

Ages 4 – 14 yrs 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.

Choose the time and week(s) that work best for your schedule. Register by calling Martinez Recreation at 372-3510 or go to www.cityofmartinez.org

Fee: \$31 Resident

\$34 Non-Resident

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

Tuesday, Wednesday, Thursday & Friday

Week	1	June 13 – 16	
Week	2	June 20 – 23	
Week	3	June 27 – July 30	
Week	4	July 5 – 7	(3 classes \$26 Resident, \$28 Non-Resident)
Week	5	July 11 – 14	
Week	6	July 18 – 21	
Week	7	July 25 – 28	
Week	8	Aug. 1 – 4	
Week	9	Aug. 8 – 11	
Week	10	Aug. 15 – 18	

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

Monday, Tuesday, Thursday & Friday

Week	1	June 12 – 16	
Week	2	June 19 – 23	
Week	3	June 26 – 30	
Week	4	July 3, 6 & 7	(3 classes \$26 Resident, \$28 Non-Resident)
Week	5	July 10 – 14	
Week	6	July 17 – 21	
Week	7	July 24 – 28	
Week	8	July 31 – Aug 4	
Week	9	Aug. 7 – 11	
Week	10	Aug. 14 – 18	
Week	11	Aug. 21 – 25	
Week	12	Aug. 28 – Sept. 1	

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

Monday, Tuesday, Thursday & Friday

Week	1	June 12 - 16	
Week	2	June 19 – 23	
Week	3	June 26 – 30	
Week	4	July 3, 6 & 7	(3 classes \$26 Resident, \$28 Non-Resident)
Week	5	July 10 – 14	
Week	6	July 17 – 21	
Week	7	July 24 – 28	
Week	8	July 31 – Aug 4	
Week	9	Aug. 7 – 11	
Week	10	Aug. 14 – 18	

2017 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.

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

Choose the time and week(s) that work best for your schedule. Register with Martinez Recreation at 372-3510 or www.cityofmartinez.org

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

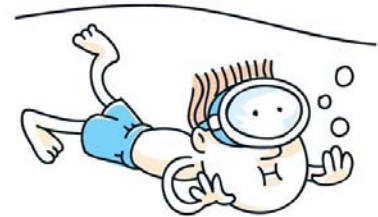
Tuesday, Wednesday, Thursday & Friday

Week	1	June 13 – 16	
Week	2	June 20 – 23	
Week	3	June 27 - 30	
Week	4	July 5 – 7	(Week 4: 3 classes \$15.75 Resident, \$18 Non-Resident)
Week	5	July 11 – 14	
Week	6	July 18 – 21	
Week	7	July 25 – 28	
Week	8	Aug. 1 – 4	
Week	9	Aug. 8 – 11	
Week	10	Aug. 15 – 18	

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 12 – 16	
Week	2	June 19 – 23	
Week	3	June 26 - 30	
Week	4	July 3, 6 & 7	(Week 4: 3 classes. \$15.75 Resident, \$18 Non-Resident)
Week	5	July 10 – 14	
Week	6	July 17 – 21	
Week	7	July 24 – 28	
Week	8	July 31 – Aug 4	
Week	9	Aug. 7 – 11	
Week	10	Aug. 14 – 18	
Week	11	Aug. 21 – 25	No 5:20 -5:50 pm Class this week
Week	12	Aug. 28 – Sept 1	No 5:20 – 5:50 pm Class this week



GOLD FISH Parent & Tot Swim Lessons Ages 8 Months 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, and submerging. 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 12, 13 19 & 20	
Session	2	June 26, 27, July 3	(Session 2: 3 classes. Fee: \$15.75 Resident, \$18 Non-Resident)
Session	3	July 10, 11, 17 & 18	
Session	4	July 24, 25, 31 & Aug 1	
Session	5	August 7, 8 14, & 15	

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.