

Group Swim Lessons

Lessons may be canceled if the minimum number of participants is not met.

Parent & Child

Age 6 months – 2 yrs

📍 Staff | 📍 Doris Davies Pool

Adult and child in the water with lifeguard present for instruction and guidance. Parent's focus on water orientation and safety. Infants/toddlers not potty trained must wear swim diapers.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$59 R or \$63 NR | No Class 6/19

Day	Time
M - F	11:00 am, 11:30 am

Session 3: 6/23-7/3 | \$59 R or \$63 NR

Day	Time
M - F	10:30 am, 11:30 am

Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day	Time
M - F	11:00 am, 11:30 am

Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day	Time
M - F	10:30 am, 11:30 am

ONE DAY | WEEK

Four-Weeks | 45-Minutes

Session A: 6/7-6/28 | \$39 R or \$42 NR

Session B: 7/5-7/26 | \$39 R or \$42 NR

Session C: 8/2-8/23 | \$39 R or \$42 NR

Day	Time
Sa	11:00 am

**Recreation swim pool passes
will be given for pool closures
Please do not eat 30-45
minutes prior to swim lesson.**

Special Needs

Age 3+

📍 Staff | 📍 Doris Davies Pool

Adult & participant in the water with lifeguard present for instruction and guidance. Focus on water orientation and safety.

ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session A: 6/7-6/28 | \$39 R or \$42 NR

Day	Time
Sa	9:30 am

TWO DAYS | WEEK

Two-Weeks | 60 Minutes

Session 3: 6/24-7/3 | \$52 R or \$56 NR

Day	Time
T & Th	6:00 pm

Adults & Teens

Ages 13+

📍 Staff | 📍 Doris Davies Pool

A supportive environment for individuals of all skill levels to improve their swimming techniques and build confidence in the water.

TWO DAYS | WEEK

Two-Weeks | 60 Minutes

Session 2: 6/10-6/17 | \$39 R or \$42 NR

Session 5: 7/22-7/31 | \$52 R or \$56 NR
Teen Beginner | Teen Intermediate | Adult Beginner

Session 3: 6/24-7/3 | \$52 R or \$56 NR
Teen Beginner | Adult Beginner

Session 4: 7/8-7/17 | \$52 R or \$56 NR
Teen Beginner | Teen Intermediate | Adult Intermediate

Session 6: 8/5-8/14 | \$52 R or \$56 NR
Teen Intermediate | Adult Intermediate

Day	Time
T & Th	6:00 pm

Group Swim

Ages 3-5 yrs

📍 Staff | 📍 Doris Davies Pool

Beginner

Entry-level. Focus on water entry/exit, safety, back float, and arm paddling.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$59 R or \$63 NR

No Class 6/19

Day **Time**

M - F 10:30 am, 11:00 am, 12:00 pm
 4:30 pm, 5:00 pm, 5:30 pm

Session 3: 6/23-7/3 | \$59 R or \$63 NR

Day **Time**

M - F 10:30 am, 11:00 am, 11:30 am
 12:00 pm, 4:30 pm, 5:30 pm

Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day **Time**

M - F 10:30 am, 12:00 pm, 4:30 pm, 5:00 pm

Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day **Time**

M - F 11:00 am, 12:00 pm, 4:30 pm, 5:00 pm

Session 6: 8/4- 8/15 | \$65 R or \$70 NR

Day **Time**

M - F 5:00 pm



THREE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$39 R or \$42 NR

Session 5: 7/21-8/1 | \$39 R or \$42 NR

(No Class 6/19)

Day **Time**

MWF 6:00 pm

ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session A: 6/7-6/28 | \$39 R or \$42 NR

Day **Time**

Sa 9:30 am, 10:15 am, 12:30 pm

Session B: 7/5-7/26 | \$39 R or \$42 NR

Day **Time**

Sa 11:00 am, 12:30 pm



Group Swim

Ages 3-5 yrs (cont'd.)

