



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#/
- 2. Choose the class setting that best fits your swimmer's needs:** The Aquatic Center provides an array of swim lesson options tailored to all ages and skill levels. Our offerings include Youth and Adult Group Swim Lessons, as well as Semi-Private and Private Lessons. Group Lessons typically accommodate 5 to 8 swimmers per class, ensuring personalized attention while fostering a supportive group dynamic. For those seeking a more focused experience, Semi-Private Lessons offer instruction for a maximum of two swimmers per class. Private Lessons provide individualized one-on-one instruction, allowing for tailored guidance and accelerated progress. No matter your age or experience level, the Aquatic Center is committed to providing quality swim instruction in a safe and inclusive environment.
- 3. Select the time that best fits your schedule:** Classes and levels are offered on Mondays 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 of opening registration. Please be prepared and get familiar with the Aquatic Center's Registration Portal.



Swim Lesson Tips and Policies



- **Come Prepared:** Please check in at the front office at least 10 minutes before your lesson begins to receive your instructor's name and any necessary instructions. Ensure you are dressed in your swimwear and have a towel ready. We recommend applying sunscreen 15-20 minutes before your scheduled swim lesson to protect your skin from the sun's rays.
- **Non-Swimming Participants:** We kindly ask that individuals who are not actively participating in swim lessons be considerate of the class in progress. Please refrain from distracting or disrupting the lesson, which may include avoiding getting too close to the poolside for pictures or interrupting the class activities. Your cooperation helps maintain a focused and productive learning environment for all participants.
- **Questions?** If you weren't able to catch your swimmer's instructor after class, please feel free to speak with our Assistant Coordinator or Customer Service Representative. They will be more than happy to assist you with any inquiries or concerns you may have. Your satisfaction and understanding are important to us and we're here to help in any way we can.

Group Swim Lesson 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 bubbles, kicking and front crawl. Preschool Aquatics graduates, can enroll in LTS 1 to gain 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 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.



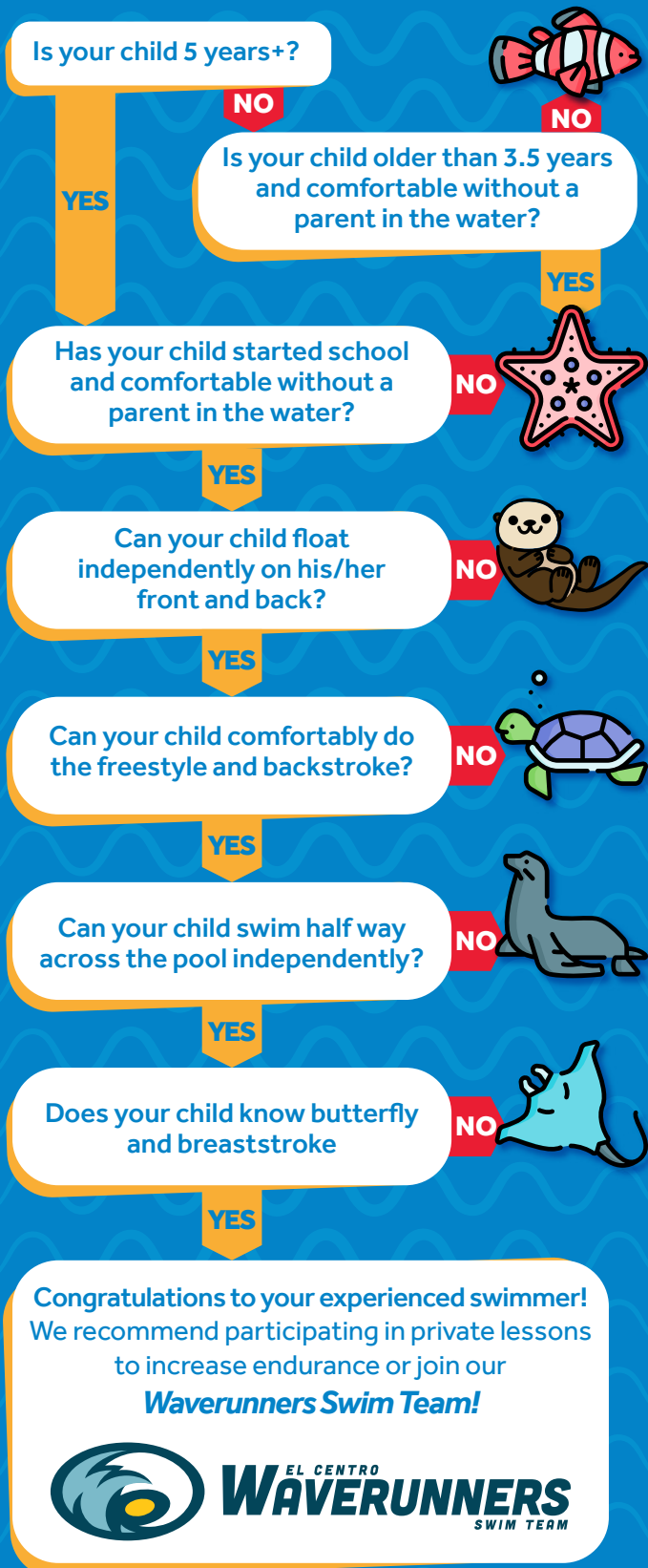
Manta Rays

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 Lesson Schedule

(6 months - 14 years)
Mondays & Wednesdays

Please refer to our Swim Lessons Guide for registration and swim level descriptions.

