

# Aquatics Recreation Guide

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**Loma Linda University Drayson Center**  
25040 Stewart Street  
Loma Linda, CA 92354

909-558-4975 | [drayson.llu.edu](http://drayson.llu.edu)



**LOMA LINDA  
UNIVERSITY**  
*Drayson Center*



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*Drayson Center*

# Welcome to the Drayson Center

Welcome to our summer 2016 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 [drayson.llu.edu](http://drayson.llu.edu) or by calling 909-558-4975.

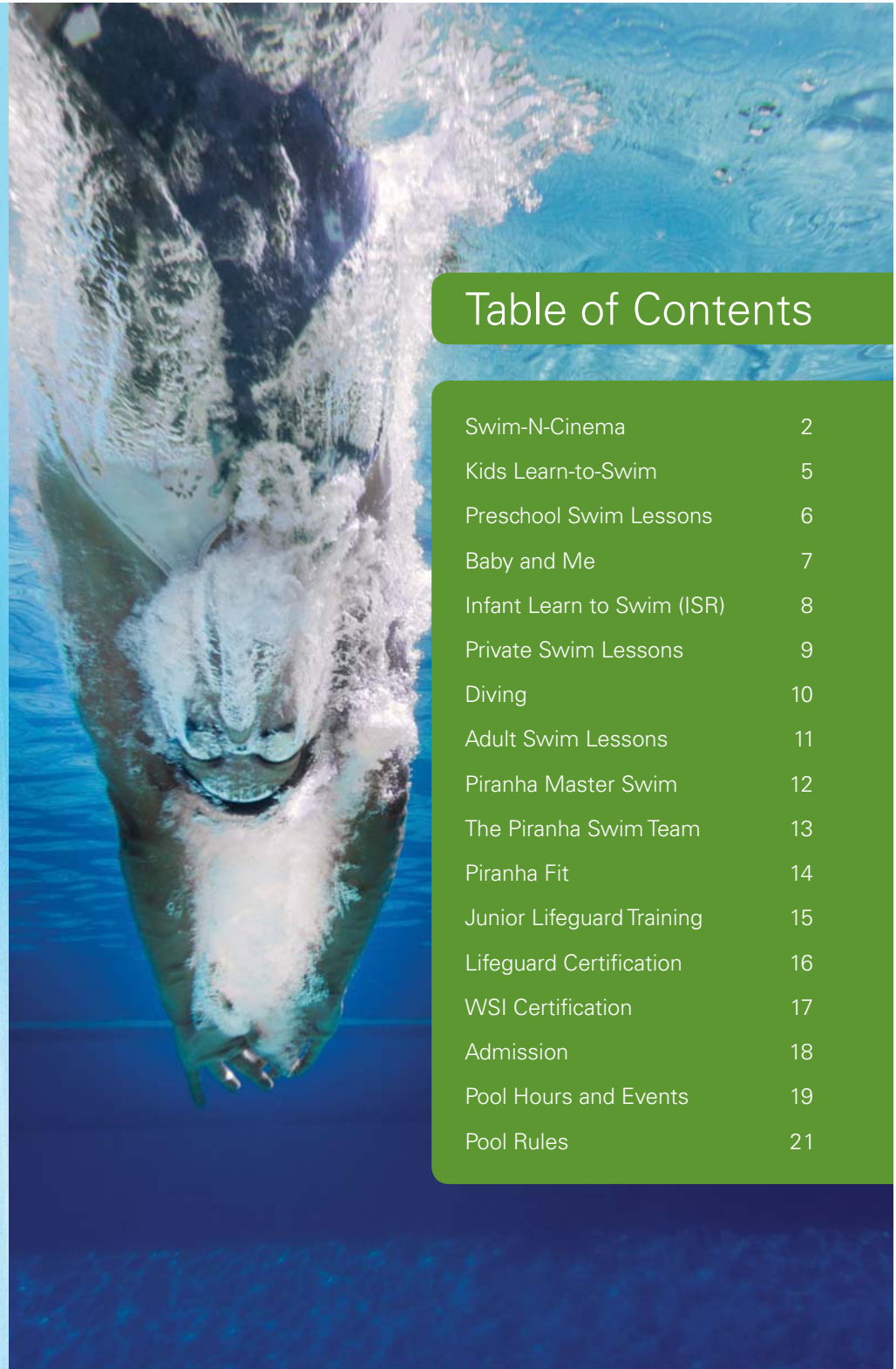
We look forward to swimming with you!

