

AQUATIC PROGRAMS

This section features swim lessons and special aquatic events.



GOLDEN GATE AQUATIC CENTER

LEVEL 1 - \$40

The instructor teaches the student how to float on his/her front and back with assistance, move his/her arms and legs for propulsion, put his/her face in the water, and will cover basic water safety.



LEVEL 2 - \$40

The student starts swimming independent of the instructor, on his/her front and back, goes underwater, jumps into chest-deep water, and learns more about water safety.

LEVEL 3 - \$40

The student will learn rotary breathing, head-first entry, whip and dolphin kicks, treading water, and swimming longer distances (15 yards). To qualify for this class, the student must have passed a Level 2 course or pass a swim test given by one of our Water Safety Instructors.

AMERICAN RED CROSS SWIMMING AND WATER SAFETY PROGRAM

All instructors are thoroughly trained Red Cross water safety instructors, so swimmers of all ages and abilities are in good hands. Participants learn a variety of strokes and are introduced to a wide range of personal safety skills and diving techniques. Courses are fun and interactive with hands-on training.

LEVEL 4 - \$45

The student improves his/her strokes, swims longer distances (25 yards) on his/her back and front, performs surface dives and open turns, and learns more about water safety. To qualify for this course, the student must have passed Level 3 or pass a swim test given by our Water Safety Instructors.

LEVEL 5 - \$45

The student refines his/her freestyle, elementary backstroke and breast stroke. The instructor introduces the back crawl and butterfly strokes, flip turns, racing starts, and advanced water safety topics. To enter this class, the student must have passed Level 4 or pass a swim test given by our Water Safety Instructors.

CHILDREN AGES 5 - 12

	AUG 29 - OCT 17	SEP 2 - SEP 21	SEP 26 - NOV 14	OCT 2 - OCT 21
	SAT	MON, WED, FRI	SAT	MON, WED, FRI
LEVEL 1 30 min classes	9:00-9:30am 10:30-11:00am	6:30-7:00pm	9:00-9:30am 10:30-11:00am	6:30-7:00pm
LEVEL 2 30 min classes	9:00-9:30am 10:30-11:00am	6:30-7:00pm	9:45-10:15am	6:30-7:00pm
LEVEL 3 30 min classes	9:45-10:15am	6:30-7:00pm	9:45-10:15am	6:30-7:00pm
LEVEL 4 45 min classes	11:15-12:00pm	5:45-6:30pm	9:00-9:45am	
LEVEL 5 45 min classes	9:00-9:45am		9:00-9:45am	5:45-6:30pm

ADULT AGES 13 & OLDER

	SEP 2 - SEP 21	OCT 6 - OCT 29
	MON, WED, FRI	TUE, THU
LEVEL 1 30 min classes	7:00-7:30pm	
LEVEL 2 30 min classes		7:00-7:30pm

Please note that beyond the Level 1 classes the student should have passed the previous level or pass a swim test to enter the next level. Please call the Golden Gate Aquatic Facility at 353-7128 to arrange a free evaluation.

PRESCHOOL PROGRAMS

AGES 4 - 5

	AUG 29 - OCT 17	SEP 2 - SEP 21	SEP 26 - NOV 14	OCT 2 - OCT 21
	SAT	MON, WED, FRI	SAT	MON, WED, FRI
LEVEL 1 30 min classes	9:00-9:30am 10:30-11:00am	5:00-5:30pm	9:45-10:15am 11:15-11:45am	5:00-5:30pm
LEVEL 2 30 min classes	9:45-10:15am 10:30-11:00am	5:45-6:15pm	10:30-11:00am	5:45-6:15pm
LEVEL 3 30 min classes	9:45-10:15am 11:15-11:45am	5:45-6:15pm	10:30-11:00am	5:45-6:15pm

LEVEL 1 - \$40

The instructor helps children feel comfortable in the water, enjoying it safely.

LEVEL 2 - \$40

The instructor helps the student build on Level 1 and to succeed with fundamental skills, e.g., floating, basic propulsion.

LEVEL 3 - \$40

The instructor helps the student build on Level 2 skills and to improve his/her ability to coordinate motions that use simultaneous arms and legs such as breast stroke, butterfly, and elementary back stroke and four strokes using alternating arm and leg motion such as freestyle and back crawl.



