



CITY OF STOCKTON
COMMUNITY SERVICES DEPARTMENT
 COMMUNITY GROWS HERE

You may Register for Swimming Lessons and other classes at the Swimming Pools, or you may contact us directly and Register over the phone @ 209-271-9728

Swimming Lessons Sessions 2023

Session # 1	Tuesday June 6-Friday June 18	8 Classes
Session # 2	Tuesday June 20-Friday June 30	8 Classes
Session # 3	Tuesday July 4-Friday July 14	8 Classes
Session # 4	Tuesday July 17-Friday July 28	8 Classes
Session # 5	Tuesday August 1-Friday August 18	8 Classes

Available Times:

10:00 AM	10:30 AM	11:00 AM	11:30 AM	12:00 Noon	12:30 PM
6:00 PM	6:30 PM	7:00 PM	7:30 PM		

Class Level:

Guppy	Starfish	Seahorse	Lobster	Seal	Dolphin
Adult & Teen					

Swim Lesson Level Descriptions

Guppy Ages 10 mos-3y

Parent/toddler basic water orientation class. Both parent and toddler participate in this 30-minute class. Skills include water adjustment for parents and toddlers, holding techniques, entry and exit from the pool edge, games and songs. Floating, arm and leg movement, and breath control may also be included for older toddlers. All this makes for a positive experience for the child. Classes are now 30 minutes.

Starfish Ages 3y-5y

Water adjustment for young children. Playing activities in the water, students will work on bubble blowing, breath control, kicking (with support), floating (with support), and arm movement.

Seahorse Ages 3y-7y

Prerequisite: Pass Starfish or ability to perform equivalent skills. Fundamental skill building class. Students must be comfortable with floating on front and back with support and submerge head for at least 5-10 seconds. Class objective: float without support and recover to a vertical position. Continue to work on kicking, arm strokes, and independence in shallow water.

Lobster Ages 4y-11y

Prerequisite: Pass Seahorse or ability to perform equivalent skills. Focus on unsupported front and back crawl skills. Students must be able to do front and back crawl strokes with support, 10 bobs, and float unsupported for at least 20 seconds. Class objective: introduce students to the basics of elementary backstroke, diving into deep water and treading water. Continue with front and back crawl.

Seal Ages 5y-11y

Prerequisite: Pass Lobster or ability to perform equivalent skills. Increase endurance of front and back crawl. Students must be able to swim front and back crawl 15 yards, do 20 bobs, glide underwater, and tread water for at least 45 seconds. Class objective: continue with front and back crawl refinement, treading water, diving, and introduction of breaststroke, and scissor kick.

Dolphin Ages 5y-11y

Prerequisite: Pass Seal or ability to perform equivalent skills. Stroke refinement, coordination and endurance. Students must be able to swim at least 25 yards of front and back crawl, 15 yards of elementary backstroke and breaststroke kick, and tread water for 1 minute. Class objective: continue stroke refinement and endurance. Introduce breast-stroke arms, dolphin kick, open turns and more diving.

Adult/Teen Ages 12y- Adult

Instructors will work with students at their own pace to develop basic swimming skills. Skills will include floating, kicking, freestyle and backstroke, and more depending on individual skill level.