

# Cottage Pool Swim Lessons

(All Ages) | Monday – Thursday | Lesson Duration: 25 min.

2-week Fee: \$65 Non-Resident/ \$60 Resident

We are proud to offer a wide variety of swim lesson options that meet the abilities and age levels of most swimmers. With exceptional swim instructors, we work with various ages, abilities, levels, and adaptations. The levels we provide not only include beginner to advanced youth classes, but also include classes for adults of all skill level and any students with adaptive needs. Please call for special accommodations so we can pair the student with an appropriate instructor. See the swim lesson matrix for lesson times, dates, class levels provided, and other details. **REGISTER** online at [www.fecrpd.com](http://www.fecrpd.com) or call (916) 927-3802.



## Starfish Fun

Ages 6 mo. – 3 yrs.

In this class both parent and child are in the water to experience water adjustment and basic swimming skills such as front/back floats, assisted monkey crawls, and kicking on their backs with support. Children will enjoy fun activities in the pool!



## Guppies

Ages 3 – 5 yrs.

This water adjustment class is designed to orient new swimmers to the aquatic environment and teaches them elementary swimming skills such as blowing bubbles and floating with support.



## Otters

Ages 3 – 5 yrs.

This class is structured for children who already feel comfortable in the water and are ready to start swimming with skills such as front and back floats, streamline w/glide, flutter kick, and basic arm strokes. **\*\*Requirements:** Recommendation from Guppies instructor preferred.



## Turtles

Ages 5+ yrs.

This water adjustment class is designed to orient new swimmers to the aquatic environment and to teach them elementary swimming skills such as freestyle and back stroke steam line, and freestyle arms with flutter kick. **Important:** Swimmers must be able to swim without assistance to move up to seals.



## Seals

Ages 5+ yrs.

Seals offer introduction of primary skills and stroke readiness for beginner swimmers. This class will focus on the fundamentals of aquatic locomotion including glides freestyle, back stroke, and elementary back stroke. **\*\*Requirements:** Students must be 5 years+ with a recommendation from their Turtle or Otter instructor.



## Dolphins

Ages 6+ yrs.

This class develops confidence and competency through stroke development for advanced beginner swimmers. Class will focus on building endurance and stroke proficiency in freestyle, back stroke, and elementary back stroke. Breaststroke, butterfly, and side stroke will be introduced. **\*\*Requirements:** Student must complete Seals and swim 10 yards unassisted.



## Whales

Ages 6+ yrs.

Whale lessons are designed to refine swimming techniques for intermediate swimmers. The class will focus on developing efficiency, power, endurance, and refinement of all swimming strokes. **\*\*Requirements:** Student must complete Dolphins class, or swim 15 yards freestyle, 15 yards backstroke, 10 yards elementary backstroke efficiently and must be able to jump off diving board.

### Private Swim Lessons (All ages) Two-week class.

Mon-Thurs. **FEE: Non-Res. \$145/\$130 Res.**

Our private one-on-one lessons will be taught to each student's ability level. The fee includes eight 25-minute lessons for one student. Two students can take a semi-private lesson for only \$45 more!

For more Swim Lesson information please contact Ryan at (916) 927-3802 X114 [rharder@fecrpd.com](mailto:rharder@fecrpd.com)