

Welcome to Our Pool

Each child brings different experiences and expectations when they come to Swim Lessons. Our teachers are kind and caring and will do their best to meet your child's needs in a group setting.

If one-on-one instruction would better suit your child's needs, private lessons are available.

Parents: We need your help...

- Have your child take a cleansing shower before going out to the pool. It helps prevent water-borne illness.
- **No shoes are allowed on the pool deck except for aqua shoes or shoes that have not been worn outside.**
- Please respect our Instructors.
- Parents of children seven & older must observe from the balcony.
- Children who are not potty-trained must wear a swim diaper with plastic pants when in the pool. They are available for purchase at the Front Desk for \$3.00 each.

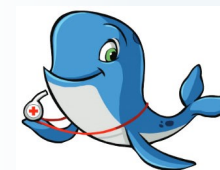


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Phone: 360-293-0673
www.fidalgopool.com



2018 -19

Winter
Swim Lessons



Session 1 Skills Clinic:

Dec. 3-13

Session 2: Jan. 7-31

Session 3: Feb. 4-28

Swim Lesson App:
redcross.org/mobileapps

Or go to
www.fidalgopool.com



Class Placement

To properly place your child, please speak with an instructor or Aquatics Manager.

What class for my child?

- Aqua Kids:** 6-36 mos. (with parent)
- Preschool** 3-5 yrs. Old —30 min.
- Learn To Swim** 6—15 yrs. —45 min.
- Adult** 15 yrs. & up —45 min.

Sessions

- Session 1 Skills Clinic:** Dec. 3-13
(Clinic info on right side of brochure)
- Session 2:** Jan. 7-31
- Session 3:** Feb. 4-28

Fees

- M/W & T/TH Skills Clinic** (2 lessons each)
- T/TH Aqua Kids** (8 lessons)
- M/W Adult** (8 lessons)

- Aqua Kids:** \$55.00 Jan. & Feb.
- Preschool:** \$55.00 Jan. & Feb.
- LTS & Adult classes:** \$80.00 Jan. & Feb.

Out of District add \$5.00 per session

Group Lesson Days & Times

Jan. & Feb. 8 -Lesson Sessions

M/W AM Lessons

- Pre Mix** 10:30 am.
- Pre Mix** 11:05 am.
- LTS 1-3** 11:05 am.

T/TH AM Lessons

- Pre Mix** 10:30 am.
- Aqua Kids (Dec. 4 lessons)** 11:05 am.
- Adult Class** 11:05 am.

Jan. & Feb. M/W

- Pre 1, 2 & 3** 4:30pm.
- LTS 1 & 2** 4:30pm.
- Pre 1, 2 & 3** 5:05pm.
- LTS 1, 2 & 3** 5:20pm.
- LTS 4, 5 & 6** 5:30pm.
- Pre 1, 2 & 3** 5:35pm.
- Adult Class** 6:15 pm.

Jan. & Feb. T/TH

- Aqua Kids** 4:30pm
- Pre 1, 2 & 3** 4:30pm
- Pre 1, 2 & 3** 5:05pm
- LTS 1, 2, & 3** 5:05pm

Space for each class is modified for safety.

****Winter registration opens November 14th and is a first come first serve basis.***

December Lessons Skills Clinic!

This 2-day clinic is focused on teaching students through individual skill stations such as breath control, correct body positions, kick & stroke breakdowns, diving, personal safety & self esteem!

M/W Clinic Dec. 3 & 5

T/TH Clinic Dec. 11 & 13

- Preschool** 30min. \$25.00 4:30pm & 5:05pm.
- LTS 1 & 2** 1 hr. \$50.00 4:30pm.
- LTS 3-6** 1hr. \$50.00 4:30pm.

Assigning your child's level

Preschool Ages 3-5 yrs.

Pre 1- Beginner -Full dependency. (Does not swim)

Pre 2- Intermediate - With some independency.

Pre 3- Advanced- Independent in the water (can swim and float on their own).

Learn-to-Swim 6 yrs. & up

LTS 1- Beginner – Full dependency. (Does not swim)

LTS 2- Beginner with some independency.

LTS 3- Intermediate - Can swim independently and tread water.

LTS 4- Intermediate –Can swim the length of the pool, tread and dive.

LTS 5 & 6- (Pre Swim Team) Can swim multiple lengths of the pool. Can Swim 6 key strokes, turns & dives. Learns stroke, turn & dive refinement as well as personal fitness.

Adult- Beginner skills through intermediate stroke refinement.