PARENT & CHILD

PARENT & CHILD (6 MOS - 3 YRS)

	AUG 29 - OCT 17	SEP 2 - SEP 21	SEP 26 - NOV 14	OCT 2 - OCT 21
	SAT	MON, WED, FRI	SAT	MON, WED, FRI
LEVEL 1 30 min classes	11:15-11:45am	5:00-5:30pm	11:15-11:45am	5:00-5:30pm
LEVEL 2 30 min classes	11:15-11:45am	5:00-5:30pm	11:15-11:45am	5:00-5:30pm

GET SOAKED

LEVEL 1 - \$40

The instructor helps to orient the young child and his/her adult partner to the water, prepares the student to learn to swim.

LEVEL 2 - \$40

The instructor gives the student's adult partner safety information and teaches techniques to help orient the child to the water. The instructor also provides direction about how to supervise water activities in a responsible manner.



AQUATIC PROGRAMS

This section features swim lessons and special aquatic events.

LOOKING FOR A FUTURE IN AQUATICS?

LIFEGUARD TRAINING

This 36-hour course certifies competent individuals seeking to become professional lifeguard rescuers.

Ages: All Ages
Dates, Days & Times:
Sep 08-Sep 19
Tue, Thu, Sat / 5:00pm-9:00pm
Nov 14-Nov 22 / Sat-Sun / 9:00am-5:00pm
Cost: \$155
Location: Golden Gate Aquatic & Fitness

WATER SAFETY INSTRUCTOR

This 34-hour course certifies highly-motivated individuals to teach swim lessons to students.

Ages: 16 & up
Dates, Days & Times:
Oct 05-Oct 21 / Mon, Wed, Sun / 5:30pm-8:30pm
Cost: \$150
Location: Golden Gate Aquatic & Fitness

WATER FITNESS CLASSES

ARTHRITIS EXERCISE

This low or no-impact class is specifically designed for people with arthritis. All instructors are trained by the Arthritis Foundation.

Ages: 18 & up
Dates, Days & Times:
Oct 02-Dec 29 / Fri, Tue / 11:00am-12:00pm
Cost: \$5/class
Location: Golden Gate Aquatic & Fitness

HYDRO TONE WATER EXERCISE

Water aerobic exercises using your upper and lower body.

Ages: 13 & up
Dates, Days & Times:
Mon, Wed / 10:00am-11:00am
Cost: \$45/12 visit punch card
Location: Sun-N-Fun Lagoon

WATER WALKING

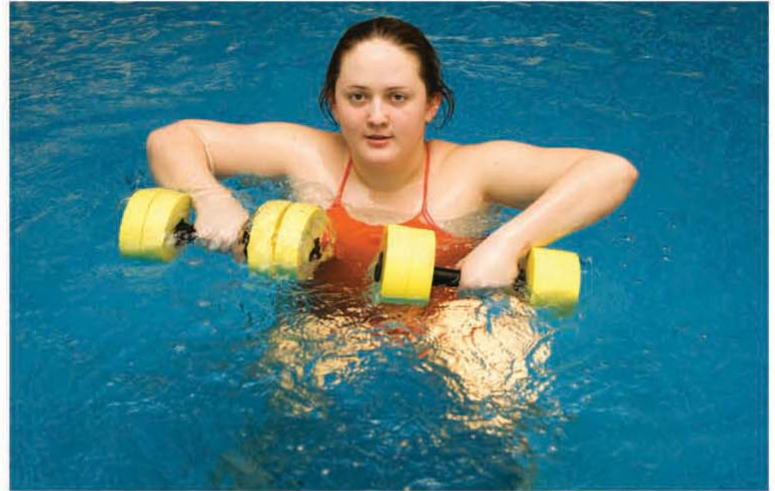
Exercise using the current of the lazy river.

Ages: 13 & up
Dates, Days & Times:
Tue, Thu / 10:00am-11:00am
Mon, Wed / 6:00pm-7:00pm
Cost: \$45/12 visit punch card
Location: Sun-N-Fun Lagoon

IMSC SWIM LESSONS

This program is designed to provide children with necessary water safety skills.

Ages: 4 - 17
Dates, Days & Times:
Sep 07-Oct 26 / Mon / 5:00am-5:30pm
Cost: \$40 / \$15 Private Lesson
Location: Immokalee Sports Complex



FUN

WATER SPORTS AT SUGDEN

Ski clinics are available for special needs individuals. Call (239) 325-7842 for information.

BOATING

BOATING - SAFE BOATING 101

Learn the basics of launching, mooring, man-overboard, docking and numerous other topics covered.

Ages: 10 & up
Dates, Days & Times:
Sep 10-Oct 15 / Thu / 3:30pm-6:00pm
Cost: \$125

BOATING - TRAILER 101

Boat ramp 'jitters' have you down? Scared to pull into the boat ramp? This class is for you. Master the art of backing up with a trailer or boat behind you.

