

## Spring Swim Lesson at Cottage Pool

Spring lessons registration starts **Wednesday, March 10**. Register at the FEC District Office, 2201 Cottage Way, on weekdays between 8:00 a.m. and 5:00 p.m. Register on-line at [www.fecrecrepark.com](http://www.fecrecrepark.com). Classes meet at Cottage Pool, 3097 Cottage Way on M-Th for 2 weeks (Super-Splash Tu-F for 1 week).

### 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.



#### SPRING

**Session 2: May 3 - May 13**  
 4:30 p.m. - 5:00 p.m.  
**Session 3: May 17 - May 27**  
 3:30 p.m. - 4:00 p.m.

### Guppies

(ages 3 - 5 yrs) 8 days  
 Fee: \$40 Residents: \$37

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.



#### SPRING

**Session 1: April 19 - April 29**  
 4:00 p.m. - 4:30 p.m.  
 5:00 p.m. - 5:30 p.m.  
**Session 2: May 3 - May 13**  
 4:00 p.m. - 4:30 p.m.  
 5:00 p.m. - 5:30 p.m.  
**Session 3: May 17 - May 27**  
 4:00 p.m. - 4:30 p.m.  
 5:00 p.m. - 5:30 p.m.

### Otters

(ages 3 - 5 yrs) 8 days  
 Fee: \$40 Residents: \$37

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.*



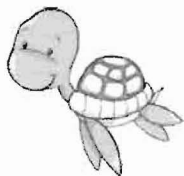
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### Turtles

(ages 5 yrs +) 8 days  
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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.



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### Seals

(ages 5 yrs +) 8 days  
 Fee: \$40 Residents: \$37

Primary skills and stroke readiness for beginning swimmers. Children will become more comfortable in the water. 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.*



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### Dolphins

(ages 6 yrs +) 8 days  
 Fee: \$40 Residents: \$37

Develops confidence and competency through stroke development for advanced beginner swimmers. Focuses on building endurance and stroke proficiency in front crawl, back crawl, and elementary back stroke. Breaststroke, butterfly, and side stroke will be introduced. *Requirements: Students must complete Seals or float independently, and jump in and swim 25 yards.*



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## Super-Splash

### Discount

### Training Lessons

(All Ages) 4 days  
 Fee: \$10 Residents: \$8  
 Military Discount: \$2

This special session of lessons will include four 25-minute swim lessons for one week, taught by new instructors with the supervision of an instructor trainer. All lessons will adhere to our strict quality standards, and you will save money while experiencing a high teacher-to-student ratio! Lessons for each age group and skill level will be offered. These classes meet Tuesday through Friday. Check with the District Office for the right time and lesson for you.

#### SPRING

**Session 4: June 1 - June 4**  
 4:00 p.m. - 4:25 p.m.  
 4:30 p.m. - 4:55 p.m.  
 5:00 p.m. - 5:25 p.m.

### Private Lessons

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

### Whales

(ages 6 yrs +) 8 days  
 Fee: \$40 Residents: \$37

Whale lessons are designed to refine swimming techniques for intermediate swimmers. This swim class will focus on developing efficiency, power, endurance, and smoothness of all swimming strokes. *Requirements: Students must complete Dolphins, or swim 50 yards on front, 25 yards on back, and jump off board*



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