

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.

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

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 9 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.*

Adult Water Exercise Class, 18+ yrs

Designed to teach adults how to stretch and tone muscles using water resistance. This class helps you work out harder while supporting the body and helping prevent the aches and pains that can be experienced when exercising on dry land.



City of Modesto Swim Lessons are co-sponsored by
Modesto Irrigation District

MID Modesto
Irrigation
District
The Power to Grow

AQUATICS CLASSES



Fall Swim lessons are co-sponsored by Modesto Irrigation District

Swim Session Key
Session 1 (August 19-September 16)
Session 2 (October 1-October 24)
Session 3 (November 4-December 3)

REGISTRATION

ADULT & CHILD, 1-4 YRS

BURRIS POOL, SONOMA ELEMENTARY
1325 SONOMA AVENUE

4735	5:30-5:55pm	M W	8/19-9/16	8 sessions	\$35
4736	5:30-5:55pm	T TH	8/20-9/17	8 sessions	\$35
4737	5:30-5:55pm	M W	9/30-10/23	8 sessions	\$35
4738	5:30-5:55pm	T TH	10/01-10/24	8 sessions	\$35
4739	5:30-5:55pm	M W	11/04-12/02	8 sessions	\$35
4740	5:30-5:55pm	T TH	11/05-12/03	8 sessions	\$35

HOLIDAY: 9/2, 9/5 (MCS Event), 11/11, 11/28

PRESCHOOL AQUATICS, 3-5 YRS

BURRIS POOL, SONOMA ELEMENTARY
1325 SONOMA AVENUE

4741	6:00-6:25pm	M W	8/19-9/16	8 sessions	\$35
4742	7:00-7:25pm	M W	8/19-9/16	8 sessions	\$35
4743	6:30-6:55pm	T TH	8/20-9/17	8 sessions	\$35
4744	7:30-7:55pm	T TH	8/20-9/17	8 sessions	\$35
4745	6:30-6:55pm	M W	9/30-10/23	8 sessions	\$35
4746	7:30-7:55pm	M W	9/30-10/23	8 sessions	\$35
4747	6:00-6:25pm	T TH	10/01-10/24	8 sessions	\$35
4748	7:00-7:25pm	T TH	10/01-10/24	8 sessions	\$35
4749	6:00-6:25pm	M W	11/04-12/02	8 sessions	\$35
4750	7:00-7:25pm	M W	11/04-12/02	8 sessions	\$35
4751	6:30-6:55pm	T TH	11/05-12/03	8 sessions	\$35
4752	7:30-7:55pm	T TH	11/05-12/03	8 sessions	\$35

HOLIDAY: 9/2, 9/5 (MCS Event), 11/11, 11/28

LVL 1 INTRO TO WATER SKILLS, 4-6 YRS

BURRIS POOL, SONOMA ELEMENTARY
1325 SONOMA AVENUE

4753	6:30-6:55pm	M W	8/19-9/16	8 sessions	\$35
4754	7:30-7:55pm	M W	8/19-9/16	8 sessions	\$35
4755	6:00-6:25pm	T TH	8/20-9/17	8 sessions	\$35
4756	7:00-7:25pm	T TH	8/20-9/17	8 sessions	\$35
4757	6:00-6:25pm	M W	9/30-10/23	8 sessions	\$35
4758	7:00-7:25pm	M W	9/30-10/23	8 sessions	\$35
4759	6:30-6:55pm	T TH	10/01-10/24	8 sessions	\$35
4760	7:30-7:55pm	T TH	10/01-10/24	8 sessions	\$35
4761	6:30-6:55pm	M W	11/04-12/02	8 sessions	\$35
4762	7:30-7:55pm	M W	11/04-12/02	8 sessions	\$35
4763	6:00-6:25pm	T TH	11/05-12/03	8 sessions	\$35
4764	7:00-7:25pm	T TH	11/05-12/03	8 sessions	\$35

HOLIDAY: 9/2, 9/5 (MCS Event), 11/11, 11/28

CLASSES

ACTIVE OLDER ADULTS

LVL 2 FUNDAMENTAL AQUATIC SKILLS, 6-10 YRS

BURRIS POOL, SONOMA ELEMENTARY
1325 SONOMA AVENUE

4781	6:00-6:25pm	M W	8/19-9/16	8 sessions	\$35
4782	7:00-7:25pm	M W	8/19-9/16	8 sessions	\$35
4787	6:30-6:55pm	T TH	8/20-9/17	8 sessions	\$35
4788	7:30-7:55pm	T TH	8/20-9/17	8 sessions	\$35
4783	6:30-6:55pm	M W	9/30-10/23	8 sessions	\$35
4784	7:30-7:55pm	M W	9/30-10/23	8 sessions	\$35
4789	6:00-6:25pm	T TH	10/01-10/24	8 sessions	\$35
4790	7:00-7:25pm	T TH	10/01-10/24	8 sessions	\$35
4785	6:00-6:25pm	M W	11/04-12/02	8 sessions	\$35
4786	7:00-7:25pm	M W	11/04-12/02	8 sessions	\$35
4791	6:30-6:55pm	T TH	11/05-12/03	8 sessions	\$35
4792	7:30-7:55pm	T TH	11/05-12/03	8 sessions	\$35

