



SWIM LESSONS

JUNE 17 – JULY 27

FEE: \$45 - REGISTER AT WWW.MAMMOTHPARKSANDREC.COM
WHITMORE POOL, BENTON CROSSING ROAD



PARENT & CHILD – Whitmore Starfish

Students must be at least 6 months old.
One parent per child per class.

Week-Long Programs Mon.-Fri. 10:00am-10:30am 5 consecutive days. June 17-21 | June 24-28 | July 8-12 | July 15-19 | July 22-26.
Weekly Lessons Mon. 4:30pm-5:00pm OR Sat. 10:00am-10:30am 1 session per week. June 17-July 27.



TINY TOTS – Whitmore Guppy

Students must be at least 3 years old.
Students must be able to follow directions and be comfortable in the water without parents.

Week-Long Programs Mon.-Fri. 10:45am-11:15am 5 consecutive days. June 17-21 | June 24-28 | July 8-12 | July 15-19 | July 22-26.
Weekly Lessons Mon. 5:15pm-5:45pm OR Sat. 10:45am-11:15am 1 session per week. June 17-July 27.



LEVEL 1 – Whitmore Seahorse

Students must be at least 6 years old.
This is an entry-level, beginner class.

Week-Long Programs Mon.-Fri. 11:30am-12:00pm 5 consecutive days. June 17-21 | June 24-28 | July 8-12 | July 15-19 | July 22-26.
Weekly Lessons Mon. 4:30pm-5:00pm OR Sat. 11:30am-12:00pm 1 session per week. June 17-July 27.



LEVEL 2 – Whitmore Turtle

Students must be at least 6 years old.
Students must be able to safely enter/exit the water; submerge mouth, nose & eyes; show controlled breathing; front/back float; change direction; swim 5 feet on front/back.

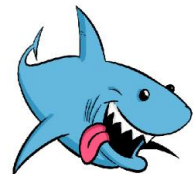
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LEVEL 3 – Whitmore Dolphin

Students must be at least 6 years old.
Students must be able to enter the water by stepping/jumping; submerge entire head; blow bubbles; open eyes underwater; front/back glide; swim 15 feet on front; swim 10 feet on back; swim on side, use lifejacket safely.

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Weekly Lessons Sat. 10:45am-11:15am 1 session per week. June 17-July 27.



LEVEL 4 – Whitmore Shark

Students must be at least 6 years old.
Students must be able to jump into deep water; enter water head-first from sitting/kneeling position; retrieve deep water objects; survival float for 30 secs; tread water for 30 secs; front/back crawl; butterfly; dive.

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Weekly Lessons Sat. 11:30am-12:00pm 1 session per week. June 17-July 27.

For more information, please contact the Whitmore Pool at (760) 965-3692
or Recreation Supervisor Kat Kelly at (760) 965-3697.