



Winters Swim Lessons 2025

Swim lessons will be offered in the City of Winters at the Bobbie Greenwood Community Swim Center. Afternoon lessons will be available. We are looking at the possibility of offering morning lessons based on staffing and demand

Swim Lessons

\$45 per session

Mon-Thu	4:00-4:30 pm	Level 1 (2)	Level 2	Level 3
Mon-Thu	4:35-5:05 pm	Level 1 (2)	Level 2 (2)	
Mon-Thu	5:10-5:40 pm	Level 1 (2)	Level 2	Level 3

Swim Lesson Sessions

June 2-5	\$45	
June 9-12	\$45	
June 16-19	\$45	
June 23-26	\$45	
June 30-July 2	\$35	3 days-pro-rated
July 7-10	\$45	
July 14-17	\$45	
July 21-24	\$45	
July 28-31	\$45	

Parent Tot

Water Exploration

This class is designed for swimmers to explore the water with the assistance of a parent or guardian (must be 16 or older.) The activities and skills are led by staff.

Group Lesson

8 students to 1 instructor

Parent/guarding in water with student

Water games
Songs with water movements
Arm movements
Leg movements
Use of swim toys
Place face/head in water with assistance
Learn verbal cues for swim skills
Acclimate to working directly with an instructor

Level 1**Water Acclimation**

This is the entry level of our swim lesson program. Swimmers must be comfortable being in the water without a parent or guardian.

Group Lesson**4 students to 1 instructor**

Enter the water using the steps
Put face in the water
Retrieve toy from steps with face in water
Blow bubbles
Submerge head
Front float assisted
Back float assisted
Front kick assisted
Back kick assisted
Freestyle arm motions
Jump into pool assisted

Level 2**Learn to Swim**

Swimmers must be comfortable in the water for this level. Swimmers must be able perform a front a back float with assistance.

Group Lesson**4 students to 1 instructor**

Enter water from side of pool
Front float unassisted
Back float unassisted
Front kick for 5 yards unassisted
Back kick for 5 yards unassisted
Freestyle arms with kick-wall assisted
Jump from side of pool to instructor
Swim freestyle 5 yards unassisted

Level 3**Stroke Introduction**

Swimmers must be able to swim 5 yards on their own for this level. Swimmers will focus on swimming independently-freestyle and backstroke.

Group Lesson**4 students to 1 instructor**

Front streamline kick for 10 yards unassisted
Back Streamline kick for 10 yards unassisted
Streamline kick to instructor
Freestyle for 10 yards with side breathing
Backstroke for 5 yards
Breaststroke kick
Dolphin kick introduced

Private Lessons

Private lessons may be made available to the community. Due to staff and space limitations, these would need to take place on days/times that the swim team and swim lessons are not using the pool. Information will be posted on our website if these become available.

Cancellations and Refunds

All refunds must be requested at least 6 business days in advance. This allows for us to fill a class. A \$5 processing fee will be applied due to cc charges.

Credits may be issued for any cancellations that are made within 3-5 business days.

All other requests will be considered with a doctor's note or similar.

Registration

To register, you can go to www.wintersswimteam.com.

Summer registration will begin on Tuesday, April 29 at 5:00 pm for all June classes.

Summer registration will begin on Tuesday, May 6 at 5:00 pm for all July classes.

We are using a new registration system this summer (Captyn.) It is an improved secure software that works well with session based programs for both registration and communication. The registration link will be posted on the Winters Swim Team website. Credit card and ACH payments are accepted at the time of registration.

Scholarships are available for swim team, however, they are NOT available for community swim lessons.

Swimmers are expected to:

- Attend as many practices offered as they can.
- Be attentive and listen at practice.
- Try their best at each practice.
- Be cooperative with coaches and considerate of their teammates.
- Always display good character by being respectful and polite to others.
- Practice good sportsmanship during workouts and at meets.
- Follow all pool rules at all times at home and away.
- Clean up after themselves and not leave personal belongings at the pool.
- Participate in meet warm up.

Coaches are expected to:

- Serve as role models.

- Foster sportsmanship, fair play and building of the mind and body through a competitive atmosphere.
- Provide an appropriate level of discipline at practices and meets.
- Actively encourage and motivate swimmers to do their best at practices and meets.
- Unify the team and build team spirit.

Parents are expected to:

- Support coaches.
- Support their child's efforts through encouragement and positive reinforcement.
- Provide general parental guidance for their children.
- Provide transportation for their swimmer to and from meets.
- Actively volunteer at meets and/or participate in other team events.
- Pay all fees on time.
- Set an example of sportsmanship and leadership for the children. This includes the use of appropriate language and behavior on the pool deck.

Pool Deck Rules

During practice, all non-swimmers are asked to:

- Stay away from the edge of the pool.
- Walk on the pool, please do not run.
- Refrain from conversing with the swimmers and/or coaches during workouts.
- Supervise non-swimming children at all times.
- Stay out of the small pool.
- Obey the lifeguard(s) on duty.

Grievances

Please talk to the Head Coach first if you have any concerns and/or questions about your swimmer's progress and/or the coaching techniques of the staff. You may bring any concerns not satisfactorily dealt with by the Head Coach on site or Ricky Silva as well. Safety issues and other general team concerns should be brought to the attention of Ricky Silva.

www.wintersswimteam.com