Intermediate

Beginner experience required. Focus on breath holding, arm strokes, kicking with assistance, back and front floating, and water safety.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$59 R or \$63 NR (No Class 6/19)

Day	Time
M - F	10:30 am, 4:30 pm, 5:30 pm

Session 3: 6/23-7/3 | \$59 R or \$63 NR

Day	Time
M - F	11:00 am, 12:00 pm, 5:00 pm

Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day	Time
M - F	10:30 am, 11:30 am, 12:00 pm, 4:30 pm, 5:30 pm

Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day	Time
M - F	10:30 am, 11:00 am, 5:00 pm, 5:30 pm

THREE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 3: 6/23-7/3 | \$33 R or \$35 NR

Session 6: 8/4 - 8/15 | \$39 R or \$42 NR

Day	Time
MWF	6:00 pm

ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session A: 6/7-6/28 | \$39 R or \$42 NR

Day	Time
Sa	11:00 am, 11:45 am

Session B: 7/5-7/26 | \$39 R or \$42 NR

Day	Time
Sa	10:15 am

Session C: 8/2-8/23 | \$39 R or \$42 NR

Day	Time
Sa	11:45 am



Advanced

Participants must be able to jump into pool, submerge head, and paddle with arm strokes while kicking. Focus on stroke refinement, underwater swimming, and water safety.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$59 R or \$63 NR (No Class 6/19)

Day	Time
M - F	5:00 pm

Session 3: 6/23-7/3 | \$59 R or \$63 NR

Day	Time
M - F	10:30 am, 4:30 pm

Session 4: 7/7 - 7/18 | \$65 R or \$70 NR

Day	Time
M - F	11:00 am, 5:00 pm

Session 5: 7/21 - 8/1 | \$65 R or \$70 NR

Day	Time
M - F	11:30 am, 12:00 pm, 5:30 pm

Session 6: 8/4 - 8/15 | \$65 R or \$70 NR

Day	Time
M - F	5:30 pm

THREE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 4: 7/7-7/18 | \$39 R or \$42 NR

Day	Time
MWF	6:00 pm

ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session B: 7/5-7/26 | \$39 R or \$42 NR

Day	Time
Sa	9:30 am

Session C: 8/2-8/23 | \$39 R or \$42 NR

Day	Time
Sa	10:15 am

Group Swim

Ages 6-12 yrs

📍 Staff | 📍 Doris Davies Pool

Level 1 | No skill required

Water Exploration. Learn water acclimation, buoyancy, proper entry and exit, breath control, basic movements, and safety techniques.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$59 R or \$63 NR (No Class 6/19)

Session 3: 6/23-7/3 | \$59 R or \$63 NR

Day Time

M - F 10:30 am, 11:00 am, 11:30 am, 12:00 pm
4:30 pm, 5:00 pm, 5:30 pm

Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day Time

M - F 11:00 am, 11:30 am, 12:00 pm, 4:30 pm, 5:30 pm

Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day Time

M - F 10:30 am, 11:00 am, 4:30 pm, 5:00 pm

THREE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$39 R or \$42 NR

Session 4: 7/7-7/18 | \$39 R or \$42 NR

Day Time

MWF 6:30 pm

Session 3: 6/23-7/2 | \$33 R or \$35 NR

Day Time

MWF 6:00 pm

ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session A: 6/7-6/28 | \$39 R or \$42 NR

Day Time

Sa 10:15 am, 11:45 am, 12:30 pm

Session B: 7/5-7/26 | \$39 R or \$42 NR

Day Time

Sa 10:15 am, 11:45 am

Session C: 8/2-8/23 | \$39 R or \$42 NR

Day Time

Sa 9:30 am, 12:30 pm

REGISTER MAY 5TH!

Level 2 | Level 1 required

Primary Skills. Learn prone float and glide, flutter kick, beginning back and front crawl, and safety techniques.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

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Day Time

M - F 10:30 am, 11:00 am, 11:30 am, 12:00 pm
4:30 pm, 5:00 pm, 5:30 pm

Session 3: 6/23-7/3 | \$59 R or \$63 NR

Day Time

M - F 11:00 am, 11:30 am, 12:00 pm, 4:30 pm, 5:00 pm, 5:30 pm

Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day Time

M - F 10:30 am, 11:00 am, 11:30 am, 12:00 pm, 4:30 pm, 5:30 pm

Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day Time

M - F 11:30 am, 12:00 pm, 4:30 pm, 5:00 pm, 5:30 pm

Session 6: 8/4-8/15 | \$65 R or \$70 NR

Day Time

M - F 4:30 pm, 5:30 pm

THREE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$39 R or \$42 NR

Session 5: 7/21-8/1 | \$39 R or \$42 NR

Session 6: 8/4-8/15 | \$39 R or \$42 NR

Day Time

MWF 6:00 pm

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Day Time

MWF 6:30 pm

ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session A: 6/7-6/28 | \$39 R or \$42 NR

