

## Swim Lessons Guide

According to the American Academy of Pediatrics, "drowning is the leading cause of unintentional injury-related death in U.S. children ages 1-4, and the third leading cause of unintentional injury-related death in children and teens 5-19." – American Academy of Pediatrics, 2021

The risk of drowning can be reduced by 88% if children participate in formal swimming lessons between the ages of 1 - 4.

Archives of Pediatrics & Adolescent Medicine, 2009

### Getting Started

1. Register for the correct level. Call or visit our office to receive help in ensuring the correct level is chosen for the swimmer. Registration for swim lessons can be found on our Registration Portal [www.signupgenius.com/org/elcentroaquaticcenter#/](http://www.signupgenius.com/org/elcentroaquaticcenter#/)
2. Choose the class setting that best fits your swimmers needs. The Aquatic Center offers Youth and Adult Group Swim Lessons, as well as Semi-Private and Private Lessons for all ages. Group Lessons range in size from 5 – 8 swimmers per class. Semi-Private Lessons have a max class size of two swimmer and Private Lessons are one-on-one instruction.
3. Select the time that best fits your schedule. Classes and levels are offered throughout the day on Mondays, Tuesdays and Wednesdays. Please pay close attention, as certain levels and classes are offered at certain times of the day.
4. Log in on time. Classes reach capacity within minutes that registration opens. Please be prepared and get familiar with the Aquatic Center's Registration Portal. There will be limited online and in person registration per session.



### Swim Lesson Tips and Policies

- Come Prepared: Check into the front office at least 10 minutes before your lesson, to receive the instructors name for your class. Come dressed in your swim suit and have a towel ready to go. It is recommended to apply sunblock 15 – 20 minutes before the start of your scheduled swim lesson.
- Non-Swimming Participants: Those that are not actively participating in swim lessons should be considerate of the class and ensure that they are not distracting/disrupting the class. This could include getting too close to the side of the pool for pictures or interfering in the middle of the class. Please feel free to enjoy our pools during your lesson, as the other pools will be open for public use!
- Questions? If you weren't able to catch your swimmers instructor after class, please be sure to speak with the Assistant Coordinator or Customer Service Representative and they will be able to assist you.







# Group Swim Lessons

## Levels and Descriptions



### Guppies

#### Parent & Child Aquatics

6 months - 3 years

Parent and Child Aquatics requires in water parent/guardian participation with the child. The main goal of this level is to introduce the child to a pool and give parents tips on staying safe in and around the water with their children. The instructor will guide parents and their child through aquatic skills set to aquatic-themed nursery rhymes.



### Starfish

#### Preschool Aquatics Levels 1, 2 & 3

3 years - 5 years

The main goal of Preschool Aquatics is to introduce children to the basic swimming skills and encourage more independent pool play. The instructor will guide children through blowing bubbles, floating, kicking and front crawl. Successful completion of all three levels with the instructor recommendation, the child can then move directly into Learn to Swim Level 2 (LTS 2) – Sea Turtles.



### Sea Otters

#### Learn to Swim: Level 1 (LTS 1)

#### Introduction to Water Skills

5 years +

Learn to Swim: Level 1 (LTS 1) focuses on basic swimming skills, similar to the skills that are taught in Preschool Aquatics. The main goal is for children to build confidence in the water with blowing bubble, kicking and front crawl. Preschool Aquatics graduates, can enroll in LTS 1, to gain more confidence, experience and endurance, prior to Learn to Swim Level 2.



### Sea Turtles

#### Learn to Swim: Level 2 (LTS 2)

#### Fundamental Aquatic Skills

5 years +

In Learn to Swim: Level 2 (LTS 2), instructors build on the skills learned in LTS 1. The main goal is for each child to independently swim both on their front and back. Previously learned skills are reinforced; backstroke and treading water are introduced.



### Sea Lions

#### Learn to Swim: Level 3 (LTS 3)

#### Stroke Development

6 years +

In Learn to Swim: Level 3 (LTS 3), instructors help children refine previously learned skills while building their endurance. The main goal is for each child to be able to swim without any assistance from the instructor. New skills introduced in this course are rotary breathing for front crawl, breaststroke, underwater streamline and treading water for an extended period of time without assistance.



