

SWIM LESSONS

Course Title	Session Dates	Days	Times (per session)	Age	Cost	Location
Sea Horse	Session I *2/3-02/24 Session II 3/10-3/24 Session III 4/14-4/28 Session IV 5/5/5/19	Sa (3x)	10:30am-11:00am 11:05am-11:35am	3-5 years	\$36– resident \$45–non-resident	Richmond Swim Center 4300 Cutting Blvd
Starfish	Session I *2/3-02/24 Session II 3/10-3/24 Session III 4/14-4/28 Session IV 5/5/5/19	Sa (3x)	10:30am-11:00am 11:05am-11:35am	6-12 years	\$36– resident \$45– non-resident	Richmond Swim Center 4300 Cutting Blvd
Beta	Session I *2/3-02/24 Session II 3/10-3/24 Session III 4/14-4/28 Session IV 5/5/5/19	Sa (3x)	10:30am-11:00am	6-12 years	\$36– resident \$45– non-resident	Richmond Swim Center 4300 Cutting Blvd
Piranha	Session I *2/3-02/24 Session II 3/10-3/24 Session III 4/14-4/28 Session IV 5/5/5/19	Sa (3x)	11:05am-11:35am	6-12 years	\$36– resident \$45– non-resident	Richmond Swim Center 4300 Cutting Blvd
Teen/Adult Swim Lessons	Session I *2/3-02/24 Session II 3/10-3/24 Session III 4/14-4/28 Session IV 5/5/5/19	Sa (3x)	11:40am-12:25pm	13+ years	\$30– resident \$37.50–non-resident	Richmond Swim Center 4300 Cutting Blvd
Private Swim Lessons	Session I *2/3-02/24 Session II 3/10-3/24 Session III 4/14-4/28 Session IV 5/5/5/19	Sa (3x)	10:30am-11:00am 11:05am-11:35am 11:40am-12:10pm	3+ years	\$63– resident \$78.75–non-resident	Richmond Swim Center 4300 Cutting Blvd

REGISTRATION:

Register online at <https://apm.activecommunities.com/richmond>, or in person at Recreation Complex Registration Office (Mon-Fri 8:30am-4pm)
3230 Macdonald Ave. Richmond, CA 94804. Office phone: 510-620-6793.

Please sign up for the appropriate level and class. If you select the wrong level or class, we cannot transfer into another class.

Check the description of class levels, and ask for help if you need additional information by calling staff at either pool during open hours.

Please sign up for only one class per session, per child. **No refunds, credits or transfers.**

*No class on 2/17



City of Richmond Swim Lesson Class Description



Please sign up for the appropriate class level based on current skill level. There are **no refunds, credits or transfers** if you sign up for the wrong level or class. If it has been a while since your child's last lesson, it may be best to choose a level that will allow for skill review. If space is not available in the level you need, DO NOT sign up for a different level just because there is an opening. **If you sign up for a class that is too advanced, your child may not be able to participate in that class for his/her own safety, and no refund/transfer will be issued.** Please sign up for only one class per session, per person.

SEAHORSE (3-5 years)

The goal of Seahorse is to learn basic personal water safety information skills, to help participants feel comfortable in the water and to enjoy the water safely.

Focus: elementary aquatics skills, developing positive attitudes, good swimming habits and safe practices in and around the water

Skills (Most skills are performed with support)

- safely entering/exiting the water
- blowing bubbles
- Bobbing
- opening eyes underwater to retrieve submerged objects
- front and back floats and gliding
- alternating arm and leg action
- combined stroke movement

STARFISH – LEVEL 1 (6-12 years)

The goal of Starfish is to help swimmers who have achieved comfort in the water gain familiarity with fundamental skills and achieve success without support.

Focus: teaching swimmers to float and glide on their front and back, develop simultaneous and alternating arm and leg actions, beginning fundamentals of side breathing, and lay a foundation for future strokes, all without support from the swim instructor.

Exit Skills:

- 5 bobs
- Retrieve object in 3 ft. of water
- Front float for 5 sec. and recover
- Back float for 5 sec. and recover
- Roll from front float to back float
- Push off wall and kick in missile 5 yds.
- Front arm stroke and kick in missile 5 yds.
- Kick on back 5 yds.
- Elementary Backstroke

BETA- LEVEL 2 (6-12 years)

The goal of Beta is to build on previously learned skills and develop participants' confidence in the strokes learned thus far and to improve other aquatic skills. Beta- Level 2 is for swimmers who are able to swim with combined stroke on front and back (without assistance).

Focus: making swimmers comfortable and safe in deep water, increasing endurance by swimming familiar strokes.

Exit Skills

- 10 traveling bobs
- Retrieve object in 4 ½ ft. of water
- Front crawl with side breathing 20 yds.
- Back crawl 20 yds.
- Elementary backstroke 20 yds.
- Breaststroke kick 10 yds.
- Tread water for 30 sec.

PIRANHA- LEVEL 3 (6-12 years)

The goal of Piranha is to coordinate and refine strokes so participants swim them with more ease, efficiency, power, and smoothness over greater distances to increase endurance. Piranha is for swimmers who are competent in all strokes as well as basic diving techniques.

Focus: stroke techniques, incorporate flip turns, and increase their swimming distance and improve on dive entries.

Exit Skills:

- Dive in
- Tread water for 1 minute
- Swim 50 yds. front crawl with flip turn
- Swim 50 yds. back crawl with flip turn
- 25 yds. breaststroke
- 25 yds. sidestroke
- Surface dive to bottom of deep end to retrieve object