

# SWIM LESSON Schedule

Fall 2024

All swimming lessons offered at the Dallas Aquatic Center include an American Red Cross Certified Lifeguard on deck at all times.

M/W EVENING LESSONS	T/TH MORNING LESSONS	T/TH EVENING LESSONS	SATURDAY LESSONS
Preschool 1- 5:05pm	Preschool 1-11:00am	Preschool 1- 5:05pm	Parent Tot- 10:30am
Preschool 2- 4:30pm	12:10pm	Preschool 2- 5:40pm	11:05am
5:40pm	Preschool 2-11:35am	Level 1- 4:30pm	Preschool 1- 11:40am
Preschool 3- 5:40pm		Level 2- 6:15pm	12:15pm
Level 1- 5:05pm			Preschool 2- 12:15pm
Level 2- 4:30pm			Preschool 3- 11:05am
Level 3- 6:15pm			Level 1- 12:15pm
Level 4/5- 6:15pm			11:05am
			Level 2- 10:30am
			11:40am
			Level 3- 11:40am
			Level 4/5- 10:30am

## Registration Dates:

DAC Members: August 26th, 2024 at 8:00 a.m.

Non-Members: August 27th, 2024 at 8:00 a.m.

## Prices:

DAC Members: Standard/Saturday Sessions: \$54; Parent Tot: \$27

Non-Members: Standard/Saturday Session: \$60; Parent Tot: \$30

## Classes:

Standard Session Length: 9 lessons (2x a week)

Saturday Session Length: 9 lessons (1x a week)

Parent Tot Length: Sat.- 4 lessons (1x a week)

## Swim Lesson Make Up and Cancellation Policy:

Class schedule is subject to change due to session cancellation (minimum number of students not reached) and extreme weather. In the case of a cancelled class, students enrolled will be notified and given a credit for the missed class. In the case of a session cancellation a full refund will be given.

## Class Dates:

**Session A:** M/W Evening - September 9th - October 7th

T/TH Evening - September 10th - October 8th

T/TH Morning - September 10th - October 8th

**Session B:** M/W Evening - October 21st - November 18th

T/TH Evening\* - October 22nd - November 21st

\*No Class October 31st

T/TH Morning - October 22nd - November 19th

**Saturday Session\* -** September 14th - November 16th

\*No Class October 19th

Parent Tot- A: September 14th - October 5th

B: October 26th - November 16th



Scan here to register online or call: (503)623-9715

\*No refunds will be given 7 days before the class starts.

# Class Descriptions:

## **Parent Tot: 6 months - 3 years**

**Min 3/Max 8 swimmers in each class**

Parent accompanied class. Sing songs, play games and have fun while parents learn holding positions and water safety. Swimmers will have fun and learn to be comfortable in the water.

## **Preschool 1: 3-5 year olds**

**Min 3/Max 4 swimmers in each class**

Introduction to swimming for beginners. Independence from the parents is reinforced. Basic water safety skills are stressed.

## **Preschool 2: 3-5 year olds**

**Min 3/Max 4 swimmers in each class**

Students become confident in the water. Back/Front floats ensure safety when entering pools.

## **Preschool 3: 3-5 year olds**

**Min 3/Max 5 swimmers in each class**

Utilizing arm and leg motions, students will begin applying distance to their swimming.

## **Level 1: 6-18 year olds**

**Min 3/Max 6 swimmers in each class**

Water exploration for beginners. Swimmers learn floats, glides, bobs and get comfortable in the water.

## **Level 2: 6-18 year olds**

**Min 3/Max 6 swimmers in each class**

Swimmers begin developing stroke mechanics and apply distance to their swimming. Front crawl and side breathing skills are emerging.

## **Level 3: 6-18 year olds**

**Min 3/Max 6 swimmers in each class**

Students learn to breathe on both sides during front crawl and enhance their mechanics in backstroke. Diving and dolphin kicks are introduced.

## **Level 4: 6-18 year olds**

**Min 3/Max 8 swimmers in each class**

Students will enhance their swimming endurance as well as learn butterfly, breaststroke, and other diving techniques.

## **Level 5: 6-18 year olds**

**Min 3/Max 8 swimmers in each class**

Swimmers swim 100 yards of front crawl and backstroke as well as apply their other strokes in a 100 I.M.

# Private Lessons:

Private lessons are offered by the Aquatic Center staff to all age swimmers who need individual work with their strokes and water skills. We challenge each swimmer with skills based on their personal goals and what is needed to achieve them. Lessons are scheduled with an instructor after submitting a private lesson request form. Swimmers are then assigned an appropriate instructor who will schedule days and times to work with the swimmer. A 24 hour notice is required if there is a need to cancel a lesson.

**Private Lesson:** 1 student to 1 instructor for 30 minutes; \$25 per lesson

**Semi-Private Lesson:** 2 students to 1 instructor for 30 minutes; \$20 per swimmer, \$40 total

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# Confident. Safe. Prepared.