



Spring Lessons-Solano 2026 Info Sheet

SpringSwim Lessons

DART offers both private and group lessons throughout the year.

DART instructors are current or former competitive swimmers and/or water polo players. Instructors are trained by DART Solano as well as required to take additional safety training.

Lessons are 25 minutes in length.

Facility

All lessons are held at the Solano College Pool-which is located at 4000 Suisun Valley Road.

The pool is on campus near the gym and soccer fields. A campus map is available below:

[Campus Map](#)

Sessions and Class Days

All sessions are two weeks in length.

Dates

February 17-26
March 2-12
March 16-26
April 6-16
April 20-30

Days of the Week Available

| |
|---|
| Tuesdays and Thursdays |
| Mondays, Tuesdays and Thursdays |
| Mondays, Tuesdays and Thursdays |
| Mondays, Tuesdays, Wednesdays and Thursdays |
| Mondays, Tuesdays, Wednesdays and Thursdays |

Times

4:30-4:55 pm
5:00-5:25 pm
5:30-5:55 pm
6:00-6:25 pm
6:30-6:55 pm

Cost Per Session

All sessions are two weeks in length. Costs listed below include two lessons.

Private

| | | |
|--------------|------|---------------------------|
| 1 day a week | \$60 | Up to 1 student per class |
|--------------|------|---------------------------|

Level 1

| | | |
|--------------|------|----------------------------|
| 1 day a week | \$45 | Up to 2 students per class |
|--------------|------|----------------------------|

Level 2

| | | |
|--------------|------|----------------------------|
| 1 day a week | \$30 | Up to 3 students per class |
|--------------|------|----------------------------|

Level 3

| | | |
|--------------|------|----------------------------|
| 1 day a week | \$25 | Up to 4 students per class |
|--------------|------|----------------------------|

Swimmers can enroll in as many days per week that work for their schedule. Prices listed are based on one day per week.

Registration

Registration is available by going to our main website at dartsolanoswim.org. All registrations are done with Captyn, which offers a fast, efficient and secured registration process.

<https://dartsolanoswim.captyn.com/admin>

Changes and Refunds

All registrations are considered final. Refunds are not available without a medical excuse and a doctor's note. There is a non-refundable fee of \$5.00 for any refunds that are processed due to processing expenses.

We do not regularly offer make-up sessions. If there are open lessons spots within a session, our staff will do our best to provide a limited amount of makeup lessons.

Refunds or makeups will be made available due to any unforeseen pool closures.

Instructors Assignments

Swimmers will be assigned instructors for each session. We do our best to maintain consistency of the same instructor for each swimmer if possible-however, not all instructors work every session. Families can request particular instructors-we will do our best to assign them accordingly pending availability.

Instructors will communicate each student's progress at the end of each session with parents/guardians as well as our other staff. This includes level moves for all swimmers

Private Lessons

Our private swim lessons offer personalized, one-on-one instruction designed to meet each swimmer's individual needs and goals. Lessons focus on water safety, stroke development, technique, and confidence in the water. With individualized attention, swimmers progress at their own pace in a supportive and encouraging environment.

Level 1

This level is for your beginner swimmer. One who may not be ready to be their face in the water. A perfect level 1 swimmer would still need help floating on their own both on their stomach and back.

We will be mastering

1. Putting face in the water blowing bubbles through their nose
2. Float unassisted on stomach with face in the water
3. Float unassisted on back.
4. Flutter Kick with kickboard
5. Begin using freestyle arms

Level 2

This level is for your swimmer that is comfortable in the water and can float on their stomach with their face in the water unassisted and have started to swim freestyle. They should also float on their back unassisted.

We will be mastering

1. Freestyle unassisted with side breathing for 15 yards
2. Tight streamlines
3. Flutter kick unassisted with the kickboard 15 yards
4. Float unassisted on back and begin backstroke.

Level 3

This level will be filled with advanced swimmers just about ready for the swim team. They will be able to swim 15 yards freestyle unassisted as well as beginning to swim backstroke.

We will be mastering

1. Perfecting side breathing while swimming freestyle
2. Perfecting tight streamlines
3. Swimming backstroke unassisted
4. Work on endurance, they will be able to swim 25 yards unassisted freestyle and backstroke.
5. Introducing swim terminology (ie. 25=1 lap)