

# AGUA CALIENTE AQUATIC CENTER'S

## Spring 2010 ACTIVITY GUIDE

Beginner swim lessons take place in our indoor 90\* mineral pool. The warm water provides a comfortable environment for children, allowing them to focus on learning important safety skills and basic stroke technique. Advanced lessons take place in our Olympic size outdoor mineral pool, where swimmers focus on increasing strength and endurance, while refining their stroke technique.

### Parent & Tot Water Classes

Ages 3 - 36 months

With parent participation, children get comfortable in the water through songs and games. Introductory water skills are taught, preparing children to transition to independent lessons.

1 day/week, 4 week session.  
30 minute classes.  
Members \$40. Public \$60.

**Mondays 5pm**  
May 3, 10, 17, 24

**Wednesdays 11am**  
May 5, 12, 19, 26



### SONOMA SEA DRAGONS SWIM TEAM

A USA Swimming Team for ages 5 years and up. Emphasis is on proper development of all four competitive strokes in a fun atmosphere. Call 939-8833 for more details... ask for Coach Hansen!

### Swim Lessons

Ages 3 years & up

1 day/week, 4 week session.  
30 minute lessons.  
Members \$60. Public \$72

#### Level 1

**Mondays 4pm**  
May 3, 10, 17, 24  
**Wednesdays 3:30pm**  
May 5, 12, 19, 26

#### Level 2

**Wednesdays 4pm**  
May 5, 12, 19, 26  
**Thursdays 4pm**  
May 6, 13, 20, 27

#### Level 3

**Mondays 4:30pm**  
May 3, 10, 17, 24  
**Thursdays 4:30pm**  
May 6, 13, 20, 27

### Stroke School

Ages 5 years & up

Our Stroke School will teach children the proper techniques for freestyle, backstroke, breaststroke and butterfly. Lessons will take place in the indoor pool  
Prerequisite: Level 3 or instructor approval.

45 minute lessons.  
2 days/week, 4 week session.  
Members \$100. Public \$110.

**Mondays 3:15pm and  
Thursdays 5pm**  
May 3, 6, 10, 13, 17, 20,, 24, 27

**Tuesdays and Fridays  
5:15pm**  
May 4, 7, 11, 14, 18, 21, 25, 28

45 minute lessons.  
1 day/week, 4 week session.  
Members \$55. Public \$60.

~~**Tuesdays 3:30pm**~~  
May 4, 11, 18, 25 **FULL**

**Wednesdays 4:30pm**  
May 5, 12, 19, 26



### Tween Stroke School

Ages 10 years & up

The class is specifically designed with the older child in mind. It will teach the proper techniques for freestyle, backstroke, breaststroke and butterfly. Lessons will take place in the outdoor pool.

2 days/week, 4 week session.  
45 minute lessons.  
Members \$100. Public \$110.

**Wednesdays 4:45pm and  
Thursdays 4:15pm**  
May 5, 6, 12, 13, 19, 20, 26, 27

### Private and Semi-Private Lessons

4 x 20 minute lessons:  
Members \$100. Public \$125  
4 x 30 minute lessons:  
Members \$130. Public \$160  
4 x 30 minute Semi-Private lessons (2 per group):  
Members \$85/child.  
Public \$95/child

## CALL 939-8833 OR STOP BY TO SCHEDULE!

17350 Vailetti Dr. Sonoma

#### GROUP AND PRIVATE LESSON POLICIES:

- 14 day notification required to cancel a session and reschedule to another session. - NO REFUNDS.
- If a session is cancelled within 13 days of the start date, a credit will only be given if we are able to fill your space.
- 48 hours notification required to reschedule a private lesson.