Day Time

Sa 11:45 am, 12:30 pm

Session B: 7/5-7/26 | \$39 R or \$42 NR

Day Time

Sa 9:30 am, 11:00 am, 12:30 pm

Session C: 8/2-8/23 | \$39 R or \$42 NR

Day Time

Sa 9:30 am, 10:15 am

Group Swim

Ages 6-12 yrs (cont'd.)

Level 3 | Level 2 Required

Stroke Readiness. Refine back and front crawl, glides, swim the width of the pool, and introduce kneeling dive and safety techniques.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$59 R or \$63 NR
(No Class 6/19)

Day	Time
M - F	10:30 am, 11:30 am 12:00 pm, 4:30 pm

Session 3: 6/23-7/3 | \$59 R or \$63 NR

Day	Time
M - F	11:00 am, 12:00 pm

Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day	Time
M - F	10:30 am, 5:00 pm

Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day	Time
M - F	10:30 am, 11:00 am, 11:30 am, 12:00 pm, 4:30 pm, 5:30 pm

Session 6: 8/4-8/15 | \$65 R or \$70 NR

Day	Time
M - F	5:00 pm



THREE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 4: 7/7-7/18 | \$39 R or \$42 NR

Day	Time
MWF	6:00 pm

Session 6: 8/4-8/15 | \$39 R or \$42 NR

Day	Time
MWF	6:30 pm

ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session A: 6/7-6/28 | \$39 R or \$42 NR

Day	Time
Sa	11:00 am

Session B: 7/5-7/26 | \$39 R or \$42 NR

Day	Time
Sa	11:45 am

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Day	Time
Sa	12:30 pm



Level 4 | Level 3 Mastery Required

Stroke Development. Swim the length of the pool, practice side breathing, breaststroke, sidestroke, treading water, diving, and safety.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$59 R or \$63 NR

(No Class 6/19)

Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day	Time
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M - F	11:00 am
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Session 3: 6/23-7/3 | \$59 R or \$63

Day	Time
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M - F	10:30 am, 4:30 pm
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Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day	Time
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M - F	10:30 am, 11:30 am
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	12:00 pm, 4:30 pm
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Session 6: 8/4-8/15 | \$65 R or \$70 NR

Day	Time
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M - F	4:30 pm
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THREE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 5: 7/21-8/1 | \$39 R or \$42 NR

Day	Time
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MWF	6:30 pm
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ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session B: 7/5-7/26 | \$39 R or \$42 NR

Day	Time
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Sa	11:45 am
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Session C: 8/2-8/23 | \$39 R | \$42 NR

Day	Time
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Sa	11:00 am
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Level 5 | Level 4 mastery required

Stroke Refinement. Refine Level 4 skills and introduction to butterfly stroke, safety techniques, and spinal injury awareness.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 3: 6/23-7/3 | \$59 R or \$63 NR

Day	Time
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M - F	11:30 am
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Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day	Time
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M - F	12:00 pm, 4:30 pm
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Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day	Time
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M - F	11:00 am, 5:00 pm
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ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session B: 7/5-7/26 | \$39 R or \$42 NR

Day	Time
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Sa	12:30 pm
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Level 6 | Level 5 mastery required

Learn flip turns, dives, endurance, and rescue techniques. Jr. Lifeguard Program preparation.

FIVE DAYS | WEEK

Two-Weeks | 30 Minutes

Session 2: 6/9-6/20 | \$59 R or \$63 NR

(No Class 6/19)

Day	Time
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M - F	5:30 pm
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Session 4: 7/7-7/18 | \$65 R or \$70 NR

Day	Time
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M - F	10:30 am
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Session 5: 7/21-8/1 | \$65 R or \$70 NR

Day	Time
-----	------

M - F	5:30 pm
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ONE DAY | WEEK

Four-Weeks | 45 Minutes

Session C: 8/2-8/23 | \$39 R or \$42 NR

Day	Time
-----	------

Sa	11:45 am
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