

# Swim Lessons FALL 2016



## PRIVATE | Tu/Th

2 weeks (4) 20-min classes | \$100/\$85 (Dist. Res.)

	9/6-9/15	9/20-9/29	10/4-10/13	10/18-10/27
5:20 pm	8614.101	8614.102	8614.103	8614.104
5:40 pm	8615.101	8615.102	8615.103	8615.104
6:00 pm	8616.101	8616.102	8616.103	8616.104
6:20 pm	8617.101	8617.102	8617.103	8617.104
6:40 pm	8618.101	8618.102	8618.103	8618.104

## PRIVATE | Saturday & Sunday

4 weeks, (4) 20-minute classes | \$100/\$85 (Dist. Res.)

Time	Saturday		Sunday	
	9/10-10/1	10/8-10/29	9/11-10/2	10/9-10/30
10:00 am	8620.101	8620.103	8620.102	8620.104
10:20 am	8621.101	8621.103	8621.102	8621.104
10:40 am	8622.101	8622.103	8622.102	8622.104
11:00 am	8623.101	8623.103	8623.102	8623.104
11:20 am	8624.101	8624.103	8624.102	8624.104
11:40 am	8625.101	8625.103	8625.102	8625.104
12:00 pm	8626.101	8626.103	8626.102	8626.104

## GROUP | Saturday & Sunday | 4 weeks, (4) 28-minute classes

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

Time	Age	Saturday		Sunday	
		9/10-10/1	10/8-10/29	9/11-10/2	10/9-10/30
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	Pre-School	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

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

**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.

## Private Aquatic Park Parties!

Reserve the pool for your own private party! Minimum 2-hour rental includes lifeguards. No alcohol or smoking permitted in the pool area. Fees are based on the parts of the facility used.

For details/reservations, call the District Office at 682-0896 or visit [pleasanthillrec.com](http://pleasanthillrec.com)

### 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

### Pre-School: 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 5:1

### 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 6:1

### Private: 3.5 yrs-Adult

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



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