

**Orinda Aquatics Masters presents**  
**2026 Swimming 101**  
**an Adult Learn-to-Swim (better) Program**

**WHAT:** Swimming 101 is a 12-week learn-to-swim BETTER program for adults that will meet twice per week on Tuesdays and Thursdays from 10:00-11:00am at the Soda Aquatic Center.

**WHERE:** Campolindo High School, 300 Moraga Road, Moraga, 94556. Also known as the Soda Center. The pool is shallow and generally kept relatively warm.

**WHEN:** Tuesdays and Thursdays, from 10:00-11:00am, starting Tuesday, January 6 and ending Thursday, March 26. This is a 12-week program, ending just before Spring Break.

**HOW:** This class will take participants through all four competitive strokes and their turns. Some diving will be taught, as well, to anyone willing to try! The early focus is on proper air exchange (breathing), then proper kicking for all the strokes, and learning the four strokes in the order of freestyle, backstroke, breaststroke and butterfly. The first 2-3 weeks will focus mostly on the air exchange and freestyle.

**WHY:** Because everyone can improve their swimming technique, and it's NEVER TOO LATE to learn to swim better. Once you've completed this course, you will be ready to join any masters swimming program to continue your swimming journey. Tiffany Forbes, the Orinda Aquatics Masters head swimming coach, will be offering this class for its 8th year. Tiffany has taught this course many times and enjoys working with adults interested in improving their swimming.

The minimum requirement to participate is that all participants are comfortable in the water. You must be able to confidently swim 25 yards of the pool without assistance, even if it's not pretty. Some hesitation is okay, but a willingness to submerge your face and body on the first day will be necessary. Swimmers need to come to each session with a towel, swimsuit, goggles (and, for anyone with longer hair, a swimming/bathing cap). Anyone who owns a pair of fins is encouraged to bring them to each session. We will use fins somewhat regularly.

The class is limited to the first 16 to register. The fee for the 12-week course is \$400. Checks, Venmo, or Zelle are the preferred method of payment. Checks can be made payable to Tiffany Forbes. For questions, or to register, please email Tiffany at [tforbes267@gmail.com](mailto:tforbes267@gmail.com). For Zelle/Venmo details, speak directly with Tiffany.

I look forward to helping you improve your swimming to enhance your fitness and wellness journey. Come see what all the swimming fuss is about!