

ADAPTIVE Swimming Lessons

AGES 3-15 years old

The City of Temecula is proud to offer Adaptive Swim Lessons for its seventh year in a row. These lessons are designed to provide a low-stress, nurturing environment geared to meet the unique needs of swimmers with special needs.

Learning to swim is for everyone. These classes will focus on basic water skills and water adjustment to help participants gain confidence in the water and improve kicking and stroking ability. Through participation in the program, the children learn to feel more positive about themselves in an environment that promotes success mixed with fun and play.

BE WATER SAFE!

Students learn:

- Blowing Bubbles
- Floating
- Kicking
- Front Crawl



Classes are grouped based on age, swimming ability, and learning style. There are three swimmers in a class with one instructor and each swimmer will have a volunteer "Swim Buddy" to be their pal and helper during every class.

SESSION & REGISTRATION DATES

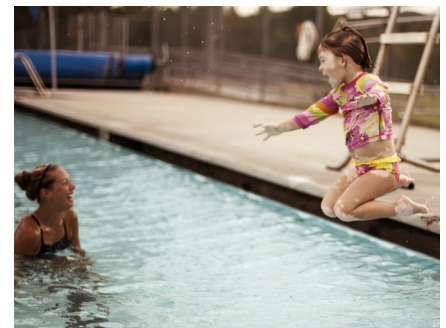
Class Times: 1:30—2:00 / 2:10—2:40 / 2:50—3:20

Session	Class Dates	Days
1	June 12-June 22	M/T/W/Th
2	June 26—July 6	M/T/W/Th
3	July 10—July 20	M/T/W/Th
4	July 24—August 3	M/T/W/Th

Registration for
all sessions begin
May 30th, 2017.

Pool: Temecula Elementary School Pool

To Register as an ONF member please email swim@cityoftemecula.org and let us know you are an ONF member and a list of your most preferred to least preferred class time.



CONTACT US: 951-308-6396 - swim@temeculaca.gov

For more information go to www.temeculaca.gov/swim