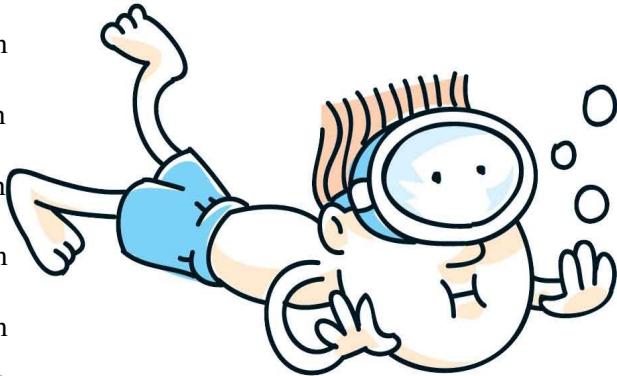


Monday/Wednesday Evening Tuesday/Thursday Evening

Pre 1-	4:30-5:00pm	Pre 1-	4:30-5:00pm
Pre 2-	5:05-5:35pm	Pre 2-	5:40-6:10pm
Pre 3-	4:30-5:00pm	Pre 3-	5:05-5:35pm
Level 1-	5:40-6:10pm	Level 1-	5:05-5:35pm
Level 2-	5:05-5:35pm		6:15-6:45pm
	6:15-6:45pm	Level 2-	5:40-6:10pm
Level 3-	5:40-6:10pm	Level 4-	6:15-6:45pm
Level 5-	6:15-6:45pm	Parent Tot-	4:30-5:00pm(T)
			4:30-5:00pm(Th)

Saturday Morning Tuesday/Thursday Morning

Pre 1-	10:30-11:00am	Pre 1-	11:00-11:35am
Pre 2-	11:05-11:35am		12:10-12:40pm
Pre 3-	11:40-12:10pm	Pre 2-	11:35-12:05pm
Level 1-	11:40-12:10pm		
Level 2-	10:30-11:00am		
Level 3-	11:05-11:35am		
Level 4-	11:40-12:10pm		
Parent Tot-	10:30-11:00am		
	11:05-11:35am		



Swim Lessons Spring 2019



Our goal is to allow all swimmers of all ages to explore the water in a safe and comfortable setting. Swimmers will learn new swimming skills and become confident in the water.

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

Classes that do not meet the minimum registration requirements will be cancelled the Wednesday before lessons start, so please register early!

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

Register online at: apm.activecommunities.com/dac



1005 SE LaCreole Dr.
Dallas, OR 97338
(503) 623-9715

Registration Information

Registration Opens

DAC Members	March 11th, 2019	8:00 am
Non-Members	March 12th, 2019	8:00 am

Prices

	Standard/ Saturday Session	Parent Tot
DAC Members	\$54	\$27
Non-Members	\$60	\$30

*M/W Session B is prorated for 9 classes.

Session Length

Standard Session	5 weeks (2x a week)
Saturday Session	10 weeks (1x a week)
Parent Tot Session	5 weeks (1x a week)

Session Start/ End Dates

A: M/W April 1st - May 1st
T/TH April 2nd - May 2nd

B: M/W May 13th - June 12th
*No Class Memorial Day 5/27

T/TH May 14th - June 13th

Saturday April 6th - June 8th

Parent Tot

Tuesday only April 2nd -April 30th
May 14th - June 13th

Thursday only April 4th - May 2nd
May 16th - June 13th

Saturday only April 6th - May 4th
May 11th - June 8th

PRIVATE & SEMI-PRIVATE SWIM 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 attain 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.

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 in the case of a session cancellation a full refund will be given.

Private Lesson	1 student to 1 instructor for 30 min.	Cost: \$25
Semi-private Lesson	2 students to 1 instructor for 30 min.	Cost: \$20 per swimmer, \$40 total

LEVELS

REGULAR GROUP
AGES 6 to 18

BABIES & INFANTS
AGES 6 months to 3 years

Parent Tot

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

PRESCHOOLERS
AGES 3 to 5

Preschool 1

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

Min 3/Max 4 swimmers in each class

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

Preschool 3

Min 3/Max 5 swimmers in each class

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

Level 1

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

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

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

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

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.

Pre-Lifeguard

Min 3/Max 8 swimmers in each class

This class is for swimmers who can complete level 5, or for those that are 15 years of age and want to practice for the lifeguard prerequisites.