Ages: 16 & up
Dates, Days & Times:
Sep 09-Sep 30; Oct 07-Oct 28
Wed / 10:00am-12:00pm
Sep 09-Sep 30; Oct 07-Oct 28
Wed / 5:00pm-7:00pm
Cost: \$100

KAYAKING AT CLAM PASS

CLAM PASS YOUTH KAYAK

This program will teach you the fundamentals of kayaking. Call 580-9117 to schedule.

Ages: 10 & up
Dates, Days & Times:
Sep 15-Sep 30 / Sat / 10am-2pm
Cost: \$40 / day

NO SCHOOL KAYAK CAMP

Ages: 10 & up
Dates, Days & Times:
Oct 26 / Mon; Nov 9 / Mon; Nov 25 / Wed
7:30am-6:00pm
Cost: \$40 / day

SAILING

AFTERSCHOOL

This class is very popular with school groups, scouts and homeschool groups.

Ages: 7 - 14
Dates, Days & Times:
Sep 08-Oct 13; Oct 20-Nov 24
Tue / 3:30pm-6:00pm
Cost: \$125

HIGH SCHOOL

All schools welcome. Participants will learn the basics of collegiate racing and have the opportunity to practice in an intramural setting. No experience necessary.

Ages: 14 - 18
Dates, Days & Times:
Sep 09-Oct 14; Oct 21-Nov 25
Wed / 3:30pm-6:00pm
Cost: \$75

YOUTH BEGINNER

This program provides participants an opportunity to learn the basics of sailing on an Optimist Dinghy. Life jackets, equipment and boat provided.

Ages: 7 - 14
Dates, Days & Times:
Sep 12-Oct 17; Oct 24-Dec 05
Sat / 9:00am-11:30am
Cost: \$125



ADULT BEGINNER

This program provides adults an opportunity to learn the basics of sailing. Life jackets, equipment and all boats provided.

Ages: 15 & up
Dates, Days & Times:
Sep 09-Oct 14; Oct 21-Nov 25
Wed / 9:00am-11:30am
Sep 12-Oct 17; Oct 24-Dec 05
Sat / 3:00pm-5:30pm
Cost: \$150

YOUTH INTERMEDIATE/ADVANCED

This class is designed for participants who have completed youth beginner sailing and are eligible for our youth advanced course. This course will give students the opportunity to learn the basics of racing and work on competitive skills on the water.

Ages: 7 - 14
Dates, Days & Times:
Sep 12-Oct 17; Oct 24-Dec 05
Sat / 12:00pm-2:30pm
Cost: \$125

SKIING

ADULT BEGINNER SKI/WAKEBOARD

This program is designed to provide ski instruction to adults who want to reacquire themselves with waterskiing to build on advanced ski skills, or to try it for the first time in a relaxed fun atmosphere.

Ages: 18 & up
Dates, Days & Times:
Sep 12-Oct 17; Oct 24-Dec 05
Sat / 3:00pm-5:30pm
Cost: \$150

AFTERSCHOOL SKI/WAKEBOARD

Learn to ski/wakeboard or build on your advanced skills. All equipment is provided.

Ages: 7 - 15
Dates, Days & Times:
Sep 08-Oct 13; Oct 20-Nov 24 / Tue
Sep 10-Oct 15; Oct 22-Nov 26 / Thu
3:30pm-5:30pm
Cost: \$125

PRIVATE SKI LESSONS

One on one private ski/wakeboard lessons. Please call Michael Toolan at 325-7842.

Ages: 5 & up
Dates, Days & Times:
Sep 08-Dec 01 / Tue-Fri / 7:00am-6:00pm
Cost: \$100 per hour

PRIVATE SLALOM LESSONS

One on one slalom course. \$35.00 Per 1/2 hour. Please call Michael Toolan at 325-7842.

Ages: 5 & up
Dates, Days & Times:
Sep 08-Dec 01 / Tue-Fri / 7:00am-6:00pm
Cost: \$35 per 1/2 hour

TEEN SKI/WAKEBOARD

Learn to ski and build on advanced skills.

Ages: 13 - 17
Dates, Days & Times:
Sep 12-Oct 17; Oct 24-Dec 05
Sat / 11:30am-2:00pm
Cost: \$125

YOUTH BEGINNER SKI/WAKEBOARD

This program provides participants with an opportunity to learn the basics.

Ages: 7 - 12
Dates, Days & Times:
Sep 12-Oct 17; Oct 24-Dec 05
Sat / 9:00am-11:30am
Cost: \$125