

SWIM LESSON Schedule

Summer 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	T/TH MORNING LESSONS	T/TH EVENING LESSONS	SATURDAY LESSONS
Preschool 1- 4:30pm	Parent Tot- 12:10pm	Preschool 1- 5:05pm	Parent Tot- 10:30am
Preschool 2- 5:05pm	Preschool 1-12:10pm	5:40pm	11:05am
Preschool 3- 5:40pm	Preschool 2-11:35am	Preschool 2- 6:15pm	Preschool 1- 11:40am
Level 1- 5:05pm	12:10pm	Preschool 3- 5:05pm	12:15pm
5:40pm	Preschool 3-11:00am	Level 1- 4:30pm	Preschool 2- 12:15pm
Level 2- 4:30pm	Level 1- 11:00am	Level 2- 5:40pm	Preschool 3- 10:30am
Level 3- 6:15pm	11:35am	6:15pm	Level 1- 10:30am
Level 4/5- 6:15pm	Level 2- 11:00am	Level 3- 4:30pm	11:40am
	Level 3- 11:35am		Level 2- 11:05am
			11:40am
			Level 3- 11:05am
			Level 4/5- 12:15pm

Registration Dates:

DAC Members: May 27th, 2024 at 8:00 a.m.

Non-Members: May 28th, 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

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)

T/Th- 4 lessons (2x a week)

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.

Class Dates:

Session A: M/W Evening - June 17th - July 15th

T/TH Evening* - June 18th - July 18th

T/Th Morning* - June 18th - July 18th

*No Class July 4th

Parent Tot: June 18th - June 27th

July 9th - July 18th

Session B: M/W Evening - July 29th - August 26th

T/TH Evening - July 30th - August 27th

T/TH Morning - July 30th - August 27th

Parent Tot: July 30th - August 8th

August 13th - August 22nd

Saturday Session: June 22nd - August 17th

Parent Tot: June 22nd - July 13th

July 27th - August 17th



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

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

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.