

SWIM LESSONS GUIDE

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.
- 2. Choose the class setting that best fits your swimmers 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 that registration opens. 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 the 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.

WHAT LEVEL IS YOUR CHILD?

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



THE LIFE-SAVING IMPACT OF SWIM LESSONS FOR ALL AGES AND ABILITIES

Swimming lessons are more than just fun—they're an essential life skill that can save lives. Whether you're a child, an adult, or someone with special abilities, learning to swim is crucial for water safety. Here's why swim lessons are so important for everyone:

- **Reducing Drowning Risk:** Studies have shown that formal swimming lessons can reduce the risk of drowning in children aged 1 to 4 by up to 88%. For adults, especially those who haven't had the opportunity to learn earlier in life, swim lessons significantly reduce the chances of drowning, providing the skills needed to stay safe in water.
- **Improved Water Confidence:** Swim lessons help individuals of all ages and abilities learn how to safely navigate water, whether in a pool, lake, or ocean. Proper instruction builds confidence, teaching you how to respond calmly and effectively in various aquatic environments—whether you're a beginner or looking to refine your skills.
- **Essential Skill for Safety:** Drowning is the leading cause of accidental death for children under the age of 5, but adults can also be at risk, especially in unfamiliar water conditions or when alcohol is involved. Swimming lessons provide the critical skills to protect yourself and others, helping both children and adults feel more secure around water.
- **Building Lifelong Skills:** Beyond safety, swimming lessons offer numerous physical and mental health benefits, such as improved cardiovascular health, muscle strength, and flexibility. Swimming is a low-impact exercise, making it an

ideal activity for people of all abilities, including those with physical limitations or older adults seeking to maintain strength and mobility.

- **Inclusion for All Abilities:** Swim lessons are designed to accommodate participants of all abilities, including those with special needs. Whether you're a child, an adult, or someone with a disability, swim lessons can be tailored to your needs, helping you gain water safety skills and enjoy the many benefits of swimming. Specially trained instructors can ensure that everyone feels comfortable and confident in the water, regardless of their starting point.

Swim lessons are not just an activity—they are a critical step toward protecting yourself and others around water. Whether you're looking to teach your child, gain water confidence as an adult, or adapt lessons to your own abilities, swimming is an essential skill that benefits everyone. Start today and invest in your safety and well-being for life!



Credits & Transfers

If the Aquatic Center cancels a class, we will credit the class for a later date. However, please note that there are no make-up sessions if you miss a class. Failure to attend a class for which you are registered will result in the forfeiture of all fees.

Transfers, refunds, and/or credits may be considered under specific circumstances at the discretion of the Aquatics Supervisor and/or Community Services Director.

Inclement Weather Policy

For the safety of all patrons and staff, the entire facility, including the community room, restrooms, and locker rooms, will be cleared during specific inclement weather conditions, including thunder, lightning, high winds, and rain.

In the event of thunder and/or lightning, the Aquatic Center will be closed. Aquatic staff will use whistles to alert all patrons to exit the facility. A 30-minute timer will be initiated at the first sight of lightning or sound of thunder. If lightning and/or thunder are not observed within the initial 30 minutes, patrons will be allowed back in. However, if lightning and/or thunder are detected during the 30-minute period, the timer will restart for each occurrence observed or heard.

After three consecutive timer restarts, indicating persistent dangerous weather conditions, the facility will close entirely for the day. Credits will be issued to all patrons who entered the facility within the last hour before the closure. This policy ensures the safety of everyone involved during inclement weather situations.

High Winds Policy

In the event of high winds or conditions that limit visibility, such as when staff cannot clearly see the bottom of the pools, the facility will be evacuated and closed until conditions improve. The Aquatic Center staff will assess the situation and notify patrons when it is safe to return. If high winds persist and the facility remains closed for an extended period, similar credit policies as those for thunder and lightning will apply.

This policy ensures the safety of everyone involved and prioritizes the well-being of patrons and staff during inclement weather situations.

Earthquake Safety Protocol

In the event of an earthquake occurring while swimming, the safety of our patrons is our top priority at the Aquatic Center. Lifeguard staff will promptly instruct everyone to exit the pools and proceed to an open area. If the shaking is severe, patrons should grab and hold onto the nearest wall for added stability.

