COSUMNES
PARKS RECREATION FIRE
CSD
Enriching Community Saving Lives

Parks & Recreation Department

MAKING LIVES BETTER!

Fall Swim Lessons:

Wackford Aquatic Complex

Monday – Thursday (evenings)

Group Lessons: $59
Session I: Aug. 29 – Sept. 8*
Session II: Sept. 12 – Sept. 22
Session III: Sept. 26 – Oct. 6
**Special pricing due to holiday $52*

Turtle Lessons: $39
Session I: Aug. 29 – Sept. 1
Session II: Sept. 6 – Sept. 8*
**Special pricing due to holiday $29*

Private Lessons: $99
Session I: Aug. 29 – Sept. 1
Session II: Sept. 6 – Sept. 8*
Session III: Sept. 12 – Sept. 15
Session IV: Sept. 19 – Sept. 22
Session V: Sept. 26 – Sept. 29
Session VI: Oct. 3 – Oct. 6
**Special pricing due to holiday $74*

Aug. 29 – Sept. 8

	4:00	4:30	5:00	5:30
Turtle				●
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow	●		●	
Otter		●		●
Private	●	●	●	●

Sept. 12 – 22

	4:00	4:30	5:00	5:30
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow	●		●	
Otter		●		●
Private	●	●	●	●

Sept. 26 – Oct. 6

	4:00	4:30	5:00	5:30
Starfish	●	●	●	●
Seahorse	●	●	●	●
Minnow	●	●	●	●
Otter		●		●
Private	●	●	●	●

Lesson Levels:

Turtle
(Infant & Preschool with Parent)
Age 6 months+
Water adjustment and safety skills designed to increase comfort level in and around water. Instructors teach parents skills that the toddlers then practice such as bubble blowing and floating.

Starfish (Level 1)
Age 3+
For children who have not participated in swim lessons before, or are not comfortable in water. Child learns to submerge face independently and is introduced to floating and locomotion in a fun and supportive environment.

Seahorse (Level 2)
Age 3+
Child must be able to submerge face independently. Child learns to float on front and back and swim on front and back for a short distance.

Minnow (Level 3)
Age 3+
Child must be able to swim and float independently on front and back. Child refines front crawl with rotary breathing and back crawl. They are introduced to elementary backstroke and treading water.

Otter (Level 4)
Age 3+
Child must swim front crawl, back crawl and elementary backstroke for 15 yards independently in water that may be over their head. They will refine front crawl with rotary breathing, back crawl, and elementary backstroke and will learn sidestroke, breaststroke and turns.

Private Lessons
Age 5+
For the personal touch, take private lessons. Lessons are one-on-one instruction taught at student's individual level. Private lessons are conducted for 4 days lasting 30 minutes.

CSD Aquatics
Discover the Water

For more information, call (916) 405-5600 • www.yourcsd.com •