

Make a splash this summer!

SWIMMING LESSONS

Swim Lesson registration opens May 11th!

Why Choose Us?

- ✓ All Ages Welcome
- ✓ Flexible Scheduling
- ✓ Heated Pool
- ✓ Small Classes
- ✓ Encouraging Instructors

How do I choose the right class for my child?

- Carefully read the class level descriptions.
- Returning swimmers should repeat the same level they ended with last summer.
- If your child's skill level falls between two classes, sign up for the easier level.
- It is common to repeat a level several times. When learning a new motor skill, such as swimming, repetition is important to gain confidence and mastery.

NEW HOURS!

ACTIVITY POOL PLAYTIME

Ages 8 and under

This special time is reserved just for our younger visitors to enjoy the wading pool and interactive play structure during our swim lesson timeframes. Children must be accompanied by a responsible attendant 16 yrs or older.

June 1-August 6

M-Th.....9:30 AM-12:50 PM

M-Th.....4:30-6:40 PM

Admission

\$4 per child (Public Swim Season Pass accepted)

NOTE: No fee for adult attendant during Activity Pool Playtime hours only.

TINY TOT SWIM LESSONS

Ages 9 mths - 5 yrs

Otters (parent/child)

- Ages 9 mths - 3 yrs.
- Parent or adult participation required.



Ducks (beginning preschool)

- Ages 3 - 5 yrs.
- Child is comfortable going to class with instructor.



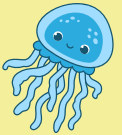
Alligators (intermediate preschool)

- Ages 3 - 5 yrs.
- Enters and goes underwater easily.
- Able to swim 3 feet independently.



Jellyfish (advanced preschool)

- Ages 4 - 5 yrs.
- Swims front crawl, face in, 5-10 yds.
- Comfortable on his/her back.



YOUTH SWIM LESSONS

Ages 5-14 yrs

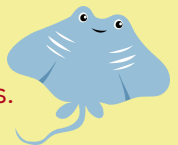
Sea Lions (water adjustment)

- Ages 5-12 yrs.
- Designed for children with limited water exposure.



Stingrays (beginner)

- Ages 5-12 yrs.
- Comfortable going underwater.
- Swims front crawl, face in, 3 yards.
- Comfortable on back unassisted.



Dolphins (advanced beginner)

- Ages 5-12 yrs.
- Swims front crawl, face in, 10-15 yards.
- Able to propel self on back.



Seahorses (stroke development)

- Ages 6-14 yrs.
- Swims freestyle with side breathing 15 yards.
- Swims backstroke 5-10 yards.



Sharks (stroke refinement)

- Ages 7-14 yrs.
- Comfortable in deep water.
- Swims freestyle 25 yards.
- Swims backstroke 15 yards.



★ Prices and schedule subject to change.

FIND THE RIGHT SWIM LESSON

Week	Dates	Days	Length	Fee
1	6/1-6/4	M-Th	4 days	\$39
2	6/8-6/11	M-Th	4 days	\$39
3	6/15-6/18	M-Th	4 days	\$39
4	6/22-6/25	M-Th	4 days	\$39
5	6/29-7/2	M-Th	4 days	\$39
6	7/6-7/9	M-Th	4 days	TBD
7	7/13-7/16	M-Th	4 days	TBD
8	7/20-7/23	M-Th	4 days	TBD
9	7/27-7/30	M-Th	4 days	TBD
10	8/3-8/6	M-Th	4 days	TBD

COMPETITIVE SWIM CLINICS FOR BEGINNERS

Ages 8 and up

Designed for swimmers with little or no competitive swimming experience, or those who have completed the Sharks level of swimming lessons. Swimmers will focus on building endurance through structured workouts, advanced techniques of the 4 competitive strokes, stroke coordination and efficiency, drills, racing starts and turns. Emphasis is on freestyle and backstroke, with an introduction to competitive breaststroke and butterfly. Participants should be able to swim 25 yards with ease and be confident in deep water.

CLASSES ARE 25 MINUTES

	9:30 AM	10:05 AM	10:40 AM	11:15 AM	11:50 AM	12:25 PM	4:30 PM	5:05 PM	5:40 PM	6:15 PM
Otters	●	●		●		●	●			●
Ducks	●		●		●			●		●
Alligators	●		●			●			●	●
Jellyfish			●				●			
Sea Lions			●		●		●		●	
Stingrays		●		●	●			●		
Dolphins	●			●		●			●	
Seahorses		●			●			●		
Sharks	●						●		●	

Session	Dates	Days	Time	Fee
11664	6/1-6/4	M-Th	4:30-4:55 PM	\$39
11665	6/8-6/11	M-Th	4:30-4:55 PM	\$39
11666	6/15-6/18	M-Th	4:30-4:55 PM	\$39
11667	6/22-6/25	M-Th	4:30-4:55 PM	\$39
11668	6/29-7/2	M-Th	4:30-4:55 PM	\$39
11669	7/6-7/9	M-Th	4:30-4:55 PM	TBD
11670	7/13-7/16	M-Th	4:30-4:55 PM	TBD
11671	7/20-7/23	M-Th	4:30-4:55 PM	TBD
11672	7/27-7/30	M-Th	4:30-4:55 PM	TBD
12033	8/3-8/6	M-Th	4:30-4:55 PM	TBD

PRIVATE SWIM LESSONS

Ages 2-Adult

If you are looking for one on one instruction, our private lessons are ideal for you. Classes can be tailored to your individual needs. Classes are added throughout the summer, so please call (530) 642-5232 for availability.

Youth: Ages 2-12 yrs

Designed for children of all skill levels who are looking for individual instruction or specific skill development.

Session	Dates	Days	Time	Fee
12034	6/1-6/4	M-Th	5:40-6:05 PM	\$110
11863	6/8-6/11	M-Th	5:40-6:05 PM	\$110
11864	6/15-6/18	M-Th	5:40-6:05 PM	\$110
11865	6/22-6/25	M-Th	5:40-6:05 PM	\$110
11866	6/29-7/2	M-Th	5:40-6:05 PM	\$110
11867	7/6-7/9	M-Th	5:40-6:05 PM	TBD
11868	7/13-7/16	M-Th	5:40-6:05 PM	TBD
11869	7/20-7/23	M-Th	5:40-6:05 PM	TBD
11870	7/27-7/30	M-Th	5:40-6:05 PM	TBD
12035	8/3-8/6	M-Th	5:40-6:05 PM	TBD

Adults: Ages 13 yrs and up

For adults with limited water exposure or those who wish to improve their lap swimming or stroke skills.

Session	Dates	Days	Time	Fee
12036	6/1-6/4	M-Th	6:15-6:40 PM	\$110
11871	6/8-6/11	M-Th	6:15-6:40 PM	\$110
11872	6/15-6/18	M-Th	6:15-6:40 PM	\$110
11873	6/22-6/25	M-Th	6:15-6:40 PM	\$110
11874	6/29-7/2	M-Th	6:15-6:40 PM	\$110
11875	7/6-7/9	M-Th	6:15-6:40 PM	TBD
11876	7/13-7/16	M-Th	6:15-6:40 PM	TBD
11877	7/20-7/23	M-Th	6:15-6:40 PM	TBD
11878	7/27-7/30	M-Th	6:15-6:40 PM	TBD
12037	8/3-8/6	M-Th	6:15-6:40 PM	TBD

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