

# Aquatics

Classes offer orientation to the aquatics environment and encourage water safety. Swimsuit required • Participants must wear swim diaper or be toilet trained • No exceptions. Our staff are American Red Cross Certified aquatic professionals.

Due to circumstances beyond our control, the City of Modesto reserves the right to extend classes, if necessary, to complete the entire swim program. Cancelled classes may need to be made up on a day other than a regularly scheduled class day and/or after the posted ending date.

## Learn to Swim Program

### Adult and Child Aquatics, 1-4 yrs

Class is designed to help develop swimming readiness by leading parents and their children in water exploration activities with the objectives of having fun and being comfortable in, on, and around the water. Skills include: water entry, holding position, bubble blowing, supported front and back kicking, floats, glides, arm movements, and under water exploration. *Adult must accompany child in water during class. There are no prerequisites for Parent and Child.*

### Preschool Aquatics, 3-5 yrs

The Preschool Aquatics Program is the next step up from Adult and Child class; designed to teach fundamental water safety and aquatic skills to beginners. This beginning swim class will emphasize water adjustment to help young swimmers enjoy using the pool and learn to feel comfortable in, on, and around the water on their own with the instructor. *Adults do not accompany child in water.* Preschool Aquatics program will lay the foundation needed for young swimmers to progress through the City of Modesto Learn-to-Swim Program as they get older and more experienced. *There are no prerequisites for Preschool Aquatics.*

### Level 1: Introduction to Water Skills, 4-6 yrs

This course continues to orient children to the aquatic environment and teaches them elementary swimming skills that will be built upon as they progress through the City of Modesto Learn-to-Swim program. Level 1 teaches breath control, supported floating, kicking on front and back, and alternating arm action. *Prerequisites: Completion of Preschool Aquatics class.*

### Level 2: Fundamental Aquatic Skills, 6-10 yrs

Students will learn to demonstrate rhythmic breathing, front and back glides, rolling over from front to back, combined front and back strokes (without support), and introduction to elementary backstroke. Students will also learn to jump into chest deep water. *Prerequisites: Successful completion of Level 1; comfortable floating on front and back, and swim on front and back for a minimum of 5 feet with support.*

### Private Swim Lessons, 3+ yrs

Private instruction to fit your needs. Perfect for adults and children! If you or your child need to work on a specific skill, receive extra help to pass a specific level or would benefit from one-on-one instruction, private lessons are the perfect option. Private lessons are 1:1 (one swim instructor for one swimmer) but will occur while other lessons take place within the pool.

## Aquatic Classes and Programs

### Lifeguard Training and Title 22, 15+ yrs

We offer American Red Cross Lifeguard Training and Title 22 certification courses. This class teaches surveillance skills, scanning, victim recognition, stages of drowning, water rescue skills, spinal management, first aid training, and professional rescuer CPR/AED. *Please bring paper, pen, suit, towel, snack, water and sunscreen to class everyday. Full day classes will include a 30 minute lunch, bring a bagged lunch to all full day classes.*

#### SUCCESSFUL COMPLETION WILL CERTIFY

PARTICIPANTS IN: Lifeguard training for 2 years, First Aid for 2 years, CPR/AED for the Professional Rescuer for 2 years, and Title 22 for 2 years.

PREREQUISITES: MUST pass a pre-test on day 1, which consists of 300 yard consecutive swim test, tread water hands-free for 2 minutes, and retrieve an object in 7-10 feet of water in a timed event. *\*Participation in the Lifeguard Training Course is contingent upon successful completion of the pre-test. \*\*REFUND WILL NOT BE GIVEN IF PRETEST IS FAILED\*\**

### Adult Water Exercise

Course designed to teach adults how to stretch and tone muscles using water resistance. This class helps you work out harder while supporting the body and helping prevent aches and pains that can be experienced when exercising on dry land. Adult Water Exercises courses offer a combination of shallow and deep water exercises.

### Senior/Disabled Swim

A drop-in swim program for seniors and disabled persons designed to stretch their muscles, work their joints, and get them moving in an indoor heated therapeutic pool. *Cash is not accepted at pool site. A swim card is required, see chart on page 17 for more information. Pool is closed on major holidays.*

*\*\* Additional private and/or group swim classes may become available if pool space and staffing allows. Please add name to waitlist through PerfectMind (on-line registration system). Time, date, and locations will vary.*

REGISTRATION

CLASSES

ACTIVE OLDER  
ADULTS

FREE  
PROGRAMS

SPECIAL  
EVENTS

FACILITIES

# Aquatics Classes



Winter/Spring Swim lessons are co-sponsored by Modesto Irrigation District

Swim Session Key
Session 1 (February 4-March 6)
Session 2 (March 18-April 11)
Session 3 (April 22-May 16)

## ADULT & CHILD AQUATICS, 1-4 YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVENUE

1099	6:00-6:25 pm	M W	2/04-3/06	8 sessions	\$35
1111	5:30-5:55 pm	T Th	2/05-2/28	8 sessions	\$35
1115	5:30-5:55 pm	M W	3/18-4/10	8 sessions	\$35
1118	6:00-6:25 pm	T Th	3/19-4/11	8 sessions	\$35
1120	6:00-6:25 pm	M W	4/22-5/15	8 sessions	\$35
1124	5:30-5:55 pm	T Th	4/23-5/16	8 sessions	\$35
<i>Holiday 2/11, 2/18; No Class</i>					