### Manta Rays

#### Learn to Swim: Level 4 (LTS 4)

#### Stroke Improvement

6 years +

In Learn to Swim: Level 4 (LTS 4), children work to perfect their strokes and establish confidence in swimming unassisted. The main goal is to have each child swimming at a swim-team level. New skills introduced in LTS 4 include butterfly, open-turns at the wall and swimming full lengths of the pool unassisted.



# What level is your child?

Use this flow chart to help discover what level best fits your child!



## Youth Group Swim Lessons

6 months – 14 years

**\$45<sup>00</sup>** per swimmer, per session

Each session consists of five, 30-minute classes, meeting on Monday, Tuesday and Wednesdays. Group Swim Lessons are for all abilities. Class sizes range from 5 – 8 swimmers.

### Registration Portal

[www.signupgenius.com/org/elcentroaquaticcenter#](http://www.signupgenius.com/org/elcentroaquaticcenter#/)

**Class times:** 4:00 pm – 4:30 pm  
4:45 pm – 5:15 pm  
5:30 pm – 6:00 pm  
7:00 pm – 7:30 pm

### Session 1

**Class dates:** June 12, 13, 14, 20, & 21  
No Class on June 19

**Registration:** Wednesday, May 31 • 7:00 am

### Session 2

**Class dates:** June 26, 27, 28, July 3 & 5  
No Class on July 4

**Registration:** Wednesday, June 14 • 7:00 am

### Session 3

**Class dates:** July 10, 11, 12, 17 & 18  
No Class on July 19

**Registration:** Wednesday, June 28 • 7:00 am

### Session 4

**Class dates:** July 24, 25, 26, 31, & August 1  
No Class on August 2

**Registration:** Wednesday, July 12 • 7:00 am



**EL CENTRO**  
**WAVERUNNERS**  
SWIM TEAM



## Semi-Private Lessons

4 years+

**\$140<sup>00</sup>** for two swimmers, per session.

Must have two swimmers at the time of registration.

Semi-Private Lessons offer more focused instruction and can cater to improving specific swimming skills for the two swimmers. These lessons are perfect for siblings, other family members or friends of the same swimming ability. In order to register for Semi-Private Swim Lessons, two swimmers must be registered together.

## Private Lessons

4 years+

**\$180<sup>00</sup>** per swimmer, per session or **\$40** per lesson

Semi-Private Lessons offer more focused instruction and can cater to improving specific swimming skills for the two swimmers. These lessons are perfect for siblings, other family members or friends of the same swimming ability. In order to register for Semi-Private Swim Lessons, two swimmers must be registered together.

Session	Class Dates	Registration Date	Class Times
<b>Session 1</b>	June 12, 13, 14, 20, & 21 No Class on June 19	Wednesday, May 31 7:00 am	4:00 pm - 4:40 pm 5:00 pm - 5:40 pm
<b>Session 2</b>	June 26, 27, 28, July 3 & 5 No Class on July 4	Wednesday, June 14 7:00 am	6:00 pm - 6:40 pm
<b>Session 3</b>	July 10, 11, 12, 17 & 18 No Class on July 19	Wednesday, June 28 7:00 am	7:00 pm - 7:40 pm
<b>Session 4</b>	July 24, 25, 26, 31, & August 1 No Class on August 2	Wednesday, July 12 7:00 am	

## Adult Group Swim Lessons

15 years+

**\$45<sup>00</sup>** per swimmer, per session

Each session consists of five, 30-minute classes, meeting on Monday, Tuesday and Wednesdays.

These group lessons are designed to help adults, both younger and older, feel more comfortable in the water. Adult Group Swim Lessons are a time set aside to help guide you on your swim journey.

Registration Portal: <https://www.signupgenius.com/org/elcentroaquaticcenter#/>

Session	Class Dates	Registration Date	Class Times
<b>Session 1</b>	June 12, 13, 14, 20, & 21 No Class on June 19	Wednesday, May 31 7:00 am	6:15 pm - 6:45 pm 7:45 pm - 8:15 pm
<b>Session 2</b>	June 26, 27, 28, July 3 & 5 No Class on July 4	Wednesday, June 14 7:00 am	
<b>Session 3</b>	July 10, 11, 12, 17 & 18 No Class on July 19	Wednesday, June 28 7:00 am	
<b>Session 4</b>	July 24, 25, 26, 31, & August 1 No Class on August 2	Wednesday, July 12 7:00 am	