

Classes & Activities at The Plunge

Private Swim Lessons

Mondays/Wednesdays or Tuesdays/Thursdays, August 14-24

9:30 a.m., 10:30 a.m., 11:30 a.m., 12:30 p.m.

Fee: \$120 (includes four private lessons)

Available for any ability level from 6 months to adults. Lessons are 30-minutes with a certified instructor covering basic swimming skills to advanced/competitive techniques.

Jr. Lifeguarding Program

Tuesdays and Thursdays, July 11-August 10 • 7:30-9 p.m.

Fee: \$105 (includes shirt, booklet and folder), add \$10 for Non-Resident

Open to boys and girls ages 11-14, or those who have passed the Level 5 swimming class at the Brea Plunge. This class focuses on professional lifeguarding, water safety skills and water fitness.

Adult Learn-to-Swim Class

SESSION 1: June 24-July 22

5 Saturday classes
11 a.m.-12 p.m.

SESSION 2: July 29-August 26

5 Saturday classes
11 a.m.-12 p.m.

Fee: \$65 per Session (5 Saturday classes), add \$5 for Non-Resident

Open to non-swimmers or beginners ages 14 and older.
Helps non-swimmers become comfortable in the water.

Aqua Aerobics

Tuesdays and Thursdays, June 20-August 24 • 8-9 a.m.*

Saturdays, June 24-August 26 • 10-11 a.m.*

Fee: \$5 drop-in fee

This is an ideal way to start a workout regime or achieve a higher level of fitness and get fit this summer. Aqua Aerobics conditions all the major muscle groups and builds cardio respiratory and muscle endurance. Enjoy this low impact workout at your desired level of intensity. Water shoes are recommended and you do not need to know how to swim.

**Schedule subject to change.*

Open Registration

June 12 • 9 a.m.

Open registration for ALL sessions available until classes fill.

ONLINE: BreaRec.com

Must have an **ACCOUNT** prior to registering. To create an "account," go to BreaRec.com, be sure to include ALL members of your family who may register for any future City of Brea classes or programs.

IN PERSON:

Brea Community Center,
695 E. Madison Way, Brea

Pool Parties and Rental



Looking to add some splash to your next party? Have your own personal pool party and the professional supervision to go with it. Rental includes certified lifeguards, use of both pools and barbecue. For more information call, **714-990-7103**. Price ranges from \$700-\$900 based on number of patrons.

