

# Swim Lessons

The Pleasant Hill Recreation & Park District is a proud provider of the American Red Cross Swimming and Water Safety Program! The program features six levels of learn-to-swim instruction to help swimmers of all ages and abilities develop their swimming and water safety skills. It is designed to give students a positive learning experience as they progress through all six levels, and to help ensure that they truly master swimming skills.

Lessons are taught in a continuous series for the number of classes as indicated. Classes with insufficient enrollment are subject to CHANGE or CANCELLATION. NOTE: AN AQUATIC WAIVER OF LIABILITY MUST BE SIGNED BEFORE ANY CLASS PARTICIPATION.

PLEASE PLAN YOUR SCHEDULE CAREFULLY; THERE ARE NO MAKE-UPS OR REFUNDS FOR MISSED CLASSES. Please speak to the lesson manager on the first day of the session if you have any special requests or information regarding your child's swim lessons. Lesson managers supervise lessons on the pool deck, and they are there to assist with any concerns you may have.

### Parent/Tot (8 mos–4 yrs)

Parent/child participate together with the help of a staff instructor in this water adjustment class. Parent and child will receive instruction in water adjustment, swim readiness skills, and water safety. Swim attire: Tight fitting "Swim Pants" and swimsuit. No disposable or cloth diapers.

### Tiny Tot (3–4 yrs) ONLY 3 PER CLASS

Child must be ready to learn without parent participation. Skills: Water adjustment, elementary aquatic skills and water safety.

### Pre-School (4–6 yrs) ONLY 4 PER CLASS

Child must be ready to learn without parent participation. Skills: Water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary.

### Youth (7–12 yrs) (student max 6)

Students will learn a variety of strokes, personal safety skills and diving techniques. Beginning students will learn elementary aquatic skills and water adjustment. More advanced students will refine their skills and learn how to incorporate swimming into a lifelong fitness program.

### Adult / Teen (13 yrs/over) (student max 6)

New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving, and turns.

### Private (4 yrs through Adult)

One-on-one instruction for all ability levels.

## Swim Lesson Schedule

All classes are held at PH Aquatic Park: 147 Gregory Lane. Please plan your schedule carefully; there are no make-ups or refunds for missed classes.

### TUE/TH Private – AFTERNOONS & EVENINGS (Four 20-minute classes) (2 weeks)

.401 Sept. 6–Sept. 15      .403 Oct. 4–Oct. 13  
.402 Sept. 20–Sept. 29      .404 Oct. 18–Oct. 27

**Fee: Tue/Th Private \$73 / Dist. Res. \$59**

#### TUE/TH Private – AFTERNOONS

<b>Time:</b>	<b>1:00</b>	<b>1:20</b>	<b>1:40</b>
<b>Class:</b>	8619	8620	8621

#### TUE/TH Private – EVENINGS

<b>Time:</b>	<b>5:20</b>	<b>5:40</b>	<b>6:00</b>	<b>6:20</b>	<b>6:40</b>
<b>Class:</b>	8614	8615	8616	8617	8618

### SATURDAY Group / Private

(Four classes) (4 weeks)

.401 Sept. 10–Oct. 1  
.402 Oct. 8–Oct. 29

### SUNDAY Group / Private

(Four classes) (4 weeks)

.403 Sept. 11–Oct. 2  
.404 Oct. 9–Oct. 30

### Saturday or Sunday GROUP (Four 28-minute classes)

Classes	10:00	10:30	11:00	11:30	Noon
<b>Parent/Tot</b>					<b>8510</b>
<b>Tiny Tot</b>				<b>8526</b>	
<b>Pre-School</b>			<b>8656</b>		
<b>Youth</b>		<b>8575</b>			
<b>Adult/Teen</b>	<b>8591</b>				

### Saturday or Sunday PRIVATE (Four 20-minute classes)

Time	10:00	10:20	10:40	11:00	11:20	11:40	Noon
<b>Private</b>	<b>8626</b>	<b>8627</b>	<b>8628</b>	<b>8629</b>	<b>8630</b>	<b>8631</b>	<b>8632</b>

#### Saturday / Sunday Fees:

- ❖ **Parent/Tot:** \$42 / Dist. Res. \$34
- ❖ **Pre-School:** \$51 / Dist. Res. \$41
- ❖ **Tiny Tot:** \$62 / Dist. Res. \$50
- ❖ **Adult/Teen, Youth:** \$40 / Dist. Res. \$32
- ❖ **Private:** \$73 / Dist. Res. \$59

“The instructors were great! Kids are making great progress.” -Tosha

