

# AQUATICS

Classes offer orientation to the aquatics environment and encourage water safety. Swimsuit required • Participants must wear swim diaper or be toilet trained • No exceptions.

Lifeguards are American Red Cross Certified.

Due to circumstances beyond our control, the City of Modesto reserves the right to extend classes, if necessary, to complete the entire swim program. Cancelled classes may need to be made up on a day other than a regularly scheduled class day and/or after the posted ending date.

REGISTRATION

CLASSES

ACTIVE OLDER ADULTS

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

## Adult and Child Aquatics, 1-4 yrs

Class is designed to help develop swimming readiness by leading parents and their children in water exploration activities with the objectives of having fun and being comfortable in, on, and around the water. Skills include: water entry, holding position, bubble blowing, supported front and back kicking, floats, glides, arm movements, and under water exploration. *Adult must accompany child in water during class. There are no prerequisites for Parent and Child.*

## Preschool Aquatics, 3-5 yrs

The Preschool Aquatics program is the next step up from Adult and Child class; designed to teach fundamental water safety and aquatic skills to beginners. This beginning swim class will emphasize water adjustment to help young swimmers enjoy using the pool and learn to feel comfortable in, on, and around the water on their own with the instructor. *Adults do not accompany child in water.* Preschool Aquatics program will lay the foundation needed for young swimmers to progress through the City of Modesto Learn-to-Swim program as they get older and more experienced. *There are no prerequisites for Preschool Aquatics.*

## Level 1: Introduction to Water Skills, 4-6 yrs

This course continues to orient children to the aquatic environment and teaches them elementary swimming skills that will be built upon as they progress through the City of Modesto Learn-to-Swim program. Level 1 teaches breath control, supported floating, kicking on front and back, and alternating arm action. *Prerequisites: Completion of Preschool Aquatics class.*

## Level 2: Fundamental Aquatic Skills, 6-10 yrs

Students will learn to demonstrate rhythmic breathing, front and back glides, rolling over from front to back, combined front and back strokes (without support), and introduction to elementary backstroke. Students will also learn to jump into chest deep water. *Prerequisites: Successful completion of Level 1; comfortable floating on front and back, and swim on front and back for a minimum of 5 feet with support.*

## Private Swim Lessons

Private instruction to fit your needs. Perfect for adults and children! If you or your child needs to work on a specific skill, receive extra help to pass a specific level, or would benefit from one-on-one instruction, private lessons are the perfect option.

## Lifeguard Training and Title 22, 15+ yrs

We offer American Red Cross Lifeguard Training and Title 22 certification courses. This class teaches surveillance skills, scanning, victim recognition, stages of drowning, water rescue skills, spinal management, first aid training, and professional rescuer CPR/AED. *Please bring paper, pen, suit, towel, snack, water and sunscreen to class every day. Full day classes will include a 30 minute lunch, bring a bagged lunch to all full day classes.*

SUCCESSFUL COMPLETION WILL CERTIFY PARTICIPANTS IN:

- Lifeguard training for 2 years
- First Aid for 2 years
- CPR/AED for the Professional Rescuer for 2 years
- Title 22 for 3 years

PREREQUISITES: MUST pass a pre-test on day 1, which consist of 300 yard consecutive swim test, tread water hands-free for 2 minutes, and retrieve an object in 7-10 feet of water in a timed event.

\*Participation in the Lifeguard Training Course is contingent upon successful completion of the pre-test. REFUNDS WILL NOT BE GIVEN IF PRETEST IS FAILED\*

**Look for our Lifeguard Certification Classes in the Winter/Spring Activity Guide!**

## Senior/Disabled Swim

A drop in swim program for seniors and disabled persons designed to stretch their muscles, work their joints, and get them moving in an indoor heated therapeutic pool. *Cash is not accepted at pool site. A swim card is required, see chart on page 5 for more information. All children under the age of 12 must be accompanied in the pool by an adult. Pool is closed on major holidays.*

**\*Additional Private and/or group swim classes may become available if pool space and staffing allows. Please add name to waitlist when registering. Times, dates, and locations will vary.**

# AQUATICS CLASSES



Fall Swim lessons are co-sponsored by Modesto Irrigation District

Swim Session Key
Session 1 (August 20-September 17)
Session 2 (October 1-October 25)
Session 3 (November 5-December 5)

