

## SUMMER SWIM LESSON REGISTRATION

Beginning April 29, registration will take place at Dixon City Hall and online at [www.ci.dixon.ca.us](http://www.ci.dixon.ca.us) . When registering, you may register for any of the swimming sessions. The registration deadline for each session is the Friday prior to the start of the session.

### SWIM LESSONS

The City of Dixon offers low ratio classes for each level that makes for a great balance of teaching new skills, reinforcing current skills, and making lessons enjoyable. Swimmers will be assessed at the beginning of each session and placed in groups with similar swimming abilities. Our classes operate Monday thru Thursday, morning and evening times. Lessons are 30 minutes long.

### CLASS DESCRIPTIONS

**Private & Semi-Private Swim Lessons (3+ years)** - Private and Semi-Private swim lessons are specifically developed and designed based on the participant's current and past swimming ability and history which is custom created by your swim instructor. Private lessons are one on one student to teacher ratio, while Semi private lessons are two or three participants per one instructor. Semi-private participants must be of similar swimming ability. Private and Semi-Private lessons will be held in either the main pool or training pool depending on the participant's request, pool availability, and the swim instructor's recommendation.

**Mom/Dad & Tot Swim Lessons** - Mom/Dad & Tot swim lessons are designed to create an enjoyable, non-threatening environment for infants and toddlers to become comfortable in, on and around the water with parent support and help. An adult is required to accompany each infant or toddler in the water and participate in every class. Adults learn how to teach their infant or toddler important water safety skills, learn how to safely handle their infant or toddler in, on and around water, as well as how to become water smart. This class is held in a group setting with up to 14 other infants or toddlers; all classes will be held in our training pool which is perfect for this age group with an ideal water depth of 0 feet to 3 1/2 feet of water.

**Adult/Teen Group Swimming Lessons** - This class will be held in either our training or main swimming pool. The instructor will identify which skills need to be further developed on the first day of class, build from there, and introduce new skills each class. No past swimming experience is needed to participate.

**BEGINNER** **LEVEL 1: Introduction to Water Skills** - Level 1 group swim class is held in our training pool which is specially designed for participants to be introduced to basic swimming skills to feel comfortable and confident in a safe and enjoyable water environment. This group swim class is a six (6) to one (1) student to teacher ratio. All participants will be introduced to and develop water competency, basic swimming skills: blowing bubbles holding their breath, retrieving a submerged object, and learning the basic minimum skills needed to be safe in, on and around the water.

**INTERMEDIATE** **LEVEL 2: Fundamental Aquatic Skills** - Level 2 group swim class is held in either our main or training pool which is specially designed for participants to build on skills that they learned in Level 1. Your child will begin to perform skills at a slightly more advanced level and begins gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills. This group swim class is a six (6) to one (1) student to teacher ratio.

**INTERMEDIATE** **LEVEL 3: Stroke Development** - Level 3 group swim class is held in our main swimming pool. This group swim class will introduce new swimming and water safety skills, which will include front crawl, elementary backstroke, scissors and dolphin kicks, survival float, diving, and treading water. Each class is loaded with fun, engaging and challenging activities that motivates each participant to want to learn how to swim and help promote water competency. This group swim class is a six (6) to one (1) student to teacher ratio.

**ADVANCED** **LEVEL 4: Stroke Improvement** - Level 4 group swim class is held in our main swimming pool. This group swim class introduces new swimming and water safety skills to improve stroke proficiency and to be able to swim longer distances. Upon completion of this level, participants will be able to swim twenty-five (25) yards in front crawl and elementary backstroke, and swim fifteen (15) yards of breaststroke, butterfly, back crawl, and sidestroke. This group swim class is a seven (7) to one (1) student to teacher ratio.

**ADVANCED** **LEVEL 5: Stroke Refinement /Swim Team Readiness** - Level 5 group swim class is held in our main swimming pool. This group swim class will refine all six (6) swimming strokes as well as challenge each participant to swim longer distances, and introduce new water safety skills. The expectations for this level are higher now in regards to distance and quality. This group swim class is a ten (7) to one (1) student to teacher ratio.

