

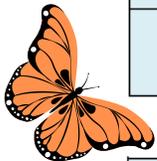
# San Leandro Family Aquatic Center

14900 Zelma Street, San Leandro, CA 94579 (510) 577-7966



## Spring 2020 Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday
6:30- 8:30am	Fitness Swim	<b>Closed</b>	Fitness Swim	<b>Closed</b>	Fitness Swim
8:30- 9:30am	Adult Rec Swim		Adult Rec Swim		Adult Rec Swim
9:30- 10:30am	Aqua Exercise		Aqua Exercise		Aqua Exercise
10:30- 4:00pm	<b>Closed</b>		<b>Closed</b>		<b>Closed</b>
4:00- 6:30pm	Fitness Swim & Lessons	Fitness Swim & Lessons (4:00-7:00pm)	Fitness Swim & Lessons	Fitness Swim & Lessons (4:00-7:00pm)	<b>Closed</b>
6:30- 7:30pm	Aqua Aerobics	Lessons (6:30- 7:45pm)	Aqua Aerobics	Lessons (6:30- 7:45pm)	



Time	Saturday	Sunday
8:30- 9:15am	Adult Lessons	<b>Closed</b>
9:15- 10:30am	Adult Rec Swim	
10:30- 12:30pm	Fitness Swim	
12:30- 3:30pm	Lessons	

### Facility Closures:

**Feb. 10**

**Feb. 17**

**Apr. 11**



### Adult Rec Swim:

We ask that swimmers swim the short length of the pool to allow for a larger capacity.

### Fitness Swim:

Use of the full length of the pool (25 yards) is permitted. We ask that all swimmers make an attempt to swim continuously.

Class registration at [www.sanleandrorec.org](http://www.sanleandrorec.org)

\*All programs and classes are subject to change or cancellation\*





# Swim Lesson Descriptions

## Tot Time- Age: 6 months- 3 years

Sign up for Tot Time and let your child enjoy their first aquatics experience. This class is great for water introduction and parent/child bonding. Participants will enjoy games as well as water safety lessons. Parents are to accompany their children into the pool. If children are not potty-trained, they must wear leak-proof diapers.

## Tiny Tots- Age: 3- 5 years

This class is designed to teach basic water skills, breath holding, floating, jumping in, and more depending on the child's interest and ability. Children have a great time learning new skills while building up their confidence in and around water. Parents do not accompany children into the pool.

## Beginner Swim- Age: 6- 14 years

This class will increase your child's confidence in the water and create a solid swimming foundation. The class emphasizes the basics, including floating and kicking on both front and back, alternating arm action, rhythmic breathing, and water safety skills. The class is for children with little or no swimming experience.

## Intermediate Swim- Age: 6- 14 years

This class emphasizes the fundamentals of freestyle and backstroke and introduces breaststroke, treading, and jumping into deep water. This class is for children entering levels 3 or 4.

## Private Lessons- Age: 3 years & up

A private swim lesson is designed to help identify and focus on a specific skill needing improvement, with individualized instruction.

## Competitive Swim Practice- Age: 6-14 years

Prepare your child for the world of competitive swimming while promoting a healthy lifestyle choices! Lesson emphasis is on starts, turns, endurance, and stroke correction. Child must have a strong knowledge of freestyle and backstroke as well as familiarity with breaststroke and butterfly. Child must be able to swim 50 yards of freestyle and breaststroke while demonstrating effective breathing.

## Exceptional Needs- Age: 6-14 years

Swim lessons for children who are physically or mentally disabled. Parents must accompany the child into the water. The class offers opportunities for parent/child bonding while your child develops new skills in the water.

## Adult Swim Lessons- Age: 15 years & up

Adult instruction is offered to swimmers of all skill levels. Instruction is offered based on your skill level which will allow you to build your self confidence along with your swimming skills.

