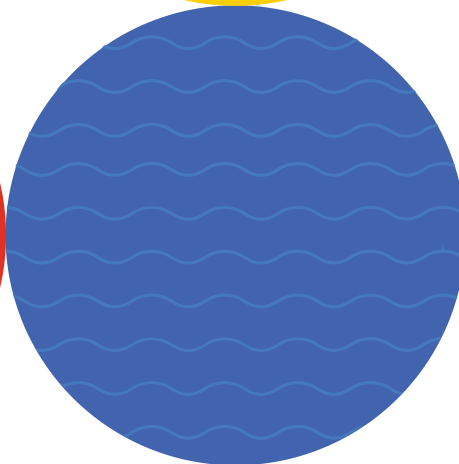
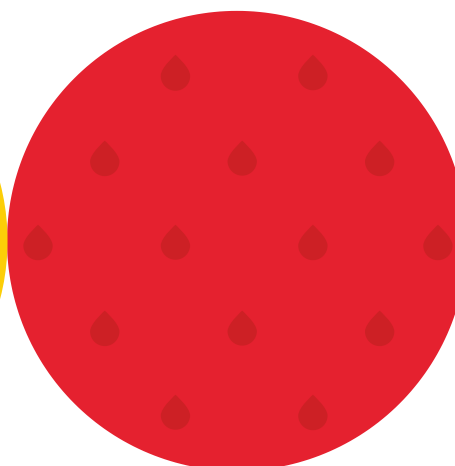




# AMBROSE *Recreation* GUIDE



**PROGRAMS ● AQUATICS ● TEEN CENTER ● BAY POINT YOUTH ACADEMY**

[www.ambroserec.org](http://www.ambroserec.org)





**CHECK OUT  
WHAT THE  
AMBROSE  
RECREATION  
AND PARK  
DISTRICT HAS  
TO OFFER!**



# **HELLO** *and* **WELCOME!**

**Register  
Online at  
[ambroserec.org](http://ambroserec.org)**



**3105 Willow Pass Rd  
Bay Point, CA 94565**



**fun &  
creative  
for all  
ages!**

**day camps, aquatic  
center, recreational  
swim, swim lessons,  
party rentals, fitness  
classes, gym, karate,  
teen center, youth  
academy**

**[www.ambroserec.org](http://www.ambroserec.org) | Call Us 925.458-1601**

# AMBROSE AQUATIC CENTER

OPEN WEEKENDS STARTING MAY 28TH &  
WEEKDAYS STARTING JUNE 6TH

## ENTRY

Youth - \$3  
Adult - \$6  
Seniors (55+) - \$3  
Children 2 and under are free!

## SEASON PASS

Youth (14 and under) - \$22  
Adult (15 and over) - \$30  
\*Youth 9 and under must be  
accompanied by person 15 or over



[WWW.AMBROSEREC.ORG](http://WWW.AMBROSEREC.ORG)



# GROUP SWIM LESSONS

MONDAY - THURSDAY  
AGES 6 AND UP  
SEE NEXT PAGE FOR SCHEDULE

**REGISTER NOW**

**FREE LESSONS  
SPONSORED BY  
LMCHD & ARPD**

\*YOUTH LESSONS ONLY. TO RECEIVE A FREE SWIM LESSON, YOU MUST BRING REDUCED LUNCH OR MEDI-CAL CARD. REGISTER AT AMBROSE COMMUNITY CENTER OR AMBROSE AQUATIC CENTER. MUST BE BAY POINT RESIDENT.

# Youth Lessons 6-15 years old/ Adult Lessons

USE COURSE DESCRIPTIONS TO  
HELP SELECT CORRECT LEVEL

## Level 1 - Introduction to Water Skill

Help participant feel comfortable in the water.

## Level 2 - Fundamental Aquatic Skills

Give participant success with fundamental skills.

## Level 3 - Stroke Development

Builds on skills in level 2 through additional guided practice in deep water.

## Level 4 - Stroke Improvement

Develop confidence in the skills learned & improves other aquatic skills

## Level 5 - Stroke Refinement

Provides further coordination & refinement of strokes

## Level 6 - Swimming & Skill Proficiency

## Adult Swim - 16 Years and Up

## GROUP 25 Minute Classes Monday -Thursday 2 Weeks Resident \$61/Non-Resident \$68

### AM SESSIONS

JUNE 6 - JUNE 16

JULY 25 - AUGUST 4

### PM SESSIONS

JUNE 20 - JUNE 30

JULY 11 - JULY 21

### SUMMER SESSIONS (AM)

Level 1	9:00am	9:30am		10:30am	11:00am
Level 2	9:00am	9:30am		10:30am	11:00am
Level 3	9:00am	9:30am		10:30am	
Level 4			10:00am		11:00am
Level 5			10:00am		11:00am
Level 6			10:00am		
Adult			10:00am		

### SUMMER SESSIONS (PM)

Level 1	5:15pm	5:45pm		6:45pm
Level 2	5:15pm	5:45pm		6:45pm
Level 3	5:15pm		6:15pm	6:45pm
Level 4		5:45pm		
Level 5		5:45pm		
Level 6			6:15pm	
Adult			6:15pm	