## POOL RULES

For Your Safety

- Absolutely no running
- No flotation devices other than Coast Guard approved
- Life vests are prohibited
- 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





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# Pool Hours and Events

## 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

\$3 per person. Free with season pool pass or current Drayson Center membership.

Free popcorn for the first hour!

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

Sponsored by Loma Linda Academy



### Open Swim Hours

Monday, June 20, 2016 - Thursday, August 11, 2016

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

### Night Open Swim

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

*Leisure pool only for evening hours*

*Pool is closed Monday, 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](http://drayson.llu.edu)

### Or call us at

909-558-7233





# Admission

## Summer Admission

Day Pass

1 Admission for \$5.00

\$2.00 after 8:00 p.m. (Exception: \$3.00 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 20, 2016 - Thursday, August 11, 2016

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

*No refunds will be given*



Thursday, June 30

Big Hero 6



Thursday, July 14

Zootopia



Thursday, July 28

Elf - Christmas in July!



Thursday, August 11

Tarzan



# Programs



## 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
- Tread water for two minutes without the use of your hands

### Dates and Times

Session 1: April 18 - 21 and  
April 25 - 28  
5:00 - 9:00 p.m.

Session 2: May 16 - 19 and  
May 23 - 26  
5:00 - 9:00 p.m.

*All classes are mandatory*

### 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 2016 season.*





## Lifeguard Certification

## Kids Learn-to-Swim

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, surface-dive 10 feet, retrieve a 10lb object, return to the surface, swim 20 yards back 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 3 - 7  
Sunday  
8:00 a.m. - 5:00 p.m.  
Monday - Thursday  
5:00 p.m. - 9:00 p.m.

Session 2: May 1, 8, 15, 22  
8:00 a.m. - 5:00 p.m.

*All classes are mandatory*

### 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

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 20 - June 30

Session 2: July 5 - July 14  
(different price for Session 2 due to the holiday)

Session 3: July 18 - July 28

Session 4: August 1 - August 11

### 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

Member: \$50.00  
Session 2: \$43.75

Non-Member: \$60.00  
Session 2: \$52.50

### 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.

Registration in person and online opens **Friday, April 15th**





## 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 20 - June 30  
 Session 2: July 5 - July 14  
 (different price for Session 2 due to the holiday)  
 Session 3: July 18 - July 28  
 Session 4: August 1 - August 11

### Times

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

### Ages

3 - 4 years

### Fees

Member: \$50.00  
 Session 2: \$43.75  
 Non-Member: \$60.00  
 Session 2: \$52.50  
 If your child is not potty trained, they **MUST** be wearing a swim diaper at all times while in the pool.

Registration in person and online opens Friday, April 15th

## Junior Lifeguard Training

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.



### 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

### Dates

Session 1: June 20 - June 30  
 Session 2: July 5 - July 14  
 (different price for Session 2 due to the holiday)  
 Session 3: July 18 - July 28  
 Session 4: August 1 - August 11

### 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.

### Ages

10 - 14 years

### Fees

Member: \$150.00  
 Session 2: \$131.26  
 Non-Member: \$165.00  
 Session 2: \$144.37

Registration in person and online opens Friday, April 15







## Piranha Fit

## Baby and Me

This program promotes a healthy lifestyle through swimming. Swimmers will increase their fitness through endurance swimming and cardio exercise. Each class session is one hour, two times each week.

New Piranha Fit class sessions begin each month.

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

Monday and Wednesday

### Times

September 2015 - May 2016  
3:30 - 4:30 p.m.

June - August 2016  
4:00 - 5:30 p.m.

### Ages

5 - 17 years

### Fees

\$60.00

### Sibling Discount

Any family with multiple children participating in any of the piranha children's programs is eligible for our sibling discount.

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.

