

## HAMILTON POOL

# SWIM LESSON BASICS

Group lessons are available for children as young as 6 months! Once your child has successfully demonstrated all required skills, he or she is eligible to move to the next level. Why not make this the year to jump right into aquatics?

## Group Lesson Policies

If you sign your child up for a level that they have successfully mastered, we will transfer your child to another level at no charge to you. During the lesson, instructors may move your child up or down a level to accommodate your swimmer's abilities.

If a level does not meet the minimum registration, we may combine levels of students with similar skill ability.

Refunds, credits or transfers may be requested a minimum of two working days prior to the start of a session. No refunds, credits or transfers will be provided less than two working days in advance. Transfer requests from different session dates will be assessed a \$5.00 transfer fee. Requests must be done in writing or in person.

If you are coming to the TL Pool for a group or private swim lesson, you may arrive at the pool fifteen minutes prior to the lesson and stay fifteen minutes after the lesson is over. If you or any one else in your party would like to stay and swim, you must pay the daily admission fee or have a season pass.

Children who are 3 & Under or are not potty-trained must wear an approved Swim Diaper. Please see Pool Staff with questions.

## Level Chart

| Level Name                               | Key Points Emphasized  | Length of Class | Instructor/ Student Ratio |
|--|--|-----------------|---------------------------|
| Guppies-<br>Water<br>Baby                | Designed for new beginners * Songs & Games * Parent Participation Req. * Best for kids 6-24 months   | 30              | 1:12                      |
| Level 1—<br>Orange<br>Octopi             | Basic water safety * No parent participation * Lots of games * Good beginning class for ages 3 & up  | 30              | 1:3                       |
| Level 2—<br>Silver Sea<br>Lions          | Fundamental water skills * Full face submersion * Familiarity with flotation devices and water lingo | 30              | 1:3                       |
| Level 3—<br>Spring<br>Green<br>Stingrays | Alternating arm circles & kicking * Jump in and swim to wall * Complete comfort in water             | 30              | 1:4                       |
| Level 4—<br>Jewel<br>Blue<br>Jellyfish   | Builds swimming stamina * Begins work on backstroke, breaststroke & treading water                   | 30              | 1:4                       |
| Level 5—<br>Teal Tiger<br>Sharks         | Builds up to 25 yds front crawl with side-breathing * Backstroke, breaststroke * Learns dolphin kick | 30              | 1:5                       |
| Level 6—<br>Purple<br>Piranhas           | Practice swimming 50 yds * Begins turning, dives * Skills of Jr. Orca Program                        | 40              | 1:6                       |
| Level 7—<br>Rainbow<br>Fish              | Competitive swimming * Technique discussion * Ready to start swim team                               | 40              | 1:6                       |

More questions or would like to register?

Please contact the Terra Linda Community Center  
At 415-485-3344 OR [terralindpool@cityofsanrafael.org](mailto:terralindpool@cityofsanrafael.org)

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