

**Pleasanton Meadows Swim Lessons**  
**Sign up on May 22<sup>nd</sup> at the Opening Day BBQ!!**

**Swim Lesson Schedule**

Session #	Session Date	Class Time	Students per class
Session 1	June 1 - 10	A) 6:30pm - 6:55pm	4 students per class 2 classes
	* See note below *	B) 7:00pm - 7:25pm	4 students per class 2 classes
Session 2	June 14 - June 24	Session 2-5 times below	
Session 3	June 28 - July 8	Session 2-5 times below	
Session 4	July 12 - July 22	Session 2-5 times below	
Session 5	July 26 - Aug. 5	Session 2-5 times below	
		A) 12 Noon - 12:25pm	4 students per class 4 classes
		B) 12:30pm - 12:55pm	4 students per class 4 classes
		C) 6:30pm - 6:55pm	4 students per class 4 classes
		D) 7:00pm - 7:25pm	4 students per class 4 classes

- **Session 1 only:** The first week's classes will be held on Tues thru Fri. The second week's classes will be held on Mon - Thurs.

	<b>Beginner</b>	<b>To Pass:</b>
Level 1	<u>Introduction to Water Skills</u> - Submersion, Bubbles, Open eyes underwater & pick-up object from arms length away, Front & Back Floats; with support, Supported on front & back - arm & leg motions	Enter and Exit unassisted, Bob 7-10 times, Front & back floats, w/help
	<b>Advanced Beginner</b>	<b>To Pass:</b>
Level 2	<u>Fundamental Aquatic Skills</u> - Full submersion, Underwater & deepwater exploration, Front & Back Floats; unsupported, Streamlines & Kicks	Step from side into chest deep water; front & back kicking 20 feet
	<b>Intermediate</b>	<b>To Pass:</b>
Level 3	<u>Stroke Development</u> - Freestyle & Back Stroke; arm motions, kicks, and breathing	1 full lap each stroke
Level 4	<u>Stroke Development</u> - Breast Stroke and Butterfly; arm motions, kicks, and breathing	1 full lap each stroke
	<b>Advanced</b>	<b>To Pass:</b>
Level 5	<u>Stroke Refinement</u> - Further instruction on all strokes; with the addition of flip turns	Swim 50 yards with flip turn, all stroke

## Pleasanton Meadows Swim Lessons

### Sign up on May 22nd for a great swim program!!

- There are five 2-week sessions available, with classes held Monday -Thursday, except as noted.
- Each class is 25 minutes.
- Children must be 4 years old at the time of the first lesson. For those students less than 4 years of age, please sign up for our Semi-Private or Private lessons.
- Cost: \$45 PMCC Members only student per two-week session.
- ***At this time we are only able to offer lessons to Cabana Club Members only.***
- Sign ups will take place on May 22nd at the Opening Day BBQ at the pool, and will be on a first come, first served basis.
- Private lessons are also available: \$25 per student for a 30-minute lesson.
- Semi-Private lessons: \$15 per student for 30-minute lesson. 2 students maximum.
- ***ALL*** lessons (Regular, Private, and Semi-Private) will be scheduled based on instructor availability and/or number of students signed up for a particular session. It may be necessary to combine classes or only offer a session at one time. Thank you for your cooperation and understanding if this should happen.
- Members may only sign up your own family members.
- There will be no refunds and no make-ups. Payment to be made by check/cash at the time of sign up.

If you have any questions please contact our Pool Manager, Deanna Ciesielski, at [Deanna3290@aol.com](mailto:Deanna3290@aol.com) -----