Session 4: July 30 - August 9

Times

7:45 a.m.
8:15 p.m.

Ages

16 years and older

Fees

Online earlybird: \$55.00

Session 2: \$48.00

Registration: \$60.00

Session 2: \$53.00

Online earlybird registration is April 2-15 - visit mydrayson.llu.edu. In-person registration begins Monday, April 16.

Piranha Master Swim

Open to all adults: fitness, triathlete, competitive, and non-competitive! If you are dedicated to improving your fitness through swimming, then this is the class for you. Coaches offer valuable training assistance with stroke technique and general instruction.

All sessions are run on a monthly basis, and begin the first weekday of each month.

Year Round

Times

Monday and Wednesday
6:00 - 7:00 a.m.

Tuesday and Thursday
6:00 - 7:00 a.m.

Fees

Monday and Wednesday or
Tuesday and Thursday: \$40.00

Monday - Thursday: \$60.00

Accepting registration now, visit mydrayson.llu.edu





The Piranha Swim Team Junior Lifeguard Training

The Piranha Swim Team is divided into several different competitive swim levels. Each child must be tested by the coaches and placed in the appropriate level before any payments are accepted. All piranha classes are conducted on a monthly basis, all year round.

This program introduces participants to the skills and techniques utilized by lifeguards. As part of this program, participants will shadow a lifeguard as a deck observer during our open swim hours to fully experience lifeguard rotations.

Group	Fees	
Novice A, B, C & D	\$97	Please visit thepiranha.org for current schedule
Bronze A, B & C	\$120	Please visit thepiranha.org for current schedule
Silver	\$150	Please visit thepiranha.org for current schedule
Gold	\$180	Please visit thepiranha.org for current schedule

Sibling Discount

Any family with multiple children participating in any of the piranha children's programs is eligible for our sibling discount.
 First child: Full Price. Second child: 15% off. Third child: 25% off. Each additional child: 25% off. We also offer a 25% discount for any children

enrolled in the assisted lunch program. Proof of enrollment must be presented to use this discount.
All information is subject to change. Visit thepiranha.org for the most up to date information.
For updates and the 2018 summer schedule please visit thepiranha.org

All participants must be able to

- Continuously swim front crawl
- Continuously swim breaststroke
- Tread water for one minute
- Retrieve a brick from the bottom of the 10 foot pool

Times

Monday - Thursday
 9:00 a.m. - 12:00 p.m. – Class work
 12:00 - 1:00 p.m. – Lunch
 1:00 - 3:00 p.m. – Shadowing
 Friday
 9:00 a.m. - 12:00 p.m. – Class work

Dates

- Session 1: June 18 - June 28
- Session 2: July 2 - July 12 (different price for Session 2 due to the holiday)
- Session 3: July 16 - July 26
- Session 4: July 30 - August 9

Fees

Online earlybird: \$150.00
 Session 2: \$130.00
 Registration: \$165.00
 Session 2: \$145.00
Online earlybird registration is April 2-15 - visit mydrayson.lju.edu. In-person registration begins Monday, April 16.

Ages 10 - 14 years





Lifeguard Certification

Don't miss out on the opportunity to prepare yourself for a great summer job! Upon successful completion of our lifeguard training course, participants will be certified in lifeguard training, CPR for the professional rescuer, First Aid, and AED.

All participants must be able to

- Swim 300 yards continuously, using freestyle and breast stroke
- Starting in the water, swim using freestyle or breast stroke, swim out 20 yards, surface-dive 10 feet, retrieve a 10lb object, return to the surface, swim back 20 yards to the starting point with the object, and exit the water without the use of the ladder or steps. (Must be completed in under one minute and 40 seconds)
- Tread water for two minutes without the use of your hands

Dates and Times

Session 1: April 23 - 30
Session 2: May 7 - 14

Monday - 6:00 p.m. - 8:00 p.m.
Thursday - 4:00 p.m. - 9:00 p.m.
Friday - 2:30 p.m. - 6:30 p.m.
Sunday - 8:00 a.m. - 5:00 p.m.
Monday - 4:00 p.m. - 8:00 p.m.

