



## GROUP SWIM LESSONS

Learn to swim with our fun group lessons! Our patient, safety-oriented instructors will help you every step along the way. Classes are scheduled for groups of up to 5 participants, four classes per session, 25 minutes per class, unless otherwise noted.

Saturday Fee: \$48.50R/ \$53.50NR

## PRIVATE SWIM LESSONS

(3 years & up)

One participant and one instructor. This 25 minute class will be held in either the main or play pool depending on the instructor's recommendation & available pool space.

Saturday Fee: \$105R / \$115NR

SATURDAY SWIM LESSONS 9/7-10/5 (NO CLASS 9/14)				
9:30-9:55am	10:00-10:25am	10:30-10:55am	11:00-11:25am	11:30-11:55am
<b>BEGINNER</b>				
31201-A	31201-B	31201-C	31201-D	31201-E
31201-F			31201-G	
<b>INTERMEDIATE</b>				
31420-A	31420-B	31420-C	31420-D	31420-E
		31420-F		31420-G
<b>ADVANCED</b>				
	31430-B			
<b>PRIVATE</b>				
31400-A	31400-B	31400-C	31400-D	31400-E

## LAP SWIM/WATER WALKING

Swimmers ages 14 and up can enjoy a cardio workout through swimming laps. Space is limited.

**Adult: \$6/\$7NR Youth & Senior: \$5/\$6NR**

M-F 5:00pm-7:00pm

Sat only 9:30am - 12:00pm: 9/7-10/5/2024

\* Dates and times are subject to change.

(No lap swim 9/14)

## LIFEGUARD TRAINING

The lifeguard training course includes American Red Cross lifeguard training, CPR/Automated External Defibrillator (AED) for the Professional Rescuer, First Aid and Title 22 Certifications; all requirements needed to apply for a lifeguard position. Age requirement 15 & up.

**Dates:** Sat & Sun 1/4/25, 1/5/25, 1/11/25, & 1/12/25

**Times:** 9am - 5pm

**Fees:** \$229/\$275NR



## EAST BAY SILVER DOLPHINS (EBSD)

Practice times are based on the child's swimming ability. All swimmers must be able to swim or kick 25 yards unassisted prior to joining the swim team and an assessment must be arranged with a coach prior to admittance to the team. Once registered, instructions will be sent to register with USA swimming. USA Swimming membership has an \$89 fee that is required. Email coach Chelsea at [colliverchelsea@gmail.com](mailto:colliverchelsea@gmail.com) to set up an assessment time and to get more information. Ages 5-18.

\*Swim meet Saturday and Sunday 9/14 & 9/15

## YEAR ROUND MEMBERSHIP

Spinners	T,TH 5:10-5:55pm, F 6:05-6:50pm	\$100/mo
Intermediate I	M,W,F 5-6pm	\$110/mo
Intermediate II	M, T, W, TH 6-7pm	\$120/mo
Jr	M, T, TH, F 5-6:30pm	\$130/mo
Sr	M, T, W, TH, F 5-7pm	\$140/mo