



# SWIM LESSONS



Registration begins May 2, 2022  
For more information call (559) 591-5940

## CITY OF DINUBA COMMUNITY SERVICES DEPARTMENT 1390 E. Elizabeth Way Dinuba CA 93618

Teaching children to swim & water safety is our most important summer goals. Our program offers a way for children to develop in water safety skills no matter what level they are at. We meet the needs of various children by helping them to get comfortable in the water, learn how to move in water, swim on their own and have more efficient strokes. Participants will also learn safety tips, including how to get help in an emergency and never swim alone. Our fun based atmosphere offers an exciting learning experience at the Dinuba High School Aquatics Complex. Our lessons are conducted by friendly instructors and will increase water awareness and teach valuable life skills. Classes are progressive and meet for two weeks, half-hour lessons sessions.



- 1 = Level 1 - Water Exploration
- 2 = Level 2 - Primary Skills
- 3 = Level 3 - Stroke Readiness
- 4 = Level 4 - Stroke Development
- 5 = Level 5 - Stroke Refinement
- 6 = Level 6 - Skill Proficiency

**Fee is \$34 per participant, per 2-week session.**  
**Class sizes are limited so register early.**



Class Time	Session 1 6/6 - 6/17	Session 2 6/20 - 7/1	Session 3 7/5 - 7/15	Session 4 7/18 - 7/29
9:20 AM	1, 2, 4	1, 3, 4	1, 2, 3	1, 2, 4
10:00 AM	1, 2, 3,	1, 2, 4	1, 4, 5/6	1, 2, 3
10:40 AM	1, 3, 4	1, 2, 5/6	1, 2, 3	1, 3, 5/6
11:20 AM	1, 2, 5/6	1, 2, 3,	1, 2, 3	1, 2, 5/6
12:00 PM	1, 2, 3	1, 2, 3	1, 2, 4	1, 3, 4

No lessons on July 4th



**Recreation Open Swim begins  
June 6th  
Monday, Wednesday, Friday  
1:30pm - 4:00pm  
Cost - \$2.00**

**Water Aerobics - (low to moderate work-out)  
Mon-Fri 8:15am - 9am \$20 - 2 week session  
"Register today at Dinuba's Recreational Center"  
Lap swim \$1 per visit (Mon-Fri 8am-12:30pm)**

### Swim Lesson Refund Policy

All cancellations or refund requests must be made no later than 12:00pm the Wednesday before the lesson begins to be eligible for a refund. A \$8 processing fee will be assessed on all eligible refunds per participant, per program (fee will be waived for medical reasons, with medical report; also if City Aquatics Programs cancels a swim/aerobics class due to not enough participants).

Cancellations or refund requests not occurring within this time frame, will not be eligible for a refund. The only exception will be for a medical reason, in which case a valid medical note must be presented to receive a refund or credit. Valid medical injuries or emergencies occurring during a swim session will be pro-rated.

Swim lesson transfers/credits must be made no later than 5:00pm the Friday before a new session, upon availability. All transfers/credits only apply to 2022 aquatics sessions.  
No changes will be accepted after this time.

### **Swim Lessons Course Description:**

Level I – Water Exploration: (Ages 4 and over, tots must be able to stand on their own in the shallowest depth of the pool for this level); Introduction and orientation to aquatic environment. Create a sound foundation for aquatic and safety skills. Children are taught to breath, float on both their stomach and back and will learn basic arm and leg movements.

Level II – Primary Skills: Introduction to basic strokes and rhythmic breathing. Children must know the basics of free-style movement and be able to float on both their stomach and backs.

Level III – Stroke Readiness: Increase swimming skill competency, elementary backstroke. Practice safety and rescue skills. Children must be able to swim unassisted at least one lap.

Level IV – Stroke Development: New skills covered are breaststroke and turns at the wall. Children must be able to swim unassisted for two laps.

Level V – Stroke Refinement: Continue refinement of freestyle, backstroke, and breaststroke. Introduction to butterfly and surface dives

Level VI – Skill Proficiency: Develop maximum efficiency and endurance for strokes. Introduce surface dives and flip turns.

### **Clases de Natación, Descripción del Curso:**

Nivel I – Exploración del Agua: (Las edades de 4 años y más, los niños deben ser capaces de permanecer en su propia en la profundidad más profunda de la piscina para este nivel); Introducción y orientación al medio acuático. Crear una base sólida para las habilidades acuáticas y de seguridad. A los niños se les enseña a respirar, a flotar tanto en el estómago como en la espalda y aprenderán los movimientos básicos del brazo y la pierna.

Nivel II – Destrezas Primarias: Introducción a los trazos básicos y respiración rítmica. Los niños deben conocer los fundamentos del movimiento Freestyle y ser capaces de flotar tanto en el estómago como en la espalda.

Nivel III – Preparación del Movimiento: Aumente la competencia de habilidad para nadar, espalda elemental. Practique la seguridad y las habilidades de rescate. Los niños deben ser capaces de nadar sin ser asistido por lo menos una vuelta.

Nivel IV – Desarrollo de Trazos: Las nuevas habilidades cubiertas son braza y vueltas en la pared. Los niños deben ser capaces de nadar sin ser asistido durante dos vueltas.

Nivel V – Refinamiento de Trazo: Continuar el refinamiento de Freestyle, espalda y braza. Introducción a las zambullidas de la mariposa y de la superficie