

SUMMER SWIM LESSON REGISTRATION

Beginning May 15, open registration will take place at Dixon City Hall and online at www.ci.dixon.ca.us on a daily basis. When registering, you may register for any ONE of the swimming sessions. Each child will be limited to one class at registration. If space is available, late registration will be taken the first day of each session at the pool for that session only.



SWIM LESSON CLASS DESCRIPTIONS

Mom/Dad & Tot: 6 months - 3 years. Water orientation, parents are in the water with their children.

Tiny Tots (Level 1A): 3+ years. No water skills. Parents are NOT in the water with their child.

Whales (Level 1 B): Pass Tiny Tots or be able to enter and exit water independently, front and back float unsupported.

Porpoise (Level 2): Pass Whales or be able to front and back float unsupported for 15 seconds, swim on front for 3 body lengths.

Sharks (Level 3): Pass Porpoise or be able to front crawl for 5 body lengths, back glide for 3 body lengths.

Level 4: Pass Sharks or be able to front crawl 25 yards, elementary backstroke 15 yards, tread water for 1 minute.

Level 5: Pass Level 4 or be able to front crawl and elementary backstroke 25 yards, swim breaststroke and backstroke for 15 yards, swim underwater for 5 body lengths.

Level 6: Pass Level 5 or be able to swim front crawl and elementary backstroke 50 yards, breaststroke, back crawl, sidestroke and butterfly 25 yards, perform a flip turn, and tread water for 2 minutes.

SUMMER SWIM LESSON SESSIONS AND SCHEDULE

Sessions run Monday - Thursday for 2 weeks

Session 1: June 5 - June 15

Session 2: June 19- June 29

Session 3: July 3 - July 13 (no lesson 7/4)

Session 4: July 17- July 27

Session 5: July 31- August 10*

* No morning lessons offered during Session 5.



Semi Private Lessons

10:45-11:15am: Tiny Tots, Whales, Porpoise

11:20-11:50am: Whales, Shark, Level 4

4:00-4:30pm: Tiny Tots, Whales

4:35-5:05pm: Whales, Porpoise, Level 4

5:10-5:40pm: Tiny Tots, Porpoise, Sharks

5:45-6:15pm: Tiny Tots, Whales

6:15-6:45pm: Tiny Tots, Whales, Porpoise

Group Lessons

10:45-11:15am: Porpoise, Shark, Level 4

11:20-11:50am: Tiny Tots, Whales, Porpoise

4:00-4:30pm: Tiny Tots, Whales, Porpoise, Sharks, Level 4

4:35-5:05pm: Tiny Tots, Whales, Porpoise, Sharks, Level 5

5:10-5:40pm: Tiny Tots, Whales, Shark, Level 6, Mom/Dad & Tot

5:45-6:15pm: Tiny Tots, Porpoise

6:15-6:45pm: Adult/Teen

Private Lessons

There will be two private lessons available during every time slot of the day.

SWIM LESSON FEES PER SESSION

Group Lessons: \$40/person/session

Semi-Private Lessons: \$60/person/session

Private Lessons: \$100/person/session

AQUA AEROBICS

Aqua Aerobics is a low impact class designed to burn calories and improve muscle tone through water resistance. This class is a refreshing way to improve flexibility and circulation while improving overall body condition.

Session 1: June 6 - June 29

Session 2: July 5 - July 27

Session 3: August 1 - August 24

Days: Tuesdays - Thursdays

Time: 10:45 a.m. - 11:30 a.m.

Cost: \$40 per session

Register at City Hall or online at

www.ci.dixon.ca.us.



LAP SWIM

Get in shape this summer. Whether you're a serious everyday swimmer or an just an occasional swimmer, join summer adult lap swim, this program is for you!

Monday-Friday 6/5-TBA 5:30-7:00 a.m.

Monday-Thursday 6/5-TBA 10:45-11:45 a.m.
(3 lanes only)

Monday-Thursday 6/5-TBA 5:45-6:45 p.m.

Saturday* & Sunday 5/27-TBA 8:30-9:30 a.m.