## ADULT & CHILD, 1-4 YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVE.

66257	6:00-6:25pm	M W	8/20-9/17	8 sessions	\$35
66258	5:30-5:55pm	T Th	8/21-9/13	8 sessions	\$35
66259	5:30-5:55pm	M W	10/01-10/24	8 sessions	\$35
66260	6:00-6:25pm	T Th	10/02-10/25	8 sessions	\$35
66261	6:00-6:25pm	M W	11/05-12/05	8 sessions	\$35
66262	5:30-5:55pm	T Th	11/06-12/04	8 sessions	\$35
Holiday 9/03, 11/12, 11/21, 11/22; No Class					

## PRESCHOOL AQUATICS, 3-5 YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVE.

66269	5:30-5:55pm	M W	8/20-9/17	8 sessions	\$35
66270	6:00-6:25pm	T Th	8/21-9/13	8 sessions	\$35
66271	6:00-6:25pm	M W	10/01-10/24	8 sessions	\$35
66272	5:30-5:55pm	T Th	10/02-10/25	8 sessions	\$35
66273	5:30-5:55pm	M W	11/05-12/05	8 sessions	\$35
66274	6:00-6:25pm	T Th	11/06-12/04	8 sessions	\$35
Holiday 9/03, 11/12, 11/21, 11/22; No Class					

## LVL 1 INTRO TO WATER SKILLS, 4-6 YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVE.

66276	6:30-6:55pm	M W	8/20-9/17	8 sessions	\$35
66277	7:30-7:55pm	M W	8/20-9/17	8 sessions	\$35
66278	7:00-7:25pm	T Th	8/21-9/13	8 sessions	\$35
66279	7:00-7:25pm	M W	10/01-10/24	8 sessions	\$35
66280	6:30-6:55pm	T Th	10/02-10/25	8 sessions	\$35
66281	7:30-7:55pm	T Th	10/02-10/25	8 sessions	\$35
66293	6:30-6:55pm	M W	11/05-12/5	8 sessions	\$35
66295	7:30-7:55pm	M W	11/05-12/5	8 sessions	\$35
66296	7:00-7:25pm	T Th	11/06-12/4	8 sessions	\$35
Holiday 9/03, 11/12, 11/21, 11/22; No Class					

## LVL 2 FUNDAMENTAL AQUATIC SKILLS, 6-10 YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVE.

66301	7:00-7:25pm	M W	8/20-9/17	8 sessions	\$35
66302	6:30-6:55pm	T Th	8/21-9/13	8 sessions	\$35
66303	7:30-7:55pm	T Th	8/21-9/13	8 sessions	\$35
66304	6:30-6:55pm	M W	10/01-10/24	8 sessions	\$35
66305	7:30-7:55pm	M W	10/01-10/24	8 sessions	\$35
66306	7:00-7:25pm	T Th	10/02-10/25	8 sessions	\$35
66307	7:00-7:25pm	M W	11/05-12/5	8 sessions	\$35
66308	6:30-6:55pm	T Th	11/06-12/4	8 sessions	\$35
66309	7:30-7:55pm	T Th	11/06-12/4	8 sessions	\$35
Holiday 9/03, 11/12, 11/21, 11/22; No Class					

## PRIVATE, 3+ YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVE.

66310	5:00-5:25 pm	M W	8/20-9/17	8 sessions	\$110
66311	7:00-7:25 pm	M W	8/20-9/17	8 sessions	\$110
66312	5:00-5:25 pm	T Th	8/21-9/13	8 sessions	\$110
66313	7:30-7:55 pm	T Th	8/21-9/13	8 sessions	\$110
66314	5:00-5:25 pm	M W	10/01-10/24	8 sessions	\$110
66315	7:30-7:55 pm	M W	10/01-10/24	8 sessions	\$110
66316	5:00-5:25 pm	T Th	10/02-10/25	8 sessions	\$110
66317	7:00-7:25 pm	T Th	10/02-10/25	8 sessions	\$110
66318	5:00-5:25 pm	M W	11/05-12/5	8 sessions	\$110
66319	7:00-7:25 pm	M W	11/05-12/5	8 sessions	\$110
66320	5:00-5:25 pm	T Th	11/06-12/4	8 sessions	\$110
66321	7:30-7:55 pm	T Th	11/06-12/4	8 sessions	\$110
Holiday 9/03, 11/12, 11/21, 11/22; No Class					

## SENIOR/DISABLED SWIM

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVE.

Fall Hours	3:30-5:00 pm	M T W Th	8/06-12/20
Holiday 9/03, 11/12, 11/21, 11/22; No Class			

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