



CITY OF
San Fernando
Historic & Visionary

NEWS RELEASE

For immediate release
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Registration Now Open for Swim Lessons *Sessions Start September 8 and September 22*

Registration is now open for swim lessons at the San Fernando Regional Pool Facility. Group sessions start September 8 and September 22, and are available to persons of all ages and swimming abilities.

Lessons are taught per the American Red Cross Learn-to-Swim curriculum.

Enrollment fees are \$50 per session. Session options include 10 weekday lessons over a two-week period, or 10 Saturday lessons over a 10-week period.

Lessons will be held Monday through Friday at 5:00 p.m., 5:40 p.m. and 6:20 p.m.; and on Saturdays at 9:00 a.m., 9:40 a.m. and 10:20 a.m. Each lesson lasts 40 minutes.

Private lessons are also available. Cost per lesson: \$25 for 45 minutes of instruction.

Registrations are accepted on a first-come, first-serve basis. Sign-ups can be made at the Pool Facility located at 208 Park Ave.

For more information, contact the City's Recreation and Community Services Division at (818) 898-1290 or visit www.sfcity.org/pool.

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LESSON OFFERINGS

Introduction to Water Skills. Designed to help participants feel more comfortable and safe in the water; for the person who lacks water experience or has a fear of the water.

Fundamental Aquatics Skills. Marks the start of basic swimming skills; for the person who does not fear the water and cannot swim independently.

Stroke Development. Trains participants to swim 15 yards. Develops arm and leg coordination to execute strokes.

Stroke Improvement. Increases participant training distance to 25 yards. Introduces advanced strokes.

Stroke Refinement. Keeps participants in swimming shape by improving abilities in all strokes, starts, turns and finishes.

