

2026 GROUP & PRIVATE SWIM LESSONS SCHEDULE

Group Lessons

Monday - Thursday | 2 weeks
Eight 25-minute lessons

Session 1:
June 1 - June 11

Session 2:
June 15 - June 25

Session 3:
July 6 - July 16

Session 4:
July 20 - July 30

Session 5:
August 3 - August 13



SWIM LESSON FEE:

Group Lesson: \$65 Non-Res. / \$60 Res

Private Lessons: \$145 Non-Res. / \$130 Res

*Additional \$45 to add one swimmer to a private lesson

EVENINGS	Starfish	Guppies	Otters	Turtles	Seals	Dolphins	Whales	Private
4:00pm								
4:30pm								
5:00pm								

REGISTER: Online at fecrpd.com.

*There will be a \$5.00 change fee if you are required to move your child to another class.








For group & private swim lesson information
contact Sabrina Wiederhold
(916) 927-3802 x117 or swiederhold@fecrpd.com

Note: If you would like to add a participant for a Semi-Private Lesson, please enroll one person for the Private Lesson and contact us directly for us to accommodate the price adjustment for the 2nd person. Also note there are limited spaces for Private Lessons and openings are on first-come, first-serve basis*

COTTAGE POOL SWIM LESSON CLASS DESCRIPTIONS

We are proud to offer a wide variety of swim lesson options that meet the abilities and age levels of most swimmers. With exceptional swim instructors, we work with various ages, abilities, levels, and adaptations.

The levels we provide not only include beginner to advanced youth classes, but also include classes for adults of all skill level and any students with adaptive needs. Please call for special accommodations so we can pair the student with an appropriate instructor. See the swim lesson matrix for lesson times, dates, & class levels provided, and other details. REGISTER online at www.fecrpd.com or call (916) 927-3802.

	Starfish Fun <i>Ages 6 mo-3 yrs</i>	In this class both parent and child are in the water to experience water adjustment and basic swimming skills such as front/back floats, assisted monkey crawls, and kicking on their backs with support. Children will enjoy fun activities in the pool!
	Guppies <i>Ages 3-5 yrs.</i>	This water adjustment class is designed to orient new swimmers to the aquatic environment and teaches them elementary swimming skills such as blowing bubbles and floating with support
	Otters <i>Ages 3-5 yrs.</i>	This class is structured for children who already feel comfortable in the water and are ready to start swimming with skills such as front and back floats, streamline w/glide, flutter kick, and basic arm strokes. **Requirements: Recommendation
	Turtles <i>Ages 5+ yrs.</i>	This water adjustment class is designed to orient new swimmers to the aquatic environment and to teach them elementary swimming skills such as freestyle and back stroke steam line, and freestyle arms with flutter kick. Important: Swimmers must be able to swim without assistance to move up to seals.
	Seals <i>Ages 5+ yrs.</i>	Seals offer introduction of primary skills and stroke readiness for beginner swimmers. This class will focus on the fundamentals of aquatic locomotion including glides freestyle, back stroke, and elementary back stroke. **Requirements: Students must be 5 years+ with a recommendation from their Turtle or Otter instructor.
	Dolphins <i>Ages 6+ yrs.</i>	This class develops confidence and competency through stroke development for advanced beginner swimmers. Class will focus on building endurance and stroke proficiency in freestyle, back stroke, and elementary back stroke. Breaststroke, butterfly, and side stroke will be introduced. **Requirements: Student must complete Seals and swim 10 yards unassisted.
	Whales <i>Ages 6+ yrs.</i>	Whale lessons are designed to refine swimming techniques for intermediate swimmers. The class will focus on developing efficiency, power, endurance, and refinement of all swimming strokes. **Requirements: Student must complete Dolphins class, or swim 15 yards freestyle, 15 yards backstroke, 10 yards elementary backstroke efficiently and must be able to jump off diving board.