HOLIDAY: 9/2, 9/5 (MCS Event), 11/11, 11/28

FREE PROGRAMS

SPECIAL EVENTS

FACILITIES

SENIOR/DISABLED SWIM CARDS

Swim cards are required for Senior/Disabled Swim at Burris Pool and are available for purchase at the following locations:

Tenth Street Place:
1010 Tenth Street, Suite 4400

Senior Citizens Center: 211 Bodem Street

Per day pricing is \$1.25;
Maximum 20 uses per card
*Financial Assistance Available.

Aquatics Continued on Next Page...

PRIVATE, 3+ YRS**BURRIS POOL, SONOMA ELEMENTARY**
1325 SONOMA AVENUE

4551	5:00-5:25pm	M W	8/19-9/16	8 sessions	\$110
4552	5:00-5:25pm	M W	8/19-9/16	8 sessions	\$110
4553	6:30-6:55pm	M W	8/19-9/16	8 sessions	\$110
4554	7:30-7:55pm	M W	8/19-9/16	8 sessions	\$110
4555	5:00-5:25pm	T TH	8/20-9/17	8 sessions	\$110
4556	5:00-5:25pm	T TH	8/20-9/17	8 sessions	\$110
4557	6:00-6:25pm	T TH	8/20-9/17	8 sessions	\$110
4558	7:00-7:25pm	T TH	8/20-9/17	8 sessions	\$110
4559	5:00-5:25pm	M W	9/30-10/23	8 sessions	\$110
4560	5:00-5:25pm	M W	9/30-10/23	8 sessions	\$110
4561	6:30-6:55pm	M W	9/30-10/23	8 sessions	\$110
4562	7:30-7:55pm	M W	9/30-10/23	8 sessions	\$110
4723	5:00-5:25pm	T TH	10/01-10/24	8 sessions	\$110
4724	5:00-5:25pm	T TH	10/01-10/24	8 sessions	\$110
4725	6:00-6:25pm	T TH	10/01-10/24	8 sessions	\$110
4726	7:00-7:25pm	T TH	10/01-10/24	8 sessions	\$110
4727	5:00-5:25pm	M W	11/04-12/02	8 sessions	\$110
4728	5:00-5:25pm	M W	11/04-12/02	8 sessions	\$110
4729	6:30-6:55pm	M W	11/04-12/02	8 sessions	\$110
4730	7:30-7:55pm	M W	11/04-12/02	8 sessions	\$110
4731	5:00-5:25pm	T TH	11/05-12/03	8 sessions	\$110
4732	5:00-5:25pm	T TH	11/05-12/03	8 sessions	\$110
4733	6:00-6:25pm	T TH	11/05-12/03	8 sessions	\$110
4734	7:00-7:25pm	T TH	11/05-12/03	8 sessions	\$110

HOLIDAY: 9/2, 9/5 (MCS Event), 11/11, 11/28

SENIOR/DISABLED SWIM**BURRIS POOL, SONOMA ELEMENTARY**
1325 SONOMA AVENUE

Fall Hours	3:30-5:00 pm	M T W Th	8/05-12/19
HOLIDAY: 9/2, 9/5 (MCS Event), 11/11, 11/28			

ADULT WATER EXERCISE, 18+ YRS**JOHANSEN HIGH SCHOOL POOL**
641 NORSEMAN AVENUE

4793	6:30-7:15pm	M W	9/04-9/30	8 sessions	\$48
4794	6:30-7:15pm	M W	10/02-10/30	9 sessions	\$54

**ART****Oil Painting, 18+ yrs**

Create lasting works of art as you learn the skills and techniques of color and composition through oil painting. All skill levels welcome - from beginner to advance. Supplies needed prior to the start of class. *Scholarship available for low-income Modesto residents. Call (209) 577-5344 for supply list. Supply costs: \$100-\$150 (not included).*

Instructor: David Bienkowski, Central California Art Association**Location:** Senior Citizens Center, 211 Bodem Street, Modesto

1492	1:00-4:00pm	Thur	8/15-9/19	6 sessions	\$50
1494	1:00-4:00pm	Thur	10/17-11/21	6 sessions	\$50

**Online Registration is Fast and Easy!!**

1. Visit www.modestogov.com/prnd.
2. Create your account.
3. Log on to your account and begin signing up for classes!