Once the shaking has ceased, lifeguard staff will promptly inspect the facility and pump room to ensure safety. If it is determined that the area is safe, swimming activities may resume.

We kindly remind all patrons to prioritize safety by closely supervising children and being prepared to evacuate the pool if instructed to do so. Your safety is paramount to us, and we appreciate your cooperation in adhering to our facility rules and emergency procedures.



SWIM LEVEL ASSESSMENTS

FREE (All ages)

Time: 11:00 am-12:30pm

Assessment Dates:

Sunday, May 25, June 15, 22, July 13, 27, & August 3

Not sure which swim lesson level is the perfect fit for your child? We're here to help! Our Swim Level Assessment is a complimentary service designed for parents who want to enroll their child in Youth Group Swim Lessons but are unsure of their child's swimming abilities.

During this short, no-pressure session, Aquatic Center swim instructors will evaluate your child's current skills in a fun and supportive environment. They'll assess key abilities like water comfort, floating, kicking, and basic stroke development to recommend the appropriate level for your child's needs.

This ensures that your child starts at a level where they feel confident and can continue to grow their skills effectively.

How It Works: Sign up for an assessment slot, bring your child in their swimwear, and let our instructors do the rest! Each assessment takes approximately 10-15 minutes. Find the right level for your child to maximize their progress and ensure they have a positive learning experience. All children who complete a Swim Level Assessment will receive a One-Day Free Swim Pass.

Important: *If your child is enrolled in a class that does not match their swimming ability, we cannot guarantee availability in a different class. To ensure proper placement, we highly recommend taking advantage of our swim level assessment.*



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 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.





NEW!

ADAPTIVE SWIM LESSONS

All ages

Our Adaptive Swim Lessons are designed for swimmers of all ages with low or high support needs, offering small group settings with a personalized approach. Instructors focus on teaching foundational swimming skills such as blowing bubbles, floating, kicking, and freestyle, while helping participants feel comfortable and confident in the water.

To ensure a calm and supportive environment, music is reduced, and lifeguards only use whistles when absolutely necessary. Everyone learns at their own pace, and each session brings participants closer to being safe and confident around water. Join us to build skills, confidence, and a lifelong love for swimming in a welcoming, sensory-friendly setting!



ADULT GROUP LESSONS - BEGINNER & INTERMEDIATE

15 years+

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 of all ages 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 of all ages 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!

SEMI-PRIVATE SWIM LESSONS

4 years+

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

1 year+

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.



SWIM LESSON REGISTRATION DATES

**Must show El Centro Water Bill as proof of residency, no exceptions. Classes meet on every Monday and Wednesday during each Session Class Dates.*

Session	Class Dates	El Centro Resident Registration	Non-El Centro Resident Registration
Session 1	June 9 - June 25	Monday, May 26	Wednesday, May 28
Session 2	June 30 - July 16	Monday, June 23	Wednesday, June 25
Session 3	July 21 - August 6	Monday, July 14	Wednesday, July 16
Session 4	August 11 - August 27	Monday, August 4	Wednesday, August 6

Registration opens at 7:00am.

**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.*

***If your child is enrolled in a class that does not match their swimming ability, we cannot guarantee availability in a different class. To ensure proper placement, we highly recommend taking advantage of our Swim Level Assessment.*



YOUTH GROUP SWIM LESSON SCHEDULE

6 months - 14 years • Monday & Wednesdays

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

Important: If your child is enrolled in a class that does not match their swimming ability, we cannot guarantee availability in a different class. To ensure proper placement, we highly recommend taking advantage of our swim level assessment.

