

Winter Session		M/W	Guppies (L1)	Seahorses (L2)	Marlins (L3)	Sting Rays (L4)	Sharks (L5)	Private + Semi	Adult
1/10-1/31 \$73/85 1/5-2/28 \$86/100 3/5-3/28 \$86/100		3:30-4:00pm		★					
		4:00-4:30pm		●	●				
		4:30-5:00pm	●			●		●	
		5:00-5:30pm			●		●	●	
		5:30-6:00pm				●			
1/9-2/1 \$98/114 2/6-3/1 \$98/114 3/6-3/29 \$86/100		T/TH							
		4:30-5:00pm		●			●		
		5:00-5:30pm		●	●			●	
	No Class: 1/15, 2/19.	5:30-6:00pm	●			●		●	
1/19-2/9 \$49/57 2/23-3/9 \$37/43 3/16-3/30 \$37/43		Friday							
		3:30-4:00pm		★					
		4:00-4:30pm		●	●				
		4:30-5:00pm			●	●		●	
		5:00-5:30pm				●	●	●	
1/20-2/10 \$49/57 2/24-3/17 \$49/57		Saturday							
		10:30-11:00am		●			●		
		11:00-11:30am	●		●			●	
		11:30-12:00pm		●		●		●	
		12:00-12:30pm				●	●	●	
		12:30-1:00pm	●		●				
1/21-2/11 \$49/57 2/25-3/25 \$61/71		Sunday							
		10:30-11:00am		●	●				●
		11:00-11:30am	●			●		●	
		11:30-12:00pm	●	●				●	
		12:00-12:30pm			●		●	●	
	12:30-1:00pm			●	●				

Youth Swim Lesson Descriptions

Guppies (L1) - (Minimum age 3) - Students focus on developing independence, confidence and basic safety skills. Students are supported and assisted by the instructor in all skills. **Skills include** - bobbing, floating, retrieving objects, water entry and exit, pool safety and moving through the water.

Seahorses (L2) - Swimmers learn to coordinate arm and leg actions and swim independently on both front and back, building on level 1 skills to increase confidence, independence, and water safety skills. **Prerequisite skills** - completely submerge underwater unassisted, able to perform assisted skills with face in water. **Skills include** - unassisted floats, glides, big arms, elementary backstroke and rollovers.

Marlins (L3) - Swimmers learn breathing technique for freestyle. They will increase their confidence and skill base in freestyle, elementary backstroke, and backstroke. They will become more comfortable in deep water while developing their treading skills. Prerequisite skills - Front and back floats, big arms with rollovers, elementary backstroke 5 yds, backstroke 5 yds. **Skills include** - side breathing, treading, coordinated freestyle and backstroke, intro to breaststroke kick, and diving progression.

Sting Rays (L4) - Swimmers will enhance their freestyle and backstroke while building onto their breaststroke kick. They will be introduced to butterfly kicks, turns, and continue diving progression. **Prerequisite skills** - Side breathing 10 yds, backstroke 15 yds and treading water for 30 seconds.

Skills include - side butterfly, open turns, and racing dives.

Sharks (L5) - Swimmers refine their swimming technique for freestyle, backstroke, and breaststroke. They learn to coordinate their butterfly. Prerequisite skills - Freestyle and backstroke 25 yds, breaststroke 10 yds, treading water for 1 minute, dolphin kicks.

Skills include - all strokes, racing dives, and turns.

Combo Class - Accommodates students who are in either level. Skills from both levels will be taught depending on the level each child should be placed in.

* **New! Private, Semi-Private & Adult Lessons During Group Lesson Times!** Private, Semi-Private, and Adult swimming lessons are offered during group lessons. Please check the swim lesson chart for available times. Time slots are subject to change. Please see page 5 for Private Lesson pricing information.

Winter Break Lessons

Join us for a special week of group swim lessons during the Winter Break.

T-TH 1/2-1/4 Seahorses (L2) 4:00-4:30pm \$37/43

T-TH 1/2-1/4 Marlins (L3) 4:00-4:30pm \$37/43

T-TH 1/2-1/4 Marlins (L3) 4:30-5:00pm \$37/43

T-TH 1/2-1/4 Stingrays (L4) 4:00-4:30pm \$37/43

Baby+One=WE!

Baby+One=WE is a fun and interactive class for babies age 6 months to 2 years. Instructors utilize song and dance in culmination with aquatic activities to build a strong foundation for swimming.

W 1/10- 1/31 11:00- 11:30am \$49/57

W 2/7- 2/28 11:00- 11:30am \$49/57

W 3/7- 3/28 11:00- 11:30am \$49/57

Try It Day!

For one day only come and try a group swim lesson with one of our qualified swim instructors free of charge. Spaces are limited, so please call to register in advance.

Saturday 3/24

Sting Rays (L4)	11- 11:30am
Sharks (L5)	11- 11:30am
Guppy/Seahorses (L1+L2)	11:30- 12:00pm
Baby + One	12:00-12:30pm
Marlins (L3)	12:00-12:30pm

Family Fun Day

Saturday 2/4 1-3pm

Entrance: \$5 members
\$10 non-members

Come and enjoy a fun and relaxing afternoon with the whole family at Highlands pool! Stay out of the cold under our cozy dome and enjoy life-guard led water games. Have Fun! Make Friends! Play Games! Win Prizes!

For more information or to register visit: registration.highlandsrec.ca.gov