



MORENO VALLEY AQUATICS

SWIM LESSONS

SESSION 1: JUNE 23 - JULY 3

GROUP LESSONS: \$130 (MONDAY - THURSDAY)

SESSION 2: JULY 7 - 17

GROUP LESSONS: \$130 (MONDAY - THURSDAY)

SESSION 3: JULY 21 - 31

GROUP LESSONS: \$130 (MONDAY - THURSDAY)

SATURDAY SESSION: EVERY SATURDAY JUNE 14 - JULY 26

GROUP LESSONS: \$100 (6 LESSONS) | PRIVATE LESSON: \$200 (6 LESSONS)

Weekday Times: 3 - 8 PM | Saturday Times: 10 AM - 1 PM

Group Swim Lesson of up to 4 swimmers will swim with their instructor in a 2 week session Monday - Thursday or Saturday for 6 weeks. Curriculum is designed for first time swimmers that need to learn comfortability in the water all the way up to stroke development.

Private Swim Lessons are 1 on 1 with an instructor and are great for those that need extra help in the water or just need to hone in on one particular skill.

LEVEL 1

The Perfect Candidate: My child is brand new to swimming. No prior experience required. To Advance to Academy 2: Swimmer must be comfortable putting face in the water. Swimmers will need to glide independently 5-7 ft, roll from their glide to float on their back independently for 10 seconds, and jump in the pool and roll to their back. Maximum of 3 swimmers per class.

LEVEL 2

The Perfect Candidate: Child must be comfortable putting face in water. Swimmers can glide independently 5-7 ft, roll from their glide to float on their back independently for 10 seconds, and jump in the pool and roll to their back. To Advance to Academy 3: Swimmers will need to be able to flutter kick properly, independently roll repeatedly from their stomach to back for about 12 feet, and independently jump of the wall, roll and return to climb out. Maximum of 4 swimmers per class.

LEVEL 3

The Perfect Candidate: Swimmer must be able to glide while performing proper kicking, roll to their back for a break, and return to their stomach and continue kicking to a platform. They must also be able to independently jump into the pool and return to the wall and climb out. To Advance to Academy 3: Swimmers will need to be able to flutter kick on their back and perform a side breath for freestyle unassisted without losing their momentum in the water. Maximum of 4 swimmers per class.

LEVEL 4

The Perfect Candidate: Child must be able to kick in streamline for 15 ft. on their front and back, and be able to perform a side breath for freestyle unassisted without losing their momentum in the water. To Advance to Academy 5: Swimmers will need to be able to properly swim freestyle breathing every 3 strokes independently for 15 meters, and properly swim backstroke independently for 15 meters. Maximum of 4 swimmers per class.

LEVEL 5

The Perfect Candidate: Swimmers must be able to properly swim technical freestyle, breathing every 3 strokes independently for 15 meters, and properly swim backstroke unassisted for 15 meters. To Graduate: Swimmers will need to perform both butterfly and breaststroke in addition to synchronized freestyle and backstroke. Maximum of 4 swimmers per class.

Private Lessons - Anyone Can swim, all ages, 1 on 1

RECREATIONAL SWIM

JUNE 23 - AUGUST 2

MONDAY - THURSDAY: 3 - 5:15 PM | FRIDAY: 3 - 8 PM | SATURDAY: 1:30 - 6 PM

**ADULT (14 and older) - RESIDENT \$3/NONRESIDENT \$5 | CHILD (under 14) - RESIDENT \$1/NONRESIDENT \$3
SENIOR (55 and older) - RESIDENT \$2/NONRESIDENT \$4**



Registration is all taken online at <https://rb.gy/juk70o>

VALLEY VIEW HIGH SCHOOL
13135 NASON ST., MORENO VALLEY, CA 92555

Reach out to Premier Aquatics for registration

PREMIER
AQUATICS

949-716-3333 | www.swimoc.com