Level	AM Class Dates	PM Class Times	Class Dates
Guppies Parent & Child Aquatics 6 months - 3 years	8:45 AM-9:15 AM 9:30 AM-10:00 AM	4:05 PM-4:35 PM 5:05 PM-5:35 PM 6:05 PM-6:35 PM	Session 1 June 9-25 Session 2 June 30-July 16 Session 3 July 21-August 6 Session 4 August 11-27
Starfish Preschool Aquatics Levels 1, 2 & 3 3 years-5 years	8:45 AM-9:15 AM 9:30 AM-10:00 AM	4:05 PM-4:35 PM 5:05 PM-5:35 PM 6:05 PM-6:35 PM	
Sea Otters Learn to Swim: Level 1 Introduction to Water Skills 5 years +	8:45 AM-9:15 AM 9:30 AM-10:00 AM	4:00 PM-4:40 PM 5:00 PM-5:40 PM 6:00 PM-6:40 PM	
Sea Turtles Learn to Swim: Level 2 Fundamental Aquatic Skills 5 years +	8:45 AM-9:15 AM 9:30 AM-10:00 AM	4:00 PM-4:40 PM 5:00 PM-5:40 PM 6:00 PM-6:40 PM	
Sea Lions Learn to Swim: Level 3 Stroke Development 6 years +	Not available	4:00 PM-4:40 PM 5:00 PM-5:40 PM 6:00 PM-6:40 PM	Session 4 August 11-27
Manta Rays Learn to Swim: Level 4 Stroke Improvement 6 years +	Not available	4:00 PM-4:40 PM 5:00 PM-5:40 PM 6:00 PM-6:40 PM	

*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.

ADAPTIVE SWIM LESSONS **NEW!**

All Ages • Monday & Wednesdays

Classes are for swimmers with low or high support needs. All classes are grouped based on age and swimming ability.

\$45 per swimmer, per session

Levels	AM Class Time	PM Class Time	Class Dates
Adaptive Lessons	8:00 AM-8:30 AM	6:50 PM-7:20 PM	Session 1 • June 9-25 Session 2 • June 30-July 16 Session 3 • July 21-August 6 Session 4 • August 11-27

*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.

ADULT GROUP SWIM LESSONS

15 years+ • Monday & Wednesdays

\$45 per swimmer, per session

Levels	AM Class Time	PM Class Time	Class Dates
Adult Group Lessons Beginner & Intermediate 15 years+	8:45 AM-9:15 AM 9:30 AM-10:00 AM 8:45 AM-9:15 AM 9:30 AM-10:00 AM	7:45 PM-8:20 PM	Session 1 • June 9-25 Session 2 • June 30-July 16 Session 3 • July 21-August 6 Session 4 • August 11-27

*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.

SEMI-PRIVATE AND PRIVATE SWIM LESSONS

Monday & Wednesdays

\$140 for two swimmers, per session. Must have two swimmers at the time of registration.

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

Levels	AM Class Time	PM Class Time	Class Dates
Adult Group Lessons Beginner & Intermediate 15 years+	8:45 AM-9:15 AM 9:30 AM-10:00 AM 8:45 AM-9:15 AM 9:30 AM-10:00 AM	4:10 PM-4:50 PM 5:10 PM-5:50 PM 6:10 PM-6:50 PM 7:10 PM-7:50 PM	Session 1 • June 9-25 Session 2 • June 30-July 16 Session 3 • July 21-August 6 Session 4 • August 11-27

*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.

SEMI-PRIVATE AND PRIVATE SWIM LESSONS

Saturdays & Sundays Only!

Semi-Private Lessons: \$80 for two swimmers per selected date. Registration requires two swimmers at the time of sign-up.

Private Lessons: \$40 for one swimmer per selected date.

Registrants can choose the dates and time slots that best fit their schedule.

Levels	Saturday Class Times	Saturday Class Dates	Sunday Class Times	Saturday Class Dates
Semi-Private Lessons 4 years+	9:00 AM-9:40 AM 10:00 AM-10:40 AM 11:00 AM-11:40 AM	June 7 June 14 June 21	9:00 AM-9:40 AM 10:00 AM-10:40 AM 11:00 AM-11:40 AM	June 7 June 14 June 21
Private Lessons 4 months+	9:00 AM-9:40 AM 10:00 AM-10:40 AM 11:00 AM-11:40 AM	July 12 July 19 August 2 August 9 August 23 August 30	9:00 AM-9:40 AM 10:00 AM-10:40 AM 11:00 AM-11:40 AM	June 22 July 13 July 20 August 3 August 10 August 24 August 31

*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.