**ADVANCED** **LEVEL 6: Swimming and Skill Proficiency** - Level 6 group swim class is held in our main swimming pool. This group swim class will focus on preparing participants for more advanced activities, including competitive swimming or lifeguard training. The expectations for this level are higher now in regards to distance and quality. This group swim class is a ten (7) to one (1) student to teacher ratio.

### SWIM LESSON FEES PER SESSION

Group Lessons: \$50/person/session      Semi-Private Lessons: \$80/person/session      Private Lessons: \$130/person/session

	Morning Lessons			
	Session 1	Session 2*	Session 3	Session 4*
<b>Dates</b>	6/17-6/27	7/1-7/11*	7/15-7/25	7/29-8/6*
<b>Days</b>	Mon-Thurs	Mon-Thurs	Mon-Thurs	Mon-Thurs
<b>Private or Semi-Private</b>	11:20am-11:50am (3096.701)	11:20am-11:50am (3096.708)	11:20am-11:50am (3096.715)	11:20am-11:50am (3096.722)
	11:55am-12:25pm (3096.700)	11:55am-12:25pm (3096.707)	11:55am-12:25pm (3096.714)	11:55am-12:25pm (3096.721)
<b>Beginners (Formerly Tiny Tots &amp; Whales)</b>	10:45am-11:15am (3096.728)	10:45am-11:15am (3096.733)	10:45am-11:15am (3096.738)	10:45am-11:15am (3096.743)
	11:20am-11:50am (3096.729)	11:20am-11:50am (3096.734)	11:20am-11:50am (3096.739)	11:20am-11:50am (3096.744)
<b>Intermediate (Formerly Porpoise &amp; Sharks)</b>	10:45am-11:15am (3096.748)	10:45am-11:15am (3096.760)	10:45am-11:15am (3096.766)	10:45am-11:15am (3096.772)
	11:20am-11:50am (3096.749)	11:20am-11:50am (3096.761)	11:20am-11:50am (3096.767)	11:20am-11:50am (3096.773)
<b>Advanced (Formerly Level 4-6)</b>	11:55am-12:25pm (3096.778)	11:55am-12:25pm (3096.784)	11:55am-12:25pm (3096.787)	11:55am-12:25pm (3096.790)
<b>Mom/Dad &amp; Tot (6mo.-3yrs)</b>	11:55am-12:25pm (3096.793)	11:55am-12:25pm (3096.795)	11:55am-12:25pm (3096.797)	11:55am-12:25pm (3096.799)

	Evening Lessons			
	Session 1	Session 2*	Session 3	Session 4*
<b>Dates</b>	6/17-6/27	7/1-7/11*	7/15-7/25	7/29-8/6*
<b>Days</b>	Mon-Thurs	Mon-Thurs	Mon-Thurs	Mon-Thurs
<b>Private or Semi-Private</b>	4:35pm-5:05pm (3096.703)	4:35pm-5:05pm (3096.710)	4:35pm-5:05pm (3096.717)	4:35pm-5:05pm (3096.724)
	5:10pm-5:40pm (3096.704)	5:10pm-5:40pm (3096.711)	5:10pm-5:40pm (3096.718)	5:10pm-5:40pm (3096.725)
	5:45pm-6:15pm (3096.705)	5:45pm-6:15pm (3096.712)	5:45pm-6:15pm (3096.719)	5:45pm-6:15pm (3096.726)
	6:15pm-6:45pm (3096.706)	6:15pm-6:45pm (3096.713)	6:15pm-6:45pm (3096.720)	6:15pm-6:45pm (3096.727)
<b>Beginners (Formerly Tiny Tots &amp; Whales)</b>	4:00pm-4:30pm (3096.730)	4:00pm-4:30pm (3096.735)	4:00pm-4:30pm (3096.740)	4:00pm-4:30pm (3096.745)
	5:10pm-5:40pm (3096.732)	5:10pm-5:40pm (3096.737)	5:10pm-5:40pm (3096.742)	5:10pm-5:40pm (3096.747)
<b>Intermediate (Formerly Porpoise &amp; Sharks)</b>	4:00pm-4:30pm (3096.750)	4:00pm-4:30pm (3096.762)	4:00pm-4:30pm (3096.768)	4:00pm-4:30pm (3096.774)
	4:35pm-5:05pm (3096.757)	4:35pm-5:05pm (3096.763)	4:35pm-5:05pm (3096.769)	4:35pm-5:05pm (3096.775)
	5:45pm-6:15pm (3096.759)	5:45pm-6:15pm (3096.765)	5:45pm-6:15pm (3096.771)	5:45pm-6:15pm (3096.777)
<b>Advanced (Formerly Level 4-6)</b>	4:35pm-5:05pm (3096.779)	4:35pm-5:05pm (3096.785)	4:35pm-5:05pm (3096.788)	4:35pm-5:05pm (3096.791)
	5:45pm-6:15pm (3096.783)	5:45pm-6:15pm (3096.786)	5:45pm-6:15pm (3096.789)	5:45pm-6:15pm (3096.792)
<b>Mom/Dad &amp; Tot (6mo.-3yrs)</b>	5:10pm-5:40pm (3096.794)	5:10pm-5:40pm (3096.796)	5:10pm-5:40pm (3096.798)	5:10pm-5:40pm (3096.800)
<b>Adult/Teen (Ages 14 &amp; up)</b>	6:15pm-6:45pm (3096.801)	6:15pm-6:45pm (3096.802)	6:15pm-6:45pm (3096.803)	6:15pm-6:45pm (3096.804)

