

SWIM LESSON Schedule

Fall 2021

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

M/W EVENING

LESSONS
Preschool 2- 4:00pm
Preschool 3- 4:35pm
Level 1- 5:10pm
Level 2- 5:45pm
Level 5- 6:20pm

T/TH EVENING

LESSONS
Preschool 1- 5:10pm
Preschool 2-6:20pm
Level 1- 5:45pm
Level 3- 4:00pm
Level 4- 4:35pm

SATURDAY

LESSONS

Parent Tot- 10:25am, 11:00am
Preschool 1-12:10pm
Preschool 2- 11:35am, 12:45pm
Preschool 3- 12:10pm
Level 1- 11:35am
Level 2- 11:00am
Level 3- 10:25am
Level 4- 12:45pm

T/TH MORNING

LESSONS

Preschool 1- 11:00am
Preschool 2- 11:35am
Level 1- 12:10pm
Level 2-12:45pm

Registration Dates:

DAC Members: August 30th, 2021 at 8:00 a.m.
Non-Members: August 31st, 2021 at 8:00 a.m.

Class Dates:

Session A: September 13th - October 12th
Session B: October 18th - November 16th
Saturday Session: September 18th - November 13th
Sat. Parent Tot: September 18th - October 9th
October 23rd - November 13th

Classes:

Standard Session Length: 9 lessons (2x a week)
Parent Tot Length: Sat.- 4 lessons (1x a week)
A,B- 4 lessons (2x a week)
Saturday Session Length: 9 lessons (1x a week)

Prices:

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

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 given a credit for the missed class. In the case of a session cancellation a full refund will be given.



Register online at: apm.activecommunities.com/dac or call: (503)623-9715

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

1005 SE LaCreole Dr.
Dallas, OR 97338

Class Descriptions:

Parent Tot: 6 months - 3 years

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 comfortable in the water.

Preschool 1: 3-5 year olds

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: 3-5 year olds

Min 3/Max 4 swimmers in each class

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

Preschool 3: 3-5 year olds

Min 3/Max 5 swimmers in each class

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

Level 1: 6-18 year olds

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: 6-18 year olds

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: 6-18 year olds

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: 6-18 year olds

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: 6-18 year olds

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.

Private 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 achieve 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.

Private Lesson: 1 student to 1 instructor for 30 minutes; \$25 per lesson

Semi-Private Lesson: 2 students to 1 instructor for 30 minutes; \$20 per swimmer, \$40 total

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Confident. Safe. Prepared.