


Swim Lessons

AQUATICS

CHILDREN'S GROUP SWIM LESSONS

 FEE: \$44



Register at the District Office or online if you have a current account. Payment is due at time of registration. **If class is canceled by T.D.R.P.D. for any reason, a make-up class will be held. Depending on enrollment, levels may be combined.**

SUMMER SIGN-UPS Will start in May...LOOK for our Summer Brochure mid-April!

1st day of all lessons will be a test swim. All children will be subject to being moved to the correct level.

CLASSES RUN MON/WED or TUES/THURS for 4 weeks (8 classes)

SESSION DATES:

S5 March 5-29
S6 April 9-May 3

Session 5

MON/WED

5:30-6:00 pm Guppies
6:05-6:35 pm Seahorses
6:40-7:10 pm Seals

TUES/THURS

5:30-6:00 pm Guppy Grads
6:05-6:35 pm Turtles
6:40-7:10 pm Shark/Dolphin

Session 6

MON/WED

5:30-6:00 pm Guppy Grads
6:05-6:35 pm Turtles
6:40-7:10 pm Shark/Dolphin

TUES/THURS

5:30-6:00 pm Guppies
6:05-6:35 pm Seahorses
6:40-7:10 pm Seals

SATURDAY MORNING LESSONS

(*Offered to low income families first— opens to the general public 2 weeks prior to class start.)

Session Dates

S6: Mar. 3-24
S7: Mar. 31-April 28 (no class 4/7-Easter Egg Hunt)
S8: May 5-26

Levels & Times

S6 & S8	10:15-10:45	Guppy /Guppy Grad
	10:50-11:20	Turtle /Seahorse
	11:25-11:55	Guppy Grad /Shark
S7	10:15-10:45	Guppy /Guppy Grad
	10:50-11:20	Guppy /Seahorse
	11:25-11:55	Seal /Turtle

FEES: \$20 per session



MONDAY MORNING LESSONS

Session Dates:

S3: Feb 6, 13, 20, 27
S4: Mar 5, 12, 19, Apr 26
Fees: \$23 per session

Levels and Times:

9:15-9:45am Guppy
9:50-10:20am Guppy Grad
10:25-10:55am Turtle

SWIM LEVEL DESCRIPTIONS:

Please read the skill level descriptions to assist us in placing your child in the proper level class.



Guppies: Water Exploration (3 years & up)

This is a starting point for children with no prior experience in swim lessons. Children learn to relax & enjoy the water while acquiring beginning swim techniques. Ratio 1:4



Guppy Grads: Water Exploration (3 & 4 years)

This class is for children who have passed Guppies but are not old enough to begin Seahorses. Children will continue to develop beginning swimming techniques. Ratio 1:4



Seahorses: Primary Skills (5 years & up)

This class is for Guppy graduates and new swimmers. Swimmers must be able to put their face in the water! We introduce basic swimming skills and safety awareness.



Turtles: Stroke Readiness

For children who are already comfortable in the water and are able to float on their stomach and back. Introduces deep water swimming, back stroke, diving and rescue breathing.



Seals: Stroke Development

Reviews freestyle and backstroke. Introduces elementary backstroke, breaststroke, sidestroke, diving, treading water.



Sharks: Stroke Refinement

Begins to work on strength and endurance. Introduction to dolphin kick, open turns, shallow entries, and first aid.



Dolphins/Orca: Skill Proficiency

Swimmers work on stroke technique, surface dives, throwing rescues, plus learn the basic butterfly, intro to flip turn & more!

GUPPY AND PARENT CLASSES

New this year, two levels for guppy and parent class.

Ages 6 month-1.5 years: 5 am, focus mainly on water acclimation with games, songs, and lots of toys.

Ages 1.5-3 years: 10:50-11:20 am, with your help (the parent) we introduce basic swimming skills and the principles of our Learn to Swim Program. Games, toys, and songs also!

Saturdays

S5: Feb. 4-25
S6: Mar. 3-24
S7: Mar. 31-Apr 28(skip week of egg hunt)
S8: May 5-26

TIMES: **Ages 6 mos.-1.5:** 10:15-10:45 am

Ages 1.5-3 10:50-11:20 am

FEE: \$32 per session. Min. of 4

PRIVATE SWIM LESSONS

Please call 582-2361 for availability & arrange lessons.
FEE: \$35 per 1/2 hr., \$5each additional person