



Swim Lessons

SUMMER 2019
PLEASANT HILL AQUATIC PARK

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 participation. 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 participation. 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, freestyle, 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: 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. See the lesson manager at the first session if you have any special requests or information regarding your child's swim lessons. Lesson Managers supervise lessons on the pool deck; they will assist with your concerns.

Weekday Group, M-Th | PH Aquatic Park

(4) 25-minute classes | \$62/\$50 (Dist. Res.) | Parent/Tot: \$50/\$40 (Dist. Res.)

*(3) 25-minute classes | \$50/\$40 (Dist. Res.) | Parent/Tot: \$38/\$30 (Dist. Res.)

*No class 7/4. Session meets M-W

Parent/Tot	6/10-6/13	6/17-6/20	6/24-6/27	7/1-7/3*	7/8-7/11	7/15-7/18	7/22-7/25	7/29-8/1	8/5-8/8
11:30 am	8500.901	8500.902	8500.903	8500.904	8500.905	8500.906	8500.907	8500.908	8500.909
5:30 pm	8501.901	8501.902	8501.903	8501.904	8501.905	8501.906	8501.907	8501.908	8501.909

Tiny Tot	6/10-6/13	6/17-6/20	6/24-6/27	7/1-7/3*	7/8-7/11	7/15-7/18	7/22-7/25	7/29-8/1	8/5-8/8
10:30 am	8530.901	8530.902	8530.903	8530.904	8530.905	8530.906	8530.907	8530.908	8530.909
11:30 am	8531.901	8531.902	8531.903	8531.904	8531.905	8531.906	8531.907	8531.908	8531.909
12:30 pm	8532.901	8532.902	8532.903	8532.904	8532.905	8532.906	8532.907	8532.908	8532.909
4:30 pm	8533.901	8533.902	8533.903	8533.904	8533.905	8533.906	8533.907	8533.908	8533.909
5:30 pm	8534.901	8534.902	8534.903	8534.904	8534.905	8534.906	8534.907	8534.908	8534.909
6:30 pm	8535.901	8535.902	8535.903	8535.904	8535.905	8535.906	8535.907	8535.908	8535.909

Preschool	6/10-6/13	6/17-6/20	6/24-6/27	7/1-7/3*	7/8-7/11	7/15-7/18	7/22-7/25	7/29-8/1	8/5-8/8
10:30 am	8540.901	8540.902	8540.903	8540.904	8540.905	8540.906	8540.907	8540.908	8540.909
11:00 am	8541.901	8541.902	8541.903	8541.904	8541.905	8541.906	8541.907	8541.908	8541.909
12:00 pm	8542.901	8542.902	8542.903	8542.904	8542.905	8542.906	8542.907	8542.908	8542.909
12:30 pm	8543.901	8543.902	8543.903	8543.904	8543.905	8543.906	8543.907	8543.908	8543.909
4:30 pm	8544.901	8544.902	8544.903	8544.904	8544.905	8544.906	8544.907	8544.908	8544.909
5:00 pm	8545.901	8545.902	8545.903	8545.904	8545.905	8545.906	8545.907	8545.908	8545.909
6:00 pm	8546.901	8546.902	8546.903	8546.904	8546.905	8546.906	8546.907	8546.908	8546.909
6:30 pm	8547.901	8547.902	8547.903	8547.904	8547.905	8547.906	8547.907	8547.908	8547.909

Youth	6/10-6/13	6/17-6/20	6/24-6/27	7/1-7/3*	7/8-7/11	7/15-7/18	7/22-7/25	7/29-8/1	8/5-8/8
10:00 am, Beg.	8570.901	8570.902	8570.903	8570.904	8570.905	8570.906	8570.907	8570.908	8570.909
11:00 am, Int./Adv.	8571.901	8571.902	8571.903	8571.904	8571.905	8571.906	8571.907	8571.908	8571.909
12:00 pm, Beg.	8572.901	8572.902	8572.903	8572.904	8572.905	8572.906	8572.907	8572.908	8572.909
5:00 pm, Beg.	8573.901	8573.902	8573.903	8573.904	8573.905	8573.906	8573.907	8573.908	8573.909
6:00 pm, Int./Adv.	8574.901	8574.902	8574.903	8574.904	8574.905	8574.906	8574.907	8574.908	8574.909
7:00 pm, Beg.	8575.901	8575.902	8575.903	8575.904	8575.905	8575.906	8575.907	8575.908	8575.909

Adult/Teen	6/10-6/13	6/17-6/20	6/24-6/27	7/1-7/3*	7/8-7/11	7/15-7/18	7/22-7/25	7/29-8/1	8/5-8/8
10:00 am	8590.901	8590.902	8590.903	8590.904	8590.905	8590.906	8590.907	8590.908	8590.909
7:00 pm	8591.901	8591.902	8591.903	8591.904	8591.905	8591.906	8591.907	8591.908	8591.909

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SUMMER 2019: GROUP SWIM LESSONS

Register online now! www.pleasanthillrec.com | (925) 682-0896



Swim Lessons

SUMMER 2019
PLEASANT HILL AQUATIC PARK

Swim Lessons Save Lives!

