

SWIM LESSON

Schedule

Winter 2025

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

Preschool 1- 4:30pm
 Preschool 2- 4:30pm
 5:05pm
 Preschool 3- 5:40pm
 Level 1- 5:05pm
 Level 2- 5:40pm
 Level 3- 6:15pm
 Level 4/5- 6:15pm

T/TH MORNING LESSONS

Preschool 1-11:00am
 12:10pm
 Preschool 2-11:35am

T/TH EVENING LESSONS

Preschool 1- 5:05pm
 Preschool 2- 4:30pm
 Level 1- 6:15pm
 Level 2- 5:40pm

SATURDAY LESSONS

Parent Tot- 10:30am
 11:05am
 Preschool 1- 11:40am
 12:15pm
 Preschool 2- 12:15pm
 Preschool 3- 11:40am
 Level 1- 11:05am
 12:15pm
 Level 2- 10:30am
 11:40am
 Level 3- 11:05am
 Level 4/5- 10:30am

Registration Dates:

DAC Members: December 9th, 2024 at 8:00 a.m.
 Non-Members: December 10th, 2024 at 8:00 a.m.

Prices:

DAC Members: Standard/Saturday Sessions: \$58.50; Parent Tot: \$31.50
 Non-Members: Standard/Saturday Session: \$65; Parent Tot: \$35

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* - January 6th - February 5th
 T/TH Evening - January 7th - February 4th
 T/TH Morning - January 7th - February 4th

*No class January 20th for MLK Jr. Day

Session B: M/W Evening* - February 10th - March 12th
 T/TH Evening - February 11th - March 11th

*No Class February 17th for Presidents Day

T/TH Morning - February 11th - March 11th

Saturday Session- January 11th - March 8th

Parent Tot- A: January 11th - February 1st

B: February 15th -March 8th



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

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



Dallas Aquatic Center
 1005 SE LaCreole Dr.
 Dallas, OR 97338

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; \$27 per lesson

Semi-Private Lesson: 2 students to 1 instructor for 30 minutes; \$22 per swimmer, \$44 total

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Confident. Safe. Prepared.