### FALL SESSION (AUGUST 8- AUGUST 18)

Level 1	5:15pm		
Level 2	5:15pm	5:45pm	6:15pm
Level 3	5:15pm		6:15pm
Level 4		5:45pm	
Level 5		5:45pm	
Level 6		5:45pm	
Adult			6:15pm

CAMPERS WILL LEARN THE  
FUNDAMENTAL SKILLS OF WATER  
POLO AND HAVE THE OPPORTUNITY  
TO PRACTICE THESE SKILLS IN A  
GROUP SETTING

# WATER POLO CAMP

MONDAY - FRIDAY | 9:30AM - 11:00AM

Ambrose Aquatic Center  
125 Memorial Way, Bay Point, CA 94565



\$40 | Ages  
7-12



## SESSION 1

June 20 - June 24

## SESSION 2

June 27 - July 1

**REGISTER ONLINE**

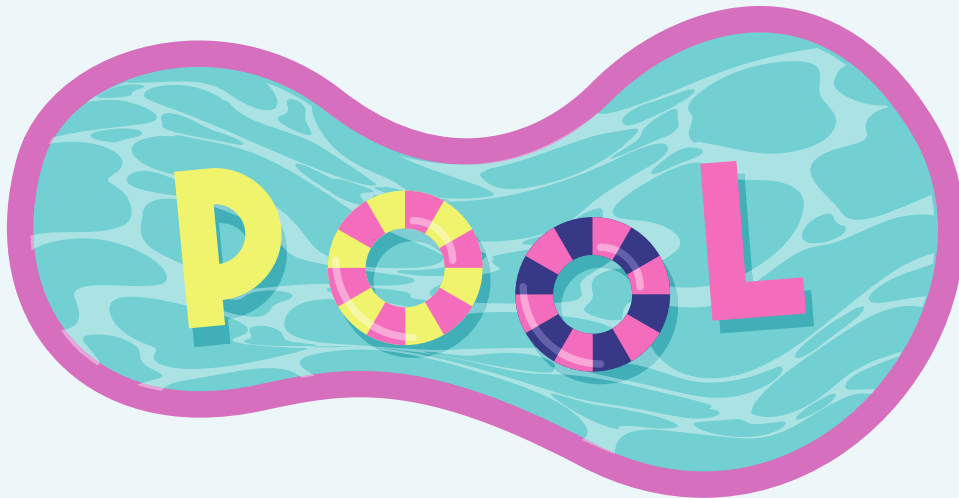
[www.ambroserec.org](http://www.ambroserec.org)

**MAKE A SPLASH**

# **BOOK A POOL PARTY WITH US!**



**\$10  
PER  
PERSON  
10 MINIMUM**



## **INCLUDES:**

- **ADMISSION**
- **RESERVED PARTY AREA**
- **HOT DOG & CHIPS FOR EACH GUEST**
- **UNLIMITED PUNCH OR LEMONADE**
- **1 FREE ADULT ADMISSION**

**CALL US FOR MORE INFO**

**(925) 458-1601**

**Fun & Creative  
Outdoor Activities  
for Kids Age 7 to 12**

# AMBROSE DAY CAMP

**\$25**

**STARTING  
JUNE 20TH**

**at the Ambrose Aquatic Center  
Mon-Fri from 10:00am - 3:00pm**

**Session 1: June 20 - June 24  
Session 2: June 27 - July 1**

**Swimming  
Lessons,  
Arts & Crafts,  
Science  
Experiments,  
And Much More...**

**REGISTER  
ONLINE  
SPACE IS  
LIMITED**

- Campers required to bring their own lunch

**[WWW.AMBROSEREC.ORG](http://WWW.AMBROSEREC.ORG)  
For more info: (925) 458-1601**





\* \*  
**SHORINJI**  
*For Kids & Adults*  
**KEMPO** \*

*Instructor:*

\* **MAKOTO  
HAGATA**

*No Winners  
No Losers*



**EVERY  
SATURDAY  
WITH  
CLASSES  
STARTING  
AT 9AM** \*

**SHORINJI KEMPO EMPHASIZES THE EQUAL  
TRAINING OF HEALTHY MINDS AND BODIES**

**VISIT [WWW.AMBROSEREC.ORG](http://WWW.AMBROSEREC.ORG) FOR SCHEDULE AND RATES**

**REGISTER TODAY**

# MAYU FITNESS

BE A PART OF THIS TOTAL BODY WORKOUT  
WITH OUR CERTIFIED INSTRUCTOR



**MONDAY-FRIDAY**

FOR ONLY

**\$30 A MONTH**

**AM CLASS**

10:00 AM - 11:00AM



**PM CLASS**

5:00 PM - 6:00 PM

**MORE INFO VISIT**

[WWW.AMBROSEREC.ORG](http://WWW.AMBROSEREC.ORG)

**MUST BE REGISTERED TO ATTEND CLASS**

# SHAPE YOUR BODY


**ONLY \$15  
A MONTH**

**JOIN NOW**

**GYM**   
**FITNESS**

OPEN M-F 2:00PM-7:00PM

 Ambrose Community Center  
3105 Willow Pass Rd  
Bay Point, CA 94565

 (925) 458-1601

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