Teen & Adult Swim Lessons (12+ years)
SUMMER 2014

City of El Cerrito Swim Center
7007 Moeser Lane ~ (510) 559-7011 ~ Fax (510) 528-9413~
www.el-cerrito.org/recreation ~ @ElCerritoRec

Teen/Adult Private Lessons

Private lessons are one-on- one instruction that focus on individual needs. Private lesson availability is limited.

Activity #223108

Day	Section#	Dates	Time	Fees
Monday	U2	7/7-7/28	10:00am to 10:30am	**Fees** $104 (Resident) $124 (Non-Resident) 4 classes
Day	**Section#**	**Dates**	**Time**	
Wednesday	U6	7/9-7/30	9:30am to 10:00am	

Teen/Adult Beginning: Swimming Fundamentals

This beginning swimming class is designed for adults with little or no experience in the water. Participants will learn water adjustment skills, floating on both the front and back, front crawl with side breathing, and back crawl. Participants will also become familiar with deep water and will learn safety skills.

Activity #243201

Day(s)	Section	Dates	Time	Fees
Monday	14	07/07-07/28	6:30pm to 7:30pm	$36(Res)/$29 (Senior Res) & $48 (Non-Res)/$39 (Senior Non-Res) 4 Classes *27 (Res)/$21.75 (Senior Res) & $36 (Non-Res)/ $29.25 (Senior Non-Res) 3 classes
	15	08/04-08/18*		
Day(s)	**Section**	**Dates**	**Time**	
Tuesday	2	7/8-7/29	9:00am to 10:00am	
	3	8/5-8/19*		
	Section	**Dates**	**Time**	
	8	7/8-7/29	6:30pm to 7:30pm	
	9	8/5-8/19*		
Day(s)	**Section**	**Dates**	**Time**	
Wednesday	5	7/9-7/30	10:00am to 11:00am	
	6	8/6-8/20		
Day(s)	**Section**	**Dates**	**Time**	
Thursday	11	07/10-7/31	9:00am to 10:00am	
	12	8/7-8/21*		
	Section	**Dates**	**Time**	
	17	07/10-7/31	6:30pm to 7:30pm	
	18	8/7-8/21		
	Section	**Dates**	**Time**	
Saturday	20	07/12-7/26*	8:30am to 9:30am	
	21	8/2-8/16*		

Teen/Adult Intermediate Stroke Development

Intermediate swimming is designed for teens & adults who can swim at least 25 yards of freestyle and backstroke. Students in this class will work on developing endurance and further refining the skills and strokes taught in beginning swimming. Elementary backstroke, breaststroke, sidestroke and butterfly will be introduced. Diving, treading water and other deep-water skills will be introduced.

Activity #243202

Day(s)	Section#	Dates	Time	Fees
Tuesday	5	7/8-7/29	10:00am to 11:00am	$36(Res)/$29 (Senior Res) & $48 (Non-Res)/$39 (Senior Non-Res) 4 Classes *27 (Res)/$21.75 (Senior Res) & $36 (Non-Res)/ $29.25 (Senior Non-Res) 3 classes
	6	8/5-8/19 *		
	Section#	**Dates**	**Time**	
Thursday	11	7/10-7/31	10:00am to 11:00am	
	12	8/7-8/21*		
	Section#	**Dates**	**Time**	
Monday	14	7/7-7/28	6:30pm-7:30pm	
	15	8/4-8/18*		
	Section#	**Dates**	**Time**	
Wednesday	17	7/9-7/30	6:30pm-7:30pm	
	18	8/6-8/20*		
	Section#	**Dates**	**Time**	
Saturday	20	07/12-7/26*	9:30am to 10:30am	
	21	8/2-8/16*		

Teen/Adult Advanced Stroke Refinement

This class is designed for teens and adults wishing to take their swimming to the next level. Valuable skills and techniques to create your own workout or help you prepare to join the Masters' swim team. Participants must be able to swim 25 yards of each: freestyle, backstroke, and breaststroke. Familiarity with butterfly is recommended but not required. This course provides an introduction to swim training terminology, such as stroke development, endurance, drills, turns, starts and training with aquatic equipment.

Activity #243203

Day(s)	Section#	Dates	Time	Fees
Tuesday	2	7/8-7/29	6:30pm to 7:30pm	$36(Res)/$29 (Senior Res) & $48 (Non-Res)/$39 (Senior Non-Res) 4 Classes *27 (Res)/$21.75 (Senior Res) & $36 (Non-Res)/ $29.25 (Senior Non-Res) 3 classes
	3	8/5-8/19*		
Day(s)	**Section#**	**Dates**	**Time**	
Saturday	8	07/12-7/26*	10:30am to 11:30am	
	9	8/2-8/16*		