

SWIM LESSON Schedule

Spring 2024

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 1- 4:30pm, 5:40pm

Preschool 2- 6:15pm

Preschool 3- 5:05pm

Level 1- 5:05pm

Level 2- 5:40pm

Level 3- 4:30pm

Level 4/5- 6:15pm

SATURDAY LESSONS

Parent Tot- 10:30am, 11:05am

Preschool 1- 12:15pm

Preschool 2- 11:40am

Level 1- 10:30am, 12:15pm

Level 2- 11:40am

Level 3- 11:05am

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.

Classes:

Standard Session Length: 9 lessons (2x a week)

Saturday Session Length: 9 lessons (1x a week)

Parent Tot Length: Sat.- 4 lessons (1x a week)

Registration Dates:

DAC Members: March 11th, 2024 at 8:00 a.m.

Non-Members: March 12th, 2024 at 8:00 a.m.

Prices:

DAC Members: Standard/Saturday Sessions: \$54; Parent Tot: \$27

Non-Members: Standard/Saturday Session: \$60; Parent Tot: \$30

Class Dates:

Session A: April 1st - April 29th

Session B: May 6th - June 5th

*No class 5/27 for Memorial Day

Saturday Session: April 6th - June 8th

*No class 4/13 for BDST swim meet

Parent Tot: April 6th - May 4th

May 18th - June 8th

*No class 4/13 for BDST swim meet



Scan here to register online or call: (503)623-9715

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



Dallas Aquatic Center

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.