

RANKIN AQUATIC CENTER

100 BUCKLEY STREET

370-6451

Group Swim Lessons

Ages 4 – 14 yrs **NEW ONE WEEK SESSIONS!**

Class sizes for lower levels are approximately a 1:5 instructor to student ratio; higher levels may be slightly larger. Instructors test the first day of class for level placement. Each session includes 4 days of class, each 30 minutes long.

Fee: \$31 Residents

\$34 Non-Residents

Choose the time and week(s) that work best for your schedule.

Morning Lesson Times: 10:35 – 11:05 am OR 11:15 – 11:45 am

Tuesday, Wednesday, Thursday & Friday

Week	1	June 14 – 17
Week	2	June 21 - 24
Week	3	June 28 – July 1
Week	4	July 5 – 8
Week	5	July 12 – 15
Week	6	July 19 – 22
Week	7	July 26 – 29
Week	8	Aug. 2 – 5
Week	9	Aug. 9 – 12
Week	10	Aug. 16 – 19



Afternoon Lesson Times 4:10 – 4:40 pm OR 4:45 – 5:15 pm

Monday, Tuesday, Thursday & Friday

Week	1	June 13 – 17
Week	2	June 20 - 24
Week	3	June 27 – July 1
Week	4	July 5 – 8 (3 classes \$26 Residents \$28 Non-Residents)
Week	5	July 11 – 15
Week	6	July 18 – 22
Week	7	July 25 – 29
Week	8	Aug. 1 – 5
Week	9	Aug. 8 - 12
Week	10	Aug. 15 - 19
Week	11	Aug. 22 – 26
Week	12	Aug. 29 – Sept. 2

Night Lesson Times 6:25 – 6:55 pm OR 7:00 – 7:30 pm

Monday, Tuesday, Thursday & Friday

Week	1	June 13 – 17
Week	2	June 20-24
Week	3	June 27 – July 1
Week	4	July 5 – 8 (3 classes \$26 residents \$28 Non-Res)
Week	5	July 11 – 15
Week	6	July 18 - 22
Week	7	July 25 - 29
Week	8	Aug. 1 – 5
Week	9	Aug. 8 - 12
Week	10	Aug. 15 – 19

Register at www.cityofmartinez.org or by calling 925-372-3510

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STARFISH Parent Tot Swim Lessons **Ages 8 mos to 3 Years Old** *ONE WEEK SESSIONS!*

The class focus is to create a nurturing aquatic environment. Our instructors guide parents through a series of songs and activities, ultimately teaching parents how to successfully submerge their child. Infant practice in the water leads to a child that feels comfortable in the water increasing their ability to learn to swim in future classes.

Fee: \$21 Residents \$24 Non-Residents

Choose the time and week(s) that work best for your schedule.

Morning Lesson Times: 10:35 – 11:05 am OR 11:15 – 11:45 am

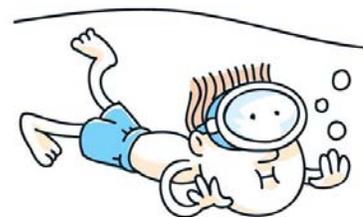
Tuesday, Wednesday, Thursday & Friday

Week	1	June 14 – 17
Week	2	June 21 – 24
Week	3	June 28 – July 1
Week	4	July 5 – 8
Week	5	July 12 – 15
Week	6	July 19 – 22
Week	7	July 26 – 29
Week	8	Aug. 2 – 5
Week	9	Aug. 9 – 12
Week	10	Aug. 16 – 19

Afternoon Lesson Times 4:10 – 4:40 pm or 4:45 – 5:15 pm or 5:20 – 5:50 pm

Monday, Tuesday, Thursday & Friday

Week	1	June 13 – 17	
Week	2	June 20 - 24	
Week	3	June 27 – July 1	
Week	4	July 5 – 8	<i>(Week 4: 3 classes. \$15.75 Resident \$18 Non-Resident)</i>
Week	5	July 11 – 15	
Week	6	July 18 – 22	
Week	7	July 25 – 29	
Week	8	Aug. 1 – 5	
Week	9	Aug. 8 - 12	
Week	10	Aug. 15 – 19	
Week	11	Aug. 22 – 26	<i>No 5:20 -5:50 pm Class this week</i>
Week	12	Aug. 29 – Sept. 2	<i>No 5:20 – 5:50 pm Class this week</i>



GOLD FISH Parent & Tot Swim Lessons **Ages 8 mos to 3 Years Old**

Parent and child swim lesson concentrating on building confidence and development of water safety skills. An instructor will introduce little ones to kicking, floating, under. Classes are 2 days a week offered Monday and Tuesday evenings for two weeks.

Fee: \$21 Residents \$24 Non-Residents

Night Lesson Times 6:25 – 6:55 pm

Monday & Tuesday

Session	1	June 13, 14, 20 & 21
Session	2	June 27, 28, July 5 <i>(No class July 4, Fee: \$15.75 Resident \$18 Non-Resident)</i>
Session	3	July 11, 12, 18 & 19
Session	4	July 25, 26, Aug 1 & Aug 2
Session	5	August 8, 9, 15 & 16

Register at www.cityofmartinez.org or by calling 925-372-3510

PRIVATE LESSONS

Lessons are available for students ages 3 to adult of all swimming abilities. Each lesson is 20 minutes. **Call 925-370-6451 beginning June 14 to arrange a lesson.**

Lessons are scheduled based on staff availability and pool usage.

No semi-private lessons are offered.

Fee: \$90 for 4 private lessons \$25 for each private lesson

Swim Lesson Tips and Suggestions

- Goggles allow students to swim underwater without eye irritation.
- Please apply sunscreen to your child thirty minutes before class for the best sun protection.
- Girls should pull their hair away from their eyes with a tie or clip. Wet hair falling across the face, mouth, and nose can be frightening for a new swimmer.
- Bring a big fluffy towel to wrap swimmers at the end of class. Even on warm days, the air can feel cold to youngsters exiting the water.
- Please do not hover over the class or sit close to your child's group. The child should be listening to the instructor and following his/her directions.
- Rash guards protect from the sun and the cold.
- Avoid swimmer's ear by removing moisture from the ear as soon as possible.
 - Have the child lay down on the offending side until the water runs out.
 - Blow dry – Put the blow drier on the lowest setting. Blow across—not into the ear.
 - Drugstores sell products specifically for removing water from the ear.