Session 3: May 20 - 24
Session 4: June 3 - 7

Sundays - 9:00 a.m. - 5:00 p.m.
Monday - Thursday - 4:00 p.m. - 9:00 p.m.

Fees

\$25.00 Non-refundable deposit due upon registration

\$175.00 Payment due upon completion of the first class

Ages

15 years and older
All participants must be 15 years or older before the final day of the course.

All classes are mandatory.

WSI Certification

Water Safety Instructor - This class provides participants with the material, experience, and knowledge needed to conduct swim lessons or water presentations no matter what the age group.

All participants must be able to

- Swim 25 yards of the following strokes: front crawl, back crawl, breaststroke, elementary backstroke, sidestroke, and butterfly
- Maintain a back float in deep water for one minute, floating or sculling
- Tread water for one minute/back float for one minute each

Dates and Times

All classes are mandatory.

Session 1: May 21 - 24
Mon-Thurs 4:30 - 9:30 p.m.

Session 2: May 29 - 31 and June 4
Tues-Wed-Thurs-Mon
4:30 - 9:30 p.m.

Ages

16 years and older
All participants must be 16 years or older before the final day of the course.

Fees

\$25.00 Non-refundable deposit due upon registration

\$175.00 Payment due upon completion of the first class

Register for both lifeguard certification AND WSI for only \$300.00!

Both classes must be completed in the 2018 season.





Admission

Summer Admission

Day Pool Pass

1 Admission for \$5.00

\$2.00 after 8:15 p.m. (Exception: \$5.00 for swim-n-cinema events. Please see pages 4 and 5 for details)

Ages 2 and under are free

Children 13 and under must be accompanied by a paid adult to enter.

All passes are non-refundable

Seasonal Pool Passes

Member: \$45.00

Non-Member: \$50.00

Full time benefited Loma Linda University Health employees, students and their immediate family are eligible for free seasonal passes. Immediate family includes spouse and children under the age of 18 only.

Passes are valid: Monday, June 18, 2018 - Thursday, August 10, 2018

Pools are subject to closure due to weather and other conditions.

No refunds will be given

Pool Hours and Events

Open Swim Hours

Monday, June 18, 2018 - Thursday, August 9, 2018

Sunday - Thursday
1:00 - 5:00 p.m.

Night Open Swim

Monday June 18th, 2018 - Thursday August 9, 2018

Monday - Thursday
8:15 - 9:15 p.m.

Leisure pool only for evening hours

Pool is closed Wednesday, July 4

Pool Rental and Pool Parties

Host your company picnic, birthday celebration, church event or end of school party at the Drayson Center's outstanding aquatic facilities.

Visit our website

drayson.llu.edu

Or call us at

909-558-7233





POOL RULES

For Your Safety

- Absolutely no running
- No flotation devices other than Coast Guard approved
- No diving: diving is only permitted in the diving board area of the lap swimming pool (6 - 12ft)
- In order to ride the slide, you must be at least 48 inches tall. No exceptions
- While riding the slide, you must maintain the position of feet first, laying back at all times. Spinning, riding head first, etc., is terms for dismissal
- No climbing on the slide or waiting in the catch pool of the slide
- No hanging or climbing on ropes, lane lines, or diving board
- Sunscreen is highly recommended, but should be applied at least 15 minutes prior to entering the water
- Pushing, dunking, splashing, throwing objects, or rough-play is not allowed
- No chicken fights or climbing on each other
- Use of the facility's noodles, kickboards, pull buoys, etc., is prohibited
- No one under the age of 16 is allowed to swim in the lap lanes
- No one under the age of 16 is allowed in the spa
- Swimmers must wear appropriate swim attire
- Swim diapers are required for non-potty trained children
- Open wounds and bandages are not permitted
- Food is allowed only on the grass
- No glass
- No gum
- No smoking
- Lifeguards have final interpretation of ALL rules



Loma Linda University Drayson Center

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