

# FALL 2019 Swim Lessons

## Swim Lessons

### Fall Swim Lessons

*Note: An Aquatic Waiver of Liability must be signed before any class participation.*

We encourage you to sign up for more than one day/week, but please plan your schedule carefully; there are no make-ups/refunds for missed classes. See the lesson manager if you have any special requests/information regarding your child's lessons. Lesson Managers supervise lessons on the pool deck; they will assist with your concerns.

### PARENT/TOT (6 MOS-4 YRS)

Parent and child participate together and 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)

Child must be ready to learn without parent. Skills: Water adjustment, basic aquatic skills and water safety. Ratio 3:1

### PRESCHOOL (4-6 YRS)

Child must be ready to learn without parent. Skills: Water adjustment, elementary aquatic skills, stroke development and water safety. Abilities may vary. Ratio 4:1

### YOUTH (6-12 YRS)

Students will learn a variety of strokes, personal safety skills and diving techniques, starting with basic aquatic skills and water adjustment. More advanced students will refine their skills. Ratio 4:1

### ADULT/TEEN (12+ YRS)

New strokes and techniques for stroke improvement will be taught. Skills: floating, kicking, crawl stroke, backstroke, breaststroke, butterfly, sidestroke, elementary backstroke, diving and turns. Ratio 5:1

### PRIVATE (3.5 YRS-ADULT)

One-on-one swim instruction for all ability levels and ages.

Note: Pools are subject to closure without warning, based on attendance, weather, emergencies and training, maintenance or safety issues.



### Fall 2019 Swim Lessons—PH Aquatic Park

Register for weekday lessons by the day. Choose from Monday, Tuesday, and/or Thursday.

**Private:** 4 weeks, (4) 25-minute classes | \$135/\$115 (Dist. Res.)

\*3 weeks, (3) 25-minute classes | \$107/\$87 (Dist. Res.)

	MONDAY		TUESDAY		THURSDAY	
	9/9-9/23*	9/30-10/21	9/3-9/24	10/1-10/22	9/5-9/26	10/3-10/24
5:30 pm	8614.101	8614.104	8614.102	8614.105	8614.103	8614.106
6:00 pm	8615.101	8615.104	8615.102	8615.105	8615.103	8615.106
6:30 pm	8616.101	8616.104	8616.102	8616.105	8616.103	8616.106
7:00 pm	8617.101	8617.104	8617.102	8617.105	8617.103	8617.106

**Group:** 4 weeks, (4) 25-minute classes | \$62/\$50 (Dist. Res.)

\*3 weeks (3) 25-minute classes | \$50/\$40 (Dist. Res.)

		MONDAY		TUESDAY		THURSDAY	
Time	Age	9/9-9/23*	9/30-10/21	9/3-9/24	10/1-10/22	9/5-9/26	10/3-10/24
5:30 pm	Tiny Tot	8535.101	8535.104	8535.102	8535.105	8535.103	8535.106
6:00 pm	Preschool	8547.101	8547.104	8547.102	8547.105	8547.103	8547.106
6:30 pm	Youth	8575.101	8575.104	8575.102	8575.105	8575.103	8575.106
7:00 pm	Adult/Teen	8591.101	8591.104	8591.102	8591.105	8591.103	8591.106

**Saturday & Sunday Group:** 4 weeks, (4) 25-minute classes

\$62/\$50 (Dist. Res.) | Parent/Tot: \$50/\$40 (Dist. Res.)

		SATURDAY		SUNDAY	
Time	Age	9/7-9/28	10/5-10/26	9/8-9/29	10/6-10/27
10:00 am	Adult/Teen	8599.101	8599.103	8599.102	8599.104
10:30 am	Youth	8579.101	8579.103	8579.102	8579.104
11:00 am	Preschool	8549.101	8549.103	8549.102	8549.104
11:30 am	Tiny Tot	8539.101	8539.103	8539.102	8539.104
12:00 pm	Parent/Tot	8510.101	8510.103	8510.102	8510.104

**Saturday & Sunday Private:** 4 weeks, (4) 25-minute classes | \$135/\$115 (Dist. Res.)

		SATURDAY		SUNDAY	
Time		9/7-9/28	10/5-10/26	9/8-9/29	10/6-10/27
10:00 am		8620.101	8620.103	8620.102	8620.104
10:30 am		8621.101	8621.103	8621.102	8621.104
11:00 am		8622.101	8622.103	8622.102	8622.104
11:30 am		8623.101	8623.103	8623.102	8623.104
12:00 pm		8624.101	8624.103	8624.102	8624.104



Register Online! | [pleasanthillrec.com](http://pleasanthillrec.com) or call 682-0896.