\$45 per swimmer, per session

Class dates

Session 1 • June 10 - June 26

Session 2 • July 1 - July 17

Session 3 • July 22 - August 17

Session 4 • August 12 - August 28

Guppies

Parent & Child Aquatics • 6 months - 3 years

Morning Class

8:00 am - 8:30 am
8:45 am - 9:15 am
9:30 am - 10:00 am

Afternoon Class

4:05 pm - 4:35 pm
5:05 pm - 5:35 pm
6:05 pm - 6:35 pm
7:45 pm - 8:15 pm

Starfish

Preschool Aquatics Levels 1, 2 & 3 • 3 years - 5 years

Morning Class

8:00 am - 8:30 am
8:45 am - 9:15 am
9:30 am - 10:00 am

Afternoon Class

4:05 pm - 4:35 pm
5:05 pm - 5:35 pm
6:05 pm - 6:35 pm
7:45 pm - 8:15 pm

Sea Otters

Learn to Swim: Level 1 (LTS 1) - Introduction to Water Skills
5 years +

Morning Class

8:00 am - 8:30 am
8:45 am - 9:15 am
9:30 am - 10:00 am

Afternoon Class

4:00 pm - 4:40 pm
5:00 pm - 5:40 pm
6:00 pm - 6:40 pm
7:40 pm - 8:20 pm

Sea Turtles

Learn to Swim: Level 2 (LTS 2) - Fundamental Aquatic Skills
5 years +

Morning Class

8:00 am - 8:30 am
8:45 am - 9:15 am
9:30 am - 10:00 am

Afternoon Class

4:00 pm - 4:40 pm
5:00 pm - 5:40 pm
6:00 pm - 6:40 pm
7:40 pm - 8:20 pm

Sea Lions

Learn to Swim: Level 3 (LTS 3) - Stroke Development
6 years +

Afternoon Class

4:00 pm - 4:40 pm 6:00 pm - 6:40 pm
5:00 pm - 5:40 pm 7:40 pm - 8:20 pm

Manta Rays

Learn to Swim: Level 3 (LTS 3) - Stroke Development
6 years +

Afternoon Class

4:00 pm - 4:40 pm 6:00 pm - 6:40 pm
5:00 pm - 5:40 pm 7:40 pm - 8:20 pm

Swim Lesson Registration Dates

Session	Class Dates	El Centro Resident Registration	Non-El Centro Resident Registration
Session 1	June 10-June 26	Monday, May 20 7:00 am	Wednesday, May 22 7:00 am
Session 2	July 1-July 17	Monday, June 17 7:00 am	Wednesday, June 19 7:00 am
Session 3	July 22-August 7	Monday, July 8 7:00 am	Wednesday, July 10 7:00 am
Session 4	August 12-August 28	Monday, July 29 7:00 am	Wednesday, July 31 7:00 am



Adult Group Lessons Beginner & Intermediate

Ages 15+

Embark on your swimming journey with our Adult Swim Lessons – because it’s never too late to learn! Our program offers both beginner and intermediate group lessons tailored for adults. Scheduled separately from Youth Group Swim Lessons, Adult Group Lessons allow swimmers to learn at their own pace.

Adult Beginner: This class is designed for adults who are uncomfortable in the water and have little to no experience with swimming. In this class participants will learn about floating, kicking, and stroke techniques. The number of strokes introduced is based on each individual’s progress during the class.

Adult Intermediate: This class is designed for adults who are comfortable swimming in deep water on their front and back. In this class, participants will learn how to increase endurance while swimming and refine stroke technique. This class is perfect for those looking to continue their swim journey!

Adult Group Swim Lessons

Mondays & Wednesdays
Beginner & Intermediate

\$45 per swimmer, per session

Class times: 6:50 pm - 7:30 pm

Class Dates

Session 1 • June 10 - June 26

Session 2 • July 1 - July 17

Session 3 • July 22 - August 17

Session 4 • August 12 - August 28



LEARN TO SWIM SCHOLARSHIPS

The Aquatic Center is pleased to offer a limited number of scholarships for group swim lessons. To qualify for these scholarships, applicants must provide proof of government assistance.

We strive to ensure that all members of our community have access to valuable swim instruction, and these scholarships are designed to support individuals who may face financial barriers.

If you believe you qualify for assistance, please contact us for more information on how to apply.



Semi-Private Swim Lessons

Ages 4+

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 Swim Lessons

Ages 1+

Private Swim Lessons offer a personalized approach, enabling the instructor to concentrate solely on the goals of the individual swimmer. By starting from the swimmer's current proficiency level, the instructor introduces new techniques while refining existing skills, ensuring skill development tailored to the swimmer's needs.

Semi-Private and Private Swim Lessons

Mondays & Wednesdays

Semi-Private Lessons: \$140.00 for two swimmers, per session. Must have two swimmers at the time of registration.

Private Lessons: **\$180** for one swimmer, per session.

Semi-Private Lessons • 4 years+

Private Lessons • 6 months+

Class Dates

Session 1 • June 10 - June 26

Session 2 • July 1 - July 17

Session 3 • July 22 - August 17

Session 4 • August 12 - August 28

Afternoon Class

4:10 pm - 4:50 pm

5:10 pm - 5:50 pm

6:10 pm - 6:50 pm

7:10 pm - 7:50 pm

Semi-Private and Private Swim Lessons

Saturdays Only!

Semi-Private Lessons: **\$140** for two swimmers, per session. Must have two swimmers at the time of registration.

Private Lessons: \$180.00 for one swimmer, per session.

Semi-Private Lessons • 4 years+

Private Lessons • 6 months+

Class Dates

Session 1 • June 1, 8, 15 and 29

Session 2 • July 20, 27, August 3, 10 and 17

Morning Class

8:00 am - 8:40 am

9:00 am - 9:40 am

10:00 am - 10:40 am



There are no make-up sessions if you miss a class. Failure to attend a class in which you are registered will result in forfeit of all fees. Class size and schedule is dependent upon the number of instructors available for the session.