(No lap swim 5/29, 7/4 & 9/4)

Cost: 20 Visit Punch Card- \$45; Single Visit Fee \$3

***There will be no lap swim on swim meet Saturdays: May 20 & June 10**

ADULT SWIM FITNESS

Adult Swim Fitness is a class for adult swimmers looking for structured workouts to improve overall fitness, develop better technique or to just have fun.

Session 1: June 5 - 29

Session 2: July 10 - August 3

Days: Monday - Thursday

Time: 5:45 p.m. - 6:45 p.m.

Cost: \$80 per session,
\$8 Drop-in



This class will allow drop-ins ONLY if the sessions minimum participant enrollment is met.

Register at City Hall or online at www.ci.dixon.ca.us.



RECREATIONAL SWIMMING

Cool off at the Pat Granucci Aquatic Center this summer! Rec Swim begins Saturday, May 27.

Monday -Thursday 6/5-8/8 12:00 - 4:00 p.m.

Friday 6/2-8/4 12:00 - 5:00 p.m.

Saturday & Sunday* 5/27-9/3 2:00 - 7:00 p.m.

*There will be no Rec. Swim 6/3/17

Pool will be cleared 15 minutes prior to closing.

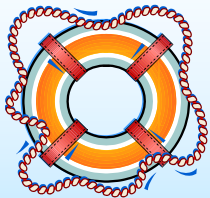
Cost: \$1.00 - 2 years & under

\$2.00 - 3-17 years & Seniors 55+

\$3.00 - 18 & up

NO FLOTATION DEVICES OF ANY KIND ARE ALLOWED.

NO GLASS, ALCOHOL, OR SMOKING IS ALLOWED IN THE FACILITY.



SPECIAL POOL HOURS

Food Truck Mania

June 16 & July 21: 12:00-6:30 p.m.

Memorial Day, May 29: 12:00 - 5:00 p.m.

Independence Day, July 4: 12:00 - 7:00 p.m.

Labor Day, September 4: 12:00 - 5:00 p.m.

Dixon Food Truck Mania

EVERY 3rd FRIDAY • 5PM -8PM
APRIL - SEPTEMBER



Food! Beer Garden!
Music! Family Fun!



at Hall Memorial Park



JR. LIFEGUARDING TRAINING

Learn all there is to know about becoming a lifeguard.

Ages: 11-14

Days: Tuesday - Thursday

Dates: June 6 - 29

Time: 11:30 a.m. - 12:30 p.m.

Cost: \$72.00; \$90.00 - NR

Registration Deadline: 6/2

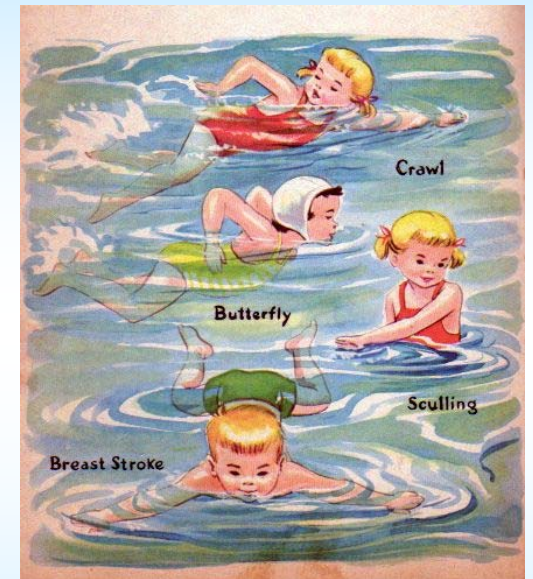


POOL RENTAL

During non-scheduled hours on the weekends, the pools at the Pat Granucci Aquatic Center are available for private rental. Fees range from \$90 - \$150 per hour, depending on the group size and facility. A minimum of two weeks notice is needed for reservation. For more information please call Janet Hull, Recreation Supervisor, at 678-7441.



Pat Granucci Aquatic Center



SUMMER 2017 SWIMMING INFORMATION & SCHEDULE