



Adam's Park Pool

Community Swim Lesson Program

June 20-July 31

Registration will begin May 16th. All registration will be done online through our scheduling system.

Please email admin@peaceofmindswimming.com or call 760-442-SWIM(7946) with questions.

We will begin with our Saturday only session on June 18 and classes will go until July 30th.

Sibling discounts are available.

Class Descriptions

Swim Starters

Infant and Toddlers will join their parents in the water and together will learn in our interactive, engaging environment how to love the water. Students will also learn to be comfortable in the water and develop swim readiness skills through songs, fun and confidence-building experiences, while parents learn about water safety and, drowning prevention.

Ratio 6:1. Lesson time is 25 minutes. Parent or Guardian must be in the water.

-Water Babies- Water discovery for students 6-18 months old. Parents will continue setting the foundation for their child's independent swimming and fundamental safety skills.

-Water Independence - This is a transition class for students 18-36 months old. Focus will be placed on swimming with the instructor and taking turns while continuing swimming and safety skills.

Water Confidence

This course helps students who are beginners build confidence in and around water as well as continue to teach water safety. Each child will learn first to ask to enter the water. The purpose of this class is to begin developing positive attitudes, good swimming habits, and safe practices in and around the water, as well as the fundamentals of breath control, floating and swimming. Students may still need assistance from instructors in performing skills. This class is separated into 2 different levels, based more on ages.

Ratio is 4:1. Lesson time is 25 minutes.



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-Water Confidence 1- This class is for ages 3 and 4 years. Students may need more support and assistance to complete skills.

-Water Confidence 2- This class is for ages 5 years and up. This level is more for older students who have never had swim lessons before or not as confident in themselves as a swimmer.

Water Movement

In this course, students will focus on independent forward movement in the water as well as continuation of self-rescue skills. Freestyle and backstroke skills as well as breaststroke arms are introduced in this level. This class is for participants who are comfortable in the water but cannot swim independently. The focus will be on body position and control, forward movement with kicking and arms and self-rescue.

Ratio is 4:1. Lesson time is 25 minutes.

-Water Movement 1- This class is for ages 3 and 4 years old. Students may need more support and assistance but have lots of confidence in the water.

-Water Movement 2- This class is for ages 5 years and up. Students should be able to enter water independently and with confidence.

Water Endurance

If you are saying "I want my child to be a Stronger Swimmer" then this is the course for them. This level will focus on learning all 4 strokes and learn to tread water more comfortably. Before starting this level, participants should be able to swim independently for at least half the length of the pool.

Ratio is 4:1. Lesson time is 25 minutes.

-Endurance 1- This class is for ages 5 years and up and will focus on learning the freestyle with rhythmic breathing and backstroke. Students will also learn to dive, tread water more efficiently and get rings from the deep end.

-Endurance 2- This is class is for ages 6 years and up. Focus will be on learning Breaststroke, Butterfly and perfecting the Front Crawl and Backstroke. After this class, students will be ready to join the swim team or Junior lifeguards.

Adult Beginner Swim Lessons

Participants will be introduced to basic aquatic skills and swimming strokes, including



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the front crawl, breaststroke, and elementary backstroke. Participants will also learn the skills and concepts needed to stay safe around water.

Ratio 4:1. Lesson time is 25 minutes. If interested in this class, please let staff know.

Private Swim Lessons-

Private Swim Lessons will be offered either 2xs a week on M/W or T/TH or 1x a week on Saturdays. We will also have the option of private lessons Monday through Thursday. Private lessons are limited and are 25 minutes long. 1 Private lesson is \$45, 4 Lessons is \$172 or 8 Lessons from \$336. Lessons must be scheduled within the 6-week period. No Refunds will be given.

Sessions Available and Times

Session 1. *June 20-June 24.* Classes are Monday through Thursday. \$72 for Water Babies/Independence. \$80 for Water Confidence, Movement and Endurance.

Session 2. *June 27-June 30.* Classes are Monday through Thursday. \$72 for Water Babies/Independence. \$80 for Water Confidence, Movement and Endurance.

Session 3. *July 5- July 7,* Classes are Tuesday through Thursday. \$54 for Water Babies/Independence. \$60 for Water Confidence, Movement and Endurance.

Session 4. *July 11- July 14,* Classes are Monday through Thursday. \$72 for Water Babies/Independence. \$80 for Water Confidence, Movement and Endurance.

Session 5. *July 18- July 21,* Classes are Monday through Thursday. \$72 for Water Babies/Independence. \$80 for Water Confidence, Movement and Endurance.

Session 6. *July 25- July 28,* Classes are Monday through Thursday. \$72 for Water Babies/Independence. \$80 for Water Confidence, Movement and Endurance.

Saturdays Session *June 18- July 30.* \$126 for Water Babies/Endurance. \$140 for Water Confidence, Movement and Endurance.



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Classes are subject to change. Waitlists are available and we will try to offer as many classes as possible.

Sessions 1 through 6

Water Babies

10:00/11:00

Water Independence

10:30/12:00

Water Confidence 1

9:30/10:00/10:30/11:00/11:30/12:00

Water Confidence 2

9:30/10:00/10:30/11:00/11:30

Water Movement 1

9:30/10:00/10:30/11:00/11:30/12:00

Water Movement 2

10:00/10:30/11:00/11:30/12:00

Water Endurance 1

9:30/10:30/11:30

Water Endurance 2

10:00/11:00/12:00

Saturday Session

Water Babies

10:00

Water Independence

11:00

Water Confidence 1

10:00/10:30/11:00

Water Confidence 2

10:30/11:00/11:30

Water Movement 1

10:00/10:30/11:00

Water Movement 2

10:30/11:00/11:30/12:00

Water Endurance 1

10:30/11:30

Water Endurance 2

11:00/12:00

Adult Swim Lessons

12:00



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