



# 2025 Summer Swim Class Schedule

Classes meet once a week for ten consecutive weeks.

**\$99 for members • \$149 for non-members**

Class space is limited to ensure quality instruction. Once full, the class is closed.

Day	Mondays	Tuesdays	Thursdays	Fridays
Session #1	June 2	June 3	June 5	June 6
Session #2	June 9	June 10	June 12	June 13
Session #3	June 16	June 17	June 19	June 20
Session #4	June 23	June 24	June 26	June 27
Session #5	June 30	July 1	July 3	<b>July 2</b>
Session #6	July 7	July 8	July 10	July 11
Session #7	July 14	July 15	July 17	July 18
Session #8	July 21	July 22	July 24	July 25
Session #9	July 28	July 29	July 31	Aug 1
Session #10	Aug 4	Aug 5	Aug 7	Aug 8

Due to the July 4<sup>th</sup> Holiday, those Friday classes will meet on Wednesday, July 2<sup>nd</sup>.

When a class is cancelled due to the weather, it will be re-scheduled.

Class	Recommended Ages	Class Time
Level 4 & 5	8 years old or older	9:00 - 9:30 am
Level 3	6 years old or older	9:30 - 10:00 am
Two-Year Olds	2 years old	10:00 - 10:30 am
Two-Year Olds	2 years old	10:30 - 11:00 am
Level 2	4 - 6 years old	11:15 - 11:45 am
Level 1	3 - 5 years old	11:45 - 12:15 pm
Summer Start	6 years old or older	12:15 - 12:45 pm

**Not sure which class is right for your child? Email Cheri at [cheri@dacfit.org](mailto:cheri@dacfit.org). Cheri will use her 30+ years of teaching experience to help place your child.**

## New at DAC: Next Level

This program is for older children (8+ years old) who know how to swim. The focus is conditioning while receiving instruction on fine-tuning different strokes. Children can participate once or twice a week. Four slots available.

Mondays or Fridays 10:00 - 10:30 am or 10:30 - 11:00 am

**Once a week: \$99 (members) or \$149 (non-members)  
Twice a week: \$189 (members) or \$279 (non-members)**

# Summer Swim Class Description

**Two-Year Olds** A great way to introduce your toddler to a pool and working with a swim instructor.

**Summer Start (6 years old or older)** This class is for older children who have spent time in a pool but have never had any formal instruction on proper swimming methods.

**Level 1 (3-5 years old)** Designed for preschool age children taking their first series of swim lessons. Swimmers learn to feel comfortable in the water. Skills learned include supported floating and kicking on front and back, rhythmic breathing, and water safety skills.

**Level 2 (4-6 years old)** The objective of Level 2 is to give swimmers success with fundamental skills. Swimmers must be comfortable in the water and have completed Level 1. Your child will learn to go underwater, glide on front and back, and front crawl.

**Level 3 (6 years old or older)** Swimmers must be at the age of 6 or have completed the skills taught in Level 2. Level 3 builds on skills by coordinating strokes and increasing endurance. Your child will learn front crawl, back crawl, elementary backstroke, and elementary backstroke kick.

**Level 4 (8 years old or older)** This level develops endurance in strokes learned and introduces the breaststroke and sidestroke. Swimmers must have completed Level 3 or equivalent skills.

**Level 5 (8 years old or older)** Work on refining coordination and increasing endurance of key strokes. Your child will learn to breaststroke 10 yards, sidestroke 10 yards, butterfly kick, and build other strokes. Swimmers must have completed Level 4 or have equivalent skills.

**Next Level (8 years old or older)** This program is for those who know how to swim. The focus is conditioning while receiving instruction on fine-tuning different strokes.

*DAC also have late afternoon and evening swim classes offered throughout the year. We also offer private lessons. Contact Cheri at [cheri@dacfit.org](mailto:cheri@dacfit.org) for more details.*