*Only one discount is allowed per child.*

### Dates

Session 1: June 20 - June 30

Session 2: July 5 - July 14  
(different price for Session 2 due to the holiday)

Session 3: July 18 - July 28

Session 4: August 1 - August 11

### 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

Member: \$50.00  
Session 2: \$43.75

Non-Member: \$60.00  
Session 2: \$52.50

If your child is not potty trained, they **MUST** be wearing a swim diaper at all times while in the pool.

Registration in person and online opens Friday, April 15th





## Infant Learn to Swim (ISR)

## The Piranha Swim Team

Give your child the competence, confidence and skills of aquatic safety with Infant Learn to Swim program. The safest provider of survival swimming lessons for children 6 months to 6 years of age.

### Roll Back to Float Program

6 months - 1 year

Children will learn the skill of rolling onto their backs to float, rest and breathe. They learn to maintain this position until help arrives.

### Swim-Float-Swim Program

1 - 6 years

Children will learn the full sequence of swimming until they need air, rotating onto their back to float, then rolling back over to continue swimming. Students are taught to repeat this sequence until they reach the safety of the steps, side of the pool or shoreline.

### Dates

Session 1: Monday, February 29

Session 2: Monday, April 18

Session 3: Monday, June 6

Session 4: Monday, July 18

Session 5: Monday, August 29

### Times

7:00 - 9:30 a.m.

### Fees

Member: \$99.00/week

Non-Member: \$109.00/week

Lessons are held each day for 4 - 6 weeks depending on the program and the individual child.

Visit [socialwaterbabies.com](http://socialwaterbabies.com) to register

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.

### Schedule for September 2015 - May 2016

Group	Fees	Sunday	Monday - Thursday	Friday
Novice A	\$90	1:00 - 2:30 p.m.	4:00 - 5:00 p.m.	None
Novice B	\$90	1:00 - 2:30 p.m.	5:00 - 6:00 p.m.	None
Novice C	\$90	1:00 - 2:30 p.m.	6:00 - 7:00 p.m.	None
Bronze A	\$110	1:00 - 3:00 p.m.	4:00 - 5:30 p.m.	None
Bronze B	\$110	1:00 - 3:00 p.m.	5:30 - 7:00 p.m.	None
Silver	\$150	2:30 - 4:30 p.m.	4:30 - 7:00 p.m.	5:30 - 6:30 a.m.
Gold	\$180	2:30 - 4:30 p.m.	3:30 - 6:30 p.m.	5:30 - 6:30 a.m.

### 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: 25% off

Third child: 40% off

Each additional child: 50% 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 times are subject to change. Visit [thepiranha.org](http://thepiranha.org) for the most up to date information.*

*For updates and the 2016 summer schedule please visit [thepiranha.org](http://thepiranha.org)*





## Piranha Master Swim

## Private Swim Lessons

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.

### Times

Monday and Wednesday  
7:00 - 8:00 p.m.

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

### Fees

Monday and Wednesday or  
Tuesday and Thursday: \$40.00

Monday - Thursday: \$60.00

Registration in person and  
online opens Friday, April 15th

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.

### 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





## Diving

## Adult Swim Lessons

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.

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 20 - June 30
- Session 2: July 5 - July 14  
(different price for Session 2 due to the holiday)
- Session 3: July 18 - July 28
- Session 4: August 1 - August 11

### Times

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

### Ages

6 - 15 years

### Fees

- Member: \$35.00
- Session 2 (Monday and Wednesday): \$26.25
- Session 2 (Tuesday and Thursday): \$35.00
- Non-Member: \$45.00
- Session 2 (Monday and Wednesday): \$33.75
- Session 2 (Tuesday and Thursday): \$45.00

Registration in person and  
online opens Friday, April 15th

### Dates

- Session 1: June 20 - June 30
- Session 2: July 5 - July 14  
(different price for Session 2 due to the holiday)
- Session 3: July 18 - July 28
- Session 4: August 1 - August 11

### Times

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

### Ages

16 years and older

### Fees

- Member: \$50.00
- Session 2: \$43.75
- Non-Member: \$60.00
- Session 2: \$52.50

Registration in person and  
online opens Friday, April 15th

