











LEARN TO SWIM

AQUATICS

SWIM LESSON DESCRIPTIONS

Level	Course	Age	Course Content
 Parent-Child 1 & 2	Intro to Water Readiness	6M-3Y	This class focuses on water adjustment and enjoyment for parent and child. Basic skills will be introduced, such as water entries and exits, floats, glides, arm and leg movements, and water safety. One parent-one child ratio. Parent must be in the water with the child at all times. Swim diapers are mandatory.
 PS1/2	Preschool Aquatics	3-5Y	Introduction to elementary aquatic skills and water safety practices. Glides and floats with support, treading with support, arm and leg action with support.
 1	Intro to Water Skills	6-16Y	Blowing bubbles, bobbing, unsupported floats, kicking on front and back, introduction to alternating arm action, water entries/exits, and water safety skills.
 2	Fundamental Aquatic Skills	6-16Y	Floating, gliding, treading, kicking on front and back, introduction to freestyle with breathing, backstroke, and water safety skills.
 3	Stroke Development	6-16Y	Rhythmic breathing, introduction to elementary backstroke and side stroke, diving from the side of the pool, treading water, and water safety skills.
 4	Stroke Improvement	6-16Y	Endurance, breath control, introduction to breast stroke and butterfly, turns, and water safety skills.
 5	Stroke Refinement	6-16Y	Surface dives, flip turns, refinement of strokes and diving, and water safety skills.
 6	Skill Proficiency	6-16Y	Endurance, butterfly, treading water, turns, rescue skills, and diving.
	Private Lessons	All ages	Interested in your child receiving one-on-one instruction? Then private lessons are for you. All levels welcome.
	Semi-Private Lessons	3-16Y & Adults	In these small group lessons, your child will receive more individualized attention but will still enjoy the benefits of learning with a group. The teacher-to-student ratio will be 1:3. All adult lessons are beginning level and meet 8 times each session.



The City of Cupertino's Swimming and Water Safety program combines the best in swim instruction with a strong emphasis on drowning prevention and water safety.

Based on the Red Cross philosophy, our swim classes are designed to help swimmers of varying ages and abilities develop their water safety, survival, and swim skills. Courses are age-appropriate and fun, helping participants stay motivated and achieve success on a regular basis.

Courses are available for a variety of ages and skill levels to encourage healthy, lifelong recreational habits and to help keep your family safe.

GROUP SWIM LESSONS

		Session 1	Session 2	Session 3	Session 4
Times	Class	6/11-6/22 \$95R/\$114N	6/25-7/6 \$76R/\$91N	7/9-7/20 \$95R/\$114N	7/23-7/27 \$48R/\$58N
1:00-1:30pm	PS1-3 & L1-6	77262	77263	77264	77265
1:30-2:00pm	PS1-3 & L1-6	77266	77267	77268	77269
2:00-2:30pm	PS1-3 & L1-6	77270	77271	77272	77273
2:45-3:15pm	PS1-3 & L1-6	77274	77275	77276	77277
3:15-3:45pm	PS1-3 & L1-6	77278	77279	77280	77281
3:45-4:15pm	PS1-3 & L1-6	77282	77283	77284	77285
4:45-5:15pm	PS1-3 & L1-6	77286	77287	77288	77289
5:15-5:45pm	PS1-3 & L1-6	77290	77291	77292	77293
5:15-5:45pm	Parent-Child	77294	77295	77296	77297
5:45-6:15pm	PS1-3 & L1-6	77298	77299	77300	77301
6:30-7:00pm	PS1-3 & L1-6	77302	77303	77304	77305
7:00-7:30pm	PS1-3 & L1-6	77306	77307	77308	77309

Group swim lessons class placement procedure: Please remember when registering your child for group lessons that you sign up for a specific time and not a specific level/instructor (Exception: Parent-Tot must be requested). Each participant will be tested for skill level and then placed in the appropriate Red Cross Learn-to-Swim course level.



PRIVATE SWIM LESSONS

		Week 1	Week 2	Week 3	Week 4	Week 5	Week 6	Week 7
Times		6/11-6/15 \$210R/\$252N	6/18-6/22 \$210R/\$252N	6/25-6/29 \$210R/\$252N	7/2-7/6 \$126R/\$151N	7/9-7/13 \$210R/\$252N	7/16-7/20 \$210R/\$252N	7/23-7/27 \$210R/\$252N
1:30-2:00pm		77310	77311	77312	77313	77314	77315	77316
2:00-2:30pm		77318	77319	77320	77321	77322	77323	77324
2:45-3:15pm		77326	77327	77328	77329	77330	77331	77332
4:45-5:15pm		77334	77335	77336	77337	77338	77339	77340

YOUTH SEMI-PRIVATE SWIM LESSONS

	Session 1	Session 2	Session 3	Session 4
	6/11-6/22 \$180R/\$216N	6/25-7/6 \$144R/\$173N	7/9-7/20 \$180R/\$216N	7/23-7/27 \$90R/\$108N
3:15-3:45pm	Level1 77342	Level1 77343	Level1 77344	Level1 77345
3:45-4:15pm	Level 2/3 77346	Level 2/3 77347	Level 2/3 77348	Level 2/3 77349

ADULT SEMI-PRIVATE SWIM LESSONS

Times	Class	6/11-6/21 \$144R/\$173NR	7/9-7/19 \$144R/\$173NR
7:30-8:00am	Beginning	77350	77352



PARENT-TOT SWIM LESSONS AT BLACKBERRY FARM

Times	Class	6/2-6/30 \$48R/\$58N	7/14-8/11 \$48R/\$58N
9:30-10:00am	Beginning	77354	77355

ADULT SEMI-PRIVATE SWIM LESSONS AT BLACKBERRY FARM

Times	Class	6/26-7/6 \$126R/\$151NR	7/24-8/3 \$144R/\$173NR
6:15-6:45pm	Beginning	77351	77353

Aquatics Registration

- Tuesday, July 3rd, Wednesday, July 4th will be a no class day.
- You can register for up to four sessions (1 class per session) per child.
- Parents may only register their own child/children.
- Remember you will be registering for a half-hour time slot and not a specific level unless otherwise noted.
- Please check registration dates and procedures on pages 76-78.
- NO REGISTRATION IS TAKES AT THE POOL.
- Out-of-water instruction may be included.
- See site locations on pages 75

If your child is sick:



When your child is ill, please do not bring him/her to the pool. Vomit and fecal incidents are a major frustration and inconvenience for everyone, as they require us to close the pool. Please help us ensure that these disruptions do not occur. Swim diapers are mandatory for all non-potty-trained children.

Fecal/Vomit Incidents Policies:



Pool will be cleared of all participants. Out of water instruction will be provided until contamination response procedures are completed. The City follows Model Aquatic Health Code Policies & Procedures. If a second incident occurs during the same session, a credit will be placed on your City account for the missed time. There are no make-ups for classes missed due to fecal/vomit incidents.