Weekday Private, M–Th | PH Aquatic Park

(4) 25-minute classes: \$125/\$110 (Dist. Res.) | *(3) 25-minute classes: \$100/\$85 (Dist. Res.)

*No class 7/4. Session meets M–W

Private Lessons	6/10–6/13	6/17–6/20	6/24–6/27	7/1–7/3*	7/8–7/11	7/15–7/18	7/22–7/25	7/29–8/1	8/5–8/8
10:00 am	8600.901	8600.902	8600.903	8600.904	8600.905	8600.906	8600.907	8600.908	8600.909
10:30 am	8601.901	8601.902	8601.903	8601.904	8601.905	8601.906	8601.907	8601.908	8601.909
11:00 am	8602.901	8602.902	8602.903	8602.904	8602.905	8602.906	8602.907	8602.908	8602.909
11:30 am	8603.901	8603.902	8603.903	8603.904	8603.905	8603.906	8603.907	8603.908	8603.909
12:00 pm	8604.901	8604.902	8604.903	8604.904	8604.905	8604.906	8604.907	8604.908	8604.909
12:30 pm	8605.901	8605.902	8605.903	8605.904	8605.905	8605.906	8605.907	8605.908	8605.909
4:30 pm	8610.901	8610.902	8610.903	8610.904	8610.905	8610.906	8610.907	8610.908	8610.909
5:00 pm	8611.901	8611.902	8611.903	8611.904	8611.905	8611.906	8611.907	8611.908	8611.909
5:30 pm	8612.901	8612.902	8612.903	8612.904	8612.905	8612.906	8612.907	8612.908	8612.909
6:00 pm	8613.901	8613.902	8613.903	8613.904	8613.905	8613.906	8613.907	8613.908	8613.909
6:30 pm	8614.901	8614.902	8614.903	8614.904	8614.905	8614.906	8614.907	8614.908	8614.909
7:00 pm	8615.901	8615.902	8615.903	8615.904	8615.905	8615.906	8615.907	8615.908	8615.909

Saturday & Sunday Group | PH Aquatic Park | 4 weeks, (4) 25-minute classes: \$62/\$50 (Dist. Res.) | Parent/Tot: \$50/\$40 (Dist. Res.)

		Saturday			Sunday		
	Age	6/1–6/29*	7/6–7/27	8/3–8/24	6/2–6/30*	7/7–7/28	8/4–8/25
10:00 am	Adult/Teen	8599.901	8599.903	8599.905	8599.902	8599.904	8599.906
10:30 am	Youth	8579.901	8579.903	8579.905	8579.902	8579.904	8579.906
11:00 am	Preschool	8549.901	8549.903	8549.905	8549.902	8549.904	8549.906
11:30 am	Tiny Tot	8539.901	8539.903	8539.905	8539.902	8539.904	8539.906
12:00 pm	Parent/Tot	8510.901	8510.903	8510.905	8510.902	8510.904	8510.906

*No class 6/22, 6/23

Saturday & Sunday Private | PH Aquatic Park

4 weeks, (4) 25-minute classes | \$125/\$110 (Dist. Res.)

		Saturday			Sunday		
	6/1–6/29*	7/6–7/27	8/3–8/24	6/2–6/30*	7/7–7/28	8/4–8/25	
10:00 am	8620.901	8620.903	8620.905	8620.902	8620.904	8620.906	
10:30 am	8621.901	8621.903	8621.905	8621.902	8621.904	8621.906	
11:00 am	8622.901	8622.903	8622.905	8622.902	8622.904	8622.906	
11:30 am	8623.901	8623.903	8623.905	8623.902	8623.904	8623.906	
12:00 pm	8624.901	8624.903	8624.905	8624.902	8624.904	8624.906	

*No class 6/22, 6/23



SUMMER 2019: PRIVATE SWIM LESSONS

NEW!
LATE SUMMER
SWIM LESSONS

Private: 3 weeks | PH Aquatic Park

(3) 25-minute classes: \$100/\$85 (Dist. Res.)

Private Lessons	Monday 8/12–8/26	Tuesday 8/13–8/27	Thursday 8/15–8/29
4:30 pm	8612.910	8612.920	8612.930
5:00 pm	8613.910	8613.920	8613.930
5:30 pm	8614.910	8614.920	8614.930
6:00 pm	8615.910	8615.920	8615.930
6:30 pm	8616.910	8616.920	8616.930
7:00 pm	8617.910	8617.920	8617.930

Group: 3 weeks | PH Aquatic Park

(3) 25-minute classes: \$50/\$40 (Dist. Res.)

Group Lessons	Age	Monday 8/12–8/26	Tuesday 8/13–8/27	Thursday 8/15–8/29
4:30 pm	Tiny Tot	8534.910	8534.920	8534.930
5:00 pm	Preschool	8546.910	8546.920	8546.930
5:30 pm	Tiny Tot	8535.910	8535.920	8535.930
6:00 pm	Preschool	8547.910	8547.920	8547.930
6:30 pm	Youth	8575.910	8575.920	8575.930
7:00 pm	Adult/Teen	8591.910	8591.920	8591.930

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