## PRESCHOOL AQUATICS, 3-5 YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVENUE

1100	5:30-5:55 pm	M W	2/04-3/06	8 sessions	\$35
1106	6:00-6:25 pm	T Th	2/05-2/28	8 sessions	\$35
1108	6:00-6:25 pm	M W	3/18-4/10	8 sessions	\$35
1123	5:30-5:55 pm	T Th	3/19-4/11	8 sessions	\$35
1131	5:30-5:55 pm	M W	4/22-5/15	8 sessions	\$35
1135	6:00-6:25 pm	T Th	4/23-5/16	8 sessions	\$35
<i>Holiday 2/11, 2/18; No Class</i>					

## LVL 1 INTRO TO WATER SKILLS, 4-6 YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVENUE

1101	6:30-6:55 pm	M W	2/04-3/06	8 sessions	\$35
1103	6:30-6:55 pm	T Th	2/05-2/28	8 sessions	\$35
1105	6:30-6:55 pm	M W	3/18-4/10	8 sessions	\$35
1107	6:30-6:55 pm	T Th	3/19-4/11	8 sessions	\$35
1113	6:30-6:55 pm	M W	4/22-5/15	8 sessions	\$35
1116	6:30-6:55 pm	T Th	4/23-5/16	8 sessions	\$35
<i>Holiday 2/11, 2/18; No Class</i>					

## LVL 2 FUNDAMENTAL AQUATIC SKILLS, 6-10 YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVENUE

1112	7:00-7:25 pm	M W	2/04-3/06	8 sessions	\$35
1598	7:30-7:55 pm	M W	2/04-3/06	8 sessions	\$35
1114	7:00-7:25 pm	T Th	2/05-2/28	8 sessions	\$35
1599	7:30-7:55 pm	T Th	2/05-2/28	8 sessions	\$35
1119	7:00-7:25 pm	M W	3/18-4/10	8 sessions	\$35
1600	7:30-7:55 pm	M W	3/18-4/10	8 sessions	\$35
1121	7:00-7:25 pm	T Th	3/19-4/11	8 sessions	\$35
1601	7:30-7:55 pm	T Th	3/19-4/11	8 sessions	\$35

1125	7:00-7:25 pm	M W	4/22-5/15	8 sessions	\$35
1602	7:30-7:55 pm	M W	4/22-5/15	8 sessions	\$35
1134	7:00-7:25 pm	T Th	4/23-5/16	8 sessions	\$35
1603	7:30-7:55 pm	T Th	4/23-5/16	8 sessions	\$35
<i>Holiday 2/11, 2/18; No Class</i>					

## PRIVATE, 3+ YRS

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVENUE

1095	5:00-5:25 pm	M W	2/04-3/06	8 sessions	\$110
1605	5:00-5:25 pm	M W	2/04-3/06	8 sessions	\$110
1096	7:30-7:55 pm	M W	2/04-3/06	8 sessions	\$110
1098	5:00-5:25 pm	T Th	2/05-2/28	8 sessions	\$110
1606	5:00-5:25 pm	T Th	2/05-2/28	8 sessions	\$110
1109	7:30-7:55 pm	T Th	2/05-2/28	8 sessions	\$110
1110	5:00-5:25 pm	M W	3/18-4/10	8 sessions	\$110
1607	5:00-5:25 pm	M W	3/18-4/10	8 sessions	\$110
1117	7:30-7:55 pm	M W	3/18-4/10	8 sessions	\$110
1126	5:00-5:25 pm	T Th	3/19-4/11	8 sessions	\$110
1608	5:00-5:25 pm	T Th	3/19-4/11	8 sessions	\$110
1127	7:30-7:55 pm	T Th	3/19-4/11	8 sessions	\$110
1128	5:00-5:25 pm	M W	4/22-5/15	8 sessions	\$110
1609	5:00-5:25 pm	M W	4/22-5/15	8 sessions	\$110
1129	7:30-7:55 pm	M W	4/22-5/15	8 sessions	\$110
1130	5:00-5:25 pm	T Th	4/23-5/16	8 sessions	\$110
1611	5:00-5:25 pm	T Th	4/23-5/16	8 sessions	\$110
1133	7:30-7:55 pm	T Th	4/23-5/16	8 sessions	\$110
<i>Holiday 2/11, 2/18; No Class</i>					

## SENIOR/DISABLED SWIM

**BURRIS POOL, SONOMA ELEMENTARY**  
1325 SONOMA AVENUE

Winter/Spring Hours	3:30-5:00 pm	M T W Th	1/07-5/31
<i>Holiday: 12/24-1/03, 1/19, 2/11, 2/18, 5/27; No swim</i>			

## ADULT WATER EXERCISE, 18+ YRS

**JOHANSEN HIGH SCHOOL POOL**  
641 NORSEMAN DRIVE.

1655	6:30-7:15 pm	M W	3/04-4/10	12 sessions	\$72
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## LIFEGUARD TRAINING & TITLE 22, 15+ YRS

**JOHANSEN HIGH SCHOOL POOL**  
641 NORSEMAN DRIVE

1659	5:00-8:00pm	F	2/22-2/24	6 sessions	\$300
	8:30am-5:30pm	S, Su	3/01-3/03		
1662	8:30am-5:30pm	M-F	3/25-3/29	5 sessions	\$300

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