\*Swim lessons will not be held on July 4 and August 7 & 8.

**Prices for these sessions are pro-rated.**

## RECREATION SWIM

Recreation swim is designed for families to come out and enjoy the pool for the afternoon. All children under 14 years of age must have a parent present with them on the pool deck. All non-swimmers must be within arms-reach of an adult.

Must pass swim test to use diving board.

Days: Monday - Sunday

Dates: June 17 - August 6

*\*There will be no Rec Swim June 22 and July 13*

Time: 1 - 4 pm\*

*\*Pool will be cleared 15 minutes prior to closing.*

Cost: \$2.50 - Youths (under 18)

\$4.00 - Adults

\$2.50 - Seniors (55 & up)

**NO FLOTATION DEVICES OF ANY KIND ARE ALLOWED. NO GLASS, ALCOHOL, OR SMOKING IS ALLOWED IN THE FACILITY.**

## SPECIAL RECREATION SWIM HOURS

Thursday, July 4: 1:00 - 6:00 p.m.

## POOL RENTAL

Perfect for birthday parties, neighborhood get-togethers, and to celebrate special occasions. Parties are booked on a first come first serve basis and fill up fast so don't wait to book your event. During non-scheduled hours on the weekends, the pools at the Pat Granucci Aquatic Center are available for private rental. Base rate is \$100 per hour, and varies depending on the group size and facility. A minimum of two weeks notice is needed for reservation. For more information please call Austin George, Recreation Supervisor, at 678-7441.

## JUNIOR LIFEGUARD TRAINING

Sign-up for a power-packed week of coaching in first-aid, water safety, team building, CPR and rescue techniques. After training week, junior lifeguards will have the opportunity to shadow real lifeguards. Participants must be 11-14 years old and able to swim 25 yards freestyle and breaststroke, plus tread water for 1 minute.

Ages: 11-14

Days: Monday - Thursday

Dates: July 22 - 25

Time: 9 am - 4 pm

Cost: \$130; \$162.50 - NR

Registration Deadline: Monday, July 15



## LAP SWIM

Swimmers ages 14 & up can enjoy a cardio workout through swimming laps or water walking. Swimmers may be asked to share lanes (circle swim) or move to designated lanes as needed.

**Spring - March 12 - June 13**

Days: Tuesdays & Thursdays

Times: 5:30 - 7am & 1 - 2 pm

**Summer - June 18 - August 6 (No Lap Swim July 4)**

Days: Tuesdays & Thursdays

Times: 5:30 - 7 am & 5:45 - 6:45 pm

Days: Saturdays\* & Sundays

Times: 8 - 9 am

*\*There will be no lap swim on swim meet*

*Saturdays: June 22 and July 13*

Cost: 20 Visit Punch Card- \$60;

Single Visit Fee \$4

Seniors (55 & up) - 20 visit Punch Card - \$45;

Single Visit Fee - \$3



**City of Dixon**

# SUMMER 2019



# SWIMMING INFORMATION & SCHEDULE

## Pat Granucci Aquatic Center