



GROUP SWIM LESSONS

Taught by experienced swim instructors, group swim lessons promote water safety, stroke development and a lifelong love of water.



SESSION 1: JUNE 17 - JUNE 27
SESSION 2: JULY 8 - JULY 18
SESSION 3: JULY 22 - AUGUST 1

10:30 - 11:00 AM
11:00 - 11:30 AM
1:30 - 2:00 PM
2:00 - 2:30 PM

1st day to register is SAT MAY 11th

AGES 3 - 10

MEMBERS: \$80 GUESTS: \$90

Lessons run Monday-Thursday.

For information regarding credits and refunds, as well as lesson levels offered, please see reverse side.

[SLOaquatics@
kennedyclubs.com](mailto:SLOaquatics@kennedyclubs.com)



805. 781 . 3488 EXT 17

LEVEL 1: For the first time swimmer we offer a WATER EXPLORATION class which includes safe water entry, water adjustment, bubble blowing, supported front and back floats, supported kicking and alternating arm movements.

LEVEL 2: In Level 2 we teach PRIMARY SKILLS: fully submerging face (3-5 seconds), opening eyes underwater, rhythmic bobbing, assisted front and back floats, front glides, flutter kick on front and back and combined freestyle and backstroke (5-10 meters)

LEVEL 3: This is our STROKE READINESS level. We focus on 15-20 bobs, jumps into water with recovery, push off and glide on front and back, retrieving underwater objects, changing positions in the water and freestyle and backstroke (10-20 meters).

LEVEL 4: Our STROKE DEVELOPMENT begins here with side breathing, freestyle and backstroke (25 meters), an introduction to breaststroke kick and dolphin kick, treading water and sitting and kneeling dives.

For more advanced swim instruction, please contact the Aquatics Director for more information about our Stroke School program or private swim lessons.

REFUNDS, CREDITS AND CANCELLATIONS: Lessons are filled on a first come, first served basis. Lessons run based on participant count so please register at least one week prior to session start date. We reserve the right to cancel group lessons with two or fewer participants, as well as combine classes with adjacent levels in order to not cancel a class. In case of class cancellation, and in the event your schedule cannot accommodate another class, a refund or credits towards swim lessons will be issued. Refunds will only be issued in the event of a pool closure or extended illness with a note from your doctor.