

Special Needs Swim Lesson at Cottage Pool

Did you know that FEC has several swim instructors trained to work with special needs swimmers?! We have many options for students of all levels and abilities to join in our excellent aquatics education programs. Classes meet at Cottage Pool, 3097 Cottage Way on Monday - Thursday for 2-week sessions. **Register on-line at www.fecrecpark.com or call 916-927-3802.**

Special Needs Lessons

Penguins

(ages 2 yrs +) 8 days
 Fee: \$40 Residents: \$37



This class is designed as an introduction to our aquatics program for children with special needs. Both parent and child to get in the water to enjoy the lesson. We will teach you and your child specific techniques for water adjustment and basic swimming skills. In this safe and positive atmosphere, it is our goal to help your child reach their full potential and therapeutic needs.

SUMMER

Session 1: June 14 - June 24

10:30 a.m. - 11:00 a.m.

5:00 p.m. - 5:30 p.m.

Session 2: June 28 - July 8

10:30 a.m. - 11:00 a.m.

5:00 p.m. - 5:30 p.m.

Session 3: July 12 - July 22

10:30 a.m. - 11:00 a.m.

5:00 p.m. - 5:30 p.m.

Session 4: July 26 - Aug 5

10:30 a.m. - 11:00 a.m.

5:00 p.m. - 5:30 p.m.

Session 5: Aug 9 - Aug 19

10:30 a.m. - 11:00 a.m.

5:00 p.m. - 5:30 p.m.

Private Lessons

(All Ages) 8 days
 Fee: \$105 Residents: \$97



Private lessons are excellent for child and/or adult students with special needs who are ready to swim with an instructor. Our private one-on-one lessons will be taught according to each student's ability level. The fee includes 8 one-half-hour lessons for one student. Two students can take a semi-private lesson for only \$10 more.

To arrange lessons, call Becky at 927-3802 x117.

Main-Stream Group Lessons

Ideal for children who respond well in a group setting and do not need one-on-one attention in the water. If you have a special needs child who is ready for our group lessons, please inform us at the time of registration, so that we can reduce the class size, or add an additional teacher to provide everyone with excellent instructor attention. Call for Dates and times: 927-3802

Starfish Fun

(ages 6 mo - 3 yrs)
 8 days

Fee: \$40 Residents: \$37



In this class, both parent and child are in the water to experience water adjustment and basic swimming skills in a fun and safe atmosphere. Parents will learn the techniques to acclimate their child to swimming and children will enjoy fun activities in the pool.

Turtles

(ages 5 yrs +)
 8 days

Fee: \$45 Residents: \$42



This water adjustment class is designed to orient new swimmers to the aquatic environment and to teach them elementary swimming skills such as floating, basic arm strokes and much more.

Guppies

(ages 3 - 5 yrs)
 8 days

Fee: \$45 Residents: \$42



This water adjustment class is designed to orient new swimmers to the aquatic environment and to teach them elementary swimming skills such as blowing bubbles and floating with support.

Seals

(ages 5 yrs +)
 8 days

Fee: \$45 Residents: \$42



Primary skills and stroke readiness for beginning swimmers. Class focuses on the fundamentals of aquatic locomotion including glides, front crawl, back crawl, and elementary back stroke. *Requirements: Students must be 6 yrs old or 5 yrs old with recommendation from their Turtle or Otter instructor and can swim 10 yards.*

Otters

(ages 3 - 5 yrs)
 8 days

Fee: \$45 Residents: \$42



For children who already feel comfortable in the water and are ready to start swimming. *Requirement: Student must feel comfortable fully submerging face in water, blowing bubbles. Recommendation from Guppies teacher preferred.*

Dolphins / Whales

(ages 6 yrs +)

Fee: \$45 Residents: \$42



Advanced Beginner and Intermediate classes designed to develop stroke proficiency in front crawl, back crawl, elementary back stroke, breast stroke, butterfly, side stroke, as well as other fun and useful aquatic skills.