

# HOURS

## LAP SWIM

### Season

May 28-Sept 1

Mondays

2:00pm-5:30pm

Tues-Fri

5:30am-9:00am

Sat-Sun

5:30am-11:00am

## Evening Lap Swim

May 28-Sept 1

Tues-Sun

5:30pm-7:00pm

## Off Season

Jan 1-May 26

Sept 3-Dec 31

Mondays

2:00pm-5:30pm

Tues-Thurs

5:30am-7:00pm

Fri-Sun

5:30am-5:00pm

## RECREATION SWIM

### Off Season

No lifeguard

Tues-Fri: 12p-5:00p

With lifeguard

Sat-Sun: 12p-5:00p

### Lifeguard on Duty

March 30-April 7

Tues-Fri: 12p-5:30p

Sat-Sun: 11a-5:30p

April 13-May 26

Sat-Sun: 11a-5:30p

May 27-Sept 2

Tue-Fri: 12:30p-5:30p

Sat-Sun: 11a-5:30p

(Open Memorial,  
4th of July & Labor  
Day)

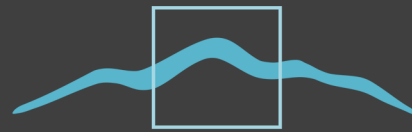
Sept 6-Oct 27\*

Sat-Sun: 11a-5:30p

\*Fridays in

September

12pm-5pm.



SAN LUIS OBISPO  
COUNTRY CLUB

# 2019 POOL CALENDAR

## AQUATICS PROGRAMS

### Swim Lesson Sessions

1. Jan 22-Feb 17 (2x wk)
2. Feb 19-March 17 (2x wk)
3. Mar 19-April 14 (2x wk)
4. April 16-May 12 (2x wk)
5. May 14-June 9 (2x wk)
6. June 11-23
7. June 25-July 7
8. July 9-21
9. July 23-August 4
10. August 6-18
11. August 20-September 1
12. September 3-29 (2x wk)
13. October 1-27 (2x wk)
14. Oct 29-Nov 24 (2x wk)

### Jr. Guard Prep Course

March 8th-May 10th

Fri 3:15-4:15pm

Wed. upon request

### Jr. Guard Camp

July 5th - 31st

### All Sports Camp

April 2-April 5

June 18-21

July 30-August 2  
Day rates available

### Fun In The Sun Camp

April 2-5

April 23-26

June 11-14

June 18-21

June 25-28

July 2-3, 5 Day

July 16-19

July 30-August 2

August 6-9

August 13-16

Day rates available

### Jr. Swim Team

(6-8yrs & Beginners)

Tues -Thur: 3:30-4:15pm

\*Summer:

Tues/Thurs: 5:45-6:30p

Wed/Fri: 11a-12:15p

### Stingrays Team

(Ages 8yrs & up)

Tues-Fri: 4:15-5:30pm

\*Summer: 5:45-7:00pm

\*Summer 6/11 to 8/16

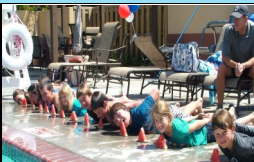

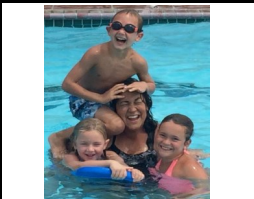



Aqua Aerobics = Tues/Thurs/Fri: 9a-10a Wed: 8:45a-9:45a

## SUMMER EVENTS

<u>Spring Slumber Party!</u>	Friday, April 26th	6:00pm-9:00am
<u>Pre-Teen Laser Tag!</u>	Friday, May 3rd	7:00pm-10:00pm
<u>Summer Splash Party!*</u>	Monday, May 27th	11:00am-5:00pm
<u>Cardboard Boat Races!*</u>	Thursday, July 4th	11:00am-5:00pm
<u>Parent's Night Out!</u>	Saturday, July 13th	5:00pm-9:30pm
<u>Fall Slumber Party!</u>	Saturday, August 24th	6:00pm-9:00am
<u>Last Blast of Summer!*</u>	Monday, September 2nd	11:00am-5:00pm

