



SWIM LESSONS



GROUP LESSONS & CLASS FEE

Group lessons provide a social environment for learning to swim. Classes are kept small to maximize student learning with a ratio of at most 2 - 4 students to 1 instructor. All Group sessions are Tuesday - Friday for 2 weeks.

SCHEDULE

Session I June 11 - June 21
Session II June 25 - July 5
Session III July 9 - July 19
Session IV July 23 - August 2

COST

Group Lessons:
\$64.00 per 2 weeks.
 *\$5.00 discount for 2nd child / same family.

9:30am - 10:00am

Sea Turtle
 Seahorse
 Dolphin
 Stingray
 Shark

10:15am - 10:45am

Sea Turtle
 Seahorse
 Dolphin
 Stingray
 Swordfish

11:00am - 11:30am

Sea Turtle
 Seahorse
 Dolphin
 Stingray
 Shark

11:45am - 12:15pm

Sea Turtle
 Seahorse
 Dolphin
 Stingray
 Shark

PRIVATE LESSONS & CLASS FEE

Private lessons are for those who prefer individual instruction (one-on-one with a swim instructor). All Private sessions are Monday - Friday for 1 week.

SCHEDULE

Session I June 17 - June 21
Session II June 24 - June 28
Session III July 8 - July 12
Session IV July 15 - July 19
Session V July 22 - July 26

TIMES

4:30pm - 5:00pm
 5:15pm - 5:45pm

Private Lessons: \$75.00 per 1 week session.
 *\$5.00 discount for 2nd child / same family

Register NOW at:

860 N. Sequoia Avenue, Lindsay, CA 93247
SPOTS ARE LIMITED! (559) 562-5196



Seal Pups

“Parent & Me”. Opportunity for parent and child to play together in the water. No real instruction provided.



Sea Turtle

(Ages 3 - 5) Introductory to water. Increased emphasis on applicable water skills. Acquaint them with the pool and give them confidence in their own ability in the water. This class is not designed to teach children to become accomplished swimmers nor should it be considered a “drown-proofing” program.



Seahorse

(Ages 4 & up): Introductory swimming skills; children with no previous experience in the water who are ready to learn. During this class, children are taught the basic elements of swimming including holding breath, buoyancy and movement. This class is not designed to be considered a “drown-proofing” program.



Dolphin

(Ages 5 & up): Beginning swimming skills re-enforced with an ultimate goal of a 15-yard unassisted crawl stroke swim.



Stingray

(Ages 5 & up): (Open to students who successfully completed the Beginner course or able to swim a 15 yard crawl stroke with proper breathing technique) Focus on techniques of crawl stroke, introduction of elementary backstroke and underwater swimming.



Swordfish

(6 & up): (Open to students who successfully completed the Advanced Beginner course) Intermediate course provides the student an opportunity to improve upon the individual swimming skills and endurance. Focus on new strokes such as breast-stroke and competitive backstroke.



Shark

Work on distance & technique of all strokes, gain endurance treading water and learn side stroke. Pre-requisite: Successful completion of Intermediates.

