

SWIM CLASS SCHEDULE

John H. Furbee Aquatics Center
11750 Cholla Drive
Desert Hot Springs, CA 92240

2022 SWIM CLASS SCHEDULE John H. Furbee Aquatics Center

4-WEEK SESSIONS | JUNE 6 - JUNE 29 | JULY 4 - JULY 27 | AUG. 1 - AUG. 24

MONDAY

	AGE	LIMIT
10:00am-10:30am (Parent & Me 1)	6-18 months	6
10:30am-11:00am (Parent & Me 2)	18-24 months	6
11:00am-11:30am (Parent & Me 3)	24-36 months	6
11:30am-12:00pm (Beginner Starfish Class)	3-5 years	4
12:00pm-12:30pm (Intermediate Starfish Class)	4-6 years	4
12:30-1:00pm (Jellyfish Class)	6-12 years	4
5:30pm-6:00pm (Jellyfish Class)	6-12 years	4
6:00pm-6:30pm (Advanced Jellyfish Class)	6-12 years	4
6:30pm-7:00pm (Teen Swim Class)	13-18 years	6
7:00pm-7:30pm (Adult Swim Class)	18+ years	6

TUESDAY

10:00am-10:30am (Parent & Me 1)	6-18 months	6
10:30am-11:00am (Parent & Me 2)	18-24 months	6
11:00am-11:30am (Parent & Me 3)	24-36 months	6
11:30am-12:00pm (Beginner Starfish Class)	3-5 years	4
12:00pm-12:30pm (Intermediate Starfish Class)	4-6 years	4
12:30pm-1:00pm (Jellyfish Class)	6-12 years	4
5:30pm-6:00pm (Jellyfish Class)	6-12 years	4
6:00pm-6:30pm (Advanced Jellyfish Class)	6-12 years	4
6:30pm-7:00pm (Teen Swim Class)	13-18 years	6
7:00pm-7:30pm (Adult Swim Class)	18+ years	6

WEDNESDAY

10:00am-10:30am (Parent & Me 1)	6-18 months	6
10:30am-11:00am (Parent & Me 2)	18-24 months	6
11:00am-11:30am (Parent & Me 3)	24-36 months	6
11:30am-12:00pm (Beginner Starfish Class)	3-5 years	4
12:00pm-12:30pm (Intermediate Starfish Class)	4-6 years	4
12:30pm-1:00pm (Jellyfish Class)	6-12 years	4
5:30pm-6:00pm (Jellyfish Class)	6-12 years	4
6:00pm-6:30pm (Advanced Jellyfish Class)	6-12 years	4
6:30pm-7:00pm (Teen Swim Class)	13-18 years	6
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PARENT & ME 1

Ages 6 months - 18 months
30-minute class; 6 kids maximum.
With their parent in the pool, students are introduced to the water in a fun, friendly environment with play, song, and instructor assistance.

PARENT & ME 2

Ages 18 months - 24 months
30-minute class; 6 kids maximum.
With their parent in the pool, students learn to relax and feel comfortable swimming underwater.

PARENT & ME 3

Ages 24 months - 36 months
30-minute class; 6 kids maximum.
With their parent in the pool, students learn critical water-safety skills including back floating, safely entering and exiting the pool, beginner front crawl, and swimming underwater.

BEGINNER STARFISH CLASS

Ages 3 yrs. - 5 yrs.
30-minute class; 4 kids maximum.
Beginner Starfish swimmers are taught basic water-safety skills including safely entering and exiting pool, retrieving objects in shallow water, beginner breath control, back and front floating, and front crawl for 5-7 feet.

INTERMEDIATE STARFISH CLASS

Ages 4 yrs. - 6 yrs.
30-minute class; 4 kids maximum.
Intermediate Starfish swimmers are taught intermediate water-safety skills including independent submersion, intermediate breath control, back and front floating, and front crawl for 15 feet.

JELLYFISH CLASS

Ages 6 yrs.- 12 yrs.
30-minute class; 4 kids maximum.
Jellyfish swimmers are taught basic to intermediate water-safety and swimming skills based on swimmer level. This class teaches advanced water-safety skills including breath control, back and front floating, beginner freestyle and elementary backstroke.

ADVANCED JELLYFISH CLASS

Ages 6 yrs. -12 yrs.
30-minute class; 4 kids maximum.
This class is designed for Jellyfish swimmers who have passed a water-safety test given by instructor. This class builds on stroke development for freestyle and backstroke and introduces breaststroke, and butterfly.

TEEN SWIM CLASS

Ages 13 yrs. - 18 yrs.
30-minute class; 6 teens maximum.
This program is for swimmers of all levels if you are between 13 to 18 years of age. Depending on the student's swimming abilities, Teen Swim lessons help develop and improve a number of swimming skills, including but not limited to: water comfort, breath control, coordination, as well as swimming distance and stroke efficiency.

ADULT SWIM CLASS

Ages 18+
30-minute class; 6 adults maximum.
This class teaches adults of all ages and levels with an emphasis on water safety, breath control, back and front floating, front and back crawl, and elementary breaststroke. Beginner Adult Swimmers encouraged to enroll.