\*Triple Crown Events

## EVENT DESCRIPTIONS

	Lots of Fun for everyone! Snow cones, bounce house, face painting, craft table and activities for all ages! Adults may accompany children for free. Come try your hand at our New Water Corn-hole Triple Crown Event! Start earning points towards this year's Triple Crown. Great family event!	<b>Summer Splash Party!</b>
<b>Cardboard Boat Races!</b>	This annual event has become our most popular event of the season! Members can enjoy family time building a cardboard canoe! We'll race the canoes and cheer for our favorites. Canoe construction begins at 11am....races start at 2pm. BBQ served in the clubhouse or order poolside.	
	Enjoy a night out alone while we watch your children. Parents can drop off kids @ 5pm and we'll treat them to a fun time of swimming, games, snacks and a movie. Bring their PJ's and we'll have them ready for bed when you arrive to pick up @ 9:30pm! Dinner is included. Children 4yrs & up. <i>Registration is necessary.</i>	<b>Parents Night Out!</b>
<b>Slumber Party!</b>	This is the staff's favorite event and is sure to be your kids too. Come spend a night in the Clubhouse and enjoy a night full of games, crafts and very little sleep. Ages 4 and up are welcome to join. Dinner, snack, ice cream buffet and breakfast all included. So enjoy a night out while your kids have a BLAST!!!! <i>Registration is necessary.</i>	
	Come try out our pre-teen event with your friends!. Kids 10-15 are welcome and goes from 7pm-10pm. <i>Registration is necessary and space is limited!</i>	<b>Lazer Tag!</b>
<b>Last Blast Of Summer!</b>	It's that last big hurrah of the summer! Families will enjoy watermelon eating contests, pool games and other activities. This is the last event to earn points toward the Triple Crown Award so you'll want to enter the water-wheel relay races to qualify. Races start at 2:00pm!	

## PROGRAM DESCRIPTIONS

<b>Swim Lessons</b>	Water is enjoyable for all ages. We offer group, private and semiprivate lessons tailored for more flexibility. Group classes are small (1:3 or 1:4 ratio) Registration forms available: <a href="http://www.slocountryclub.com">www.slocountryclub.com</a>
<b>Fun in the Sun Camp</b>	Kids ages 5yrs and up are encouraged to join us for a fun-filled week of water "themed" activities. Kids will embark on an adventure of pool activities, crafts, fitness workout and incorporate an age appropriate swim lesson each day. Lunch, snacks and a camp t-shirt are included.
<b>All-Sports Camp</b>	Children will enjoy a week of mutli-faceted sports and fitness in this action-packed camp. Kids will learn the fundamentals of golf, tennis, fitness & swimming from some of the finest instructors on the Central Coast!
<b>Jr. Guard Camp</b>	Students ages 10-15yrs old will learn teamwork & leadership skills, acquisition of water & safety skills, and preparation of students for a water oriented job. Wed & Fri 10am-12noon. Registration forms available: <a href="http://www.slocountryclub.com">www.slocountryclub.com</a>
<b>Jr. Guard Prep</b>	Prepare for the Beach Jr Guard swim test in this course! We'll work on ways to reduce your time and focus on endurance that will be sure to get you ready to pass with flying colors!
<b>SLOCC Stingrays</b>	This is both our Stingrays Swim & Jr. Swim programs. Stingrays are 8yrs &-up and must be able to swim 50 yd freestyle. Jr's are 6-8yr beginners and must be able to swim a 25 yd freestyle. Coaches will focus on competitive strokes with an emphasis on stroke drills leading towards swim competition. Program is year round.
<b>Aqua Aerobics</b>	Experience how great the water can make you feel! This 60min class will include a proper warm-up/cool down with your cardio workout utilizing both shallow & deep water exercise and toning segment for the abs. It relieves the added stress of the joints that most land exercises can give.
<b>Swim Fit Workouts</b>	Coaches will be giving intermediate to advanced adult swimmers a great endurance workout. Improve your stroke technique, skill level as well as train for upcoming events and make your swim workouts more efficient.