

Swim Lesson Descriptions

Parent/Tot

(Adults and children: 6 months–3 years)

This is a fantastic opportunity for children to enjoy the water while being accompanied by a parent/ adult. Instructors will guide parents in teaching their children. This class is designed to help children become comfortable in the water and acclimate them to the swim lesson environment and instructors in preparation for joining our “Super Tots” program.

Super Tots

(Children: 3–5 years)

This is a great opportunity for “super tots” to have fun and learn new skills without parents. Skills range from entry level to advanced. All students will be assessed at the beginning of the session and placed in groups according to skill level and class size. This class is designed to help students prepare for our “Learn-to-Swim” program. No previous swimming experience is necessary.

Learn-to-Swim

(Children: 5–13 years)

Level I-IV participants do not need to select a specific class level when registering. On the first day of each session, all participants will be assessed to ensure appropriate class placement. Swimmers will be assigned to a class with other students at similar skill levels. Lessons will have a 6:1 student-to-teacher ratio, and will be tailored to meet each student’s needs. Level 5 and 6 Learn-to-Swim will be offered **only at morning 11:30-12:15 p.m. and evening 6:30-7:15 p.m. classes.**

NOTE: This is a 45-minute class.

Adult Swim Lessons

(Children: 14 years–adult)

Adult group lessons are a fun way for swimmers of all abilities to improve their skills. If you are afraid of the water or if you’ve just never learned to swim, this is the class for you! Adult lessons are 45 minutes long.

Adaptive/Private Lessons

Adaptive and private, semi-private and private group swim lessons (for adults and children) are conducted in two five-week sessions, (25-minute lessons), Mondays, Tuesdays, Wednesdays, or Thursdays in the evenings: 5:30-5:55 p.m., 6-6:25 p.m., 6:30-6:55 p.m.

Private lessons are done by phone registration. Semi-private (2 participants) can be done by phone if and only if all participants’ booking information is provided AND all participants are paid at the initial registration. **THERE ARE NO PARTIAL SIGN-UPS FOR SEMI-PRIVATE SWIM LESSONS.**



East Bay 
Regional Park District

2950 Peralta Oaks Court
Oakland, CA 94605-0381
1-888-EBPARKS
www.ebparks.org



Swim Lessons Registration/ Information:

Call 1-888-EBPARKS,
then press option 2, 3

Pool Locations

**Roberts Regional
Recreation Area**
10570 Skyline Boulevard
Oakland, CA 94619

**Contra Loma
Regional Park**
1200 Frederickson Lane,
Antioch, CA 94509

**Diablo Foothills
Regional Park**
1700 Castle Rock Road
(Northern Staging Area)
Walnut Creek, CA 94598



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Swim Lesson Program

Summer & Fall 2011

Healthy Parks 
Healthy People

**Receive a 30% discount on your swim gear when you enter code “swimeb”
at www.finisinc.com. A portion of sales benefit the Regional Parks Foundation.**

Swim Lessons

The Regional Parks Swim Program offers inclusive programming with a Red Cross format for persons of all abilities. Classes are four to six students per instructor. All instruction is conducted with emphasis on personal safety and fun. Refer to the lesson descriptions to determine placement, then check session dates and times for availability. To find out more about the specific breakdown of each level, go to www.eblifeguard.org/swimlessons.

If participant requires disabled accommodations, please contact Pete DeQuincy at (510) 690-6622, or pdequincy@ebparks.org, about specific accommodations needed.

Registration and Information

Online www.ebparksonline.org
Phone 1-888-EBPARKS, option 2, 3
Walk-In 2950 Peralta Oaks Court
 Oakland, CA 94605

Registration is required for all lessons. Please call, register online, or visit our administrative headquarters. If fewer than two students are registered in any one class, the class may be combined or canceled. Fees will be refunded if class is cancelled. Cancellations by registrants are refundable with seven days advance notice. No-shows on first day of session will be dropped unless advance notification is given by calling:
 Roberts (510) 544-3157
 Contra Loma (510) 690-6626
 Diablo Foothills (925) 945-8206

Fee Assistance

The Regional Parks Foundation provides financial assistance to families in need.

Application or donor information 1-888-EBPARKS, option 2

Roberts Pool, Contra Loma, and Diablo Foothills Swim Lesson Schedule

Contra Loma Lessons

(Monday-Thursday, eight 25-minute classes) Fee: \$50/session (non-res. \$56)

Dates M-Th	Morning 11-11:25 am	Morning 11:30-11:55 am	Mid-day 12-12:25 pm	Mid-day 12:30-12:55 pm	Mid-day 1-1:25 pm	Evening 5:30-5:55 pm	Evening 6-6:25 pm	Evening 6:30-6:55 pm
6/13 - 6/23	Learn/Swim	Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim
6/27 - 7/7 (No class on 7/4)	Learn/Swim	Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim
7/11 - 7/21	Learn/Swim	Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim
7/25 - 8/4	Learn/Swim	Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim
8/8 - 8/18	Learn/Swim	Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim	Super Tot Learn/Swim

Roberts Lessons

(Monday-Thursday, Eight 25-minute classes) Fee: \$50/session (non-res. \$56)

Adult classes 14+ years. Level 5 and 6 Learn-to-Swim will be offered only in the morning (11:30-12:15 pm, or 6:30-7:15 pm) and evening lessons.

Dates M - Th	Morning 10-10:25 am	Morning 10:30-10:55 am	Morning 11-11:25 am	Morning 11:30-11:55 am	Evening 5:30-5:55 pm	Evening 6-6:25 pm	Evening 6:30-6:55 pm
6/20 - 6/30	Learn/Swim	Super Tot Learn/Swim	Learn/Swim	Parent Tot Super Tot Learn/Swim	Parent Tot Super Tot Learn/Swim Private/Adaptive	Learn/Swim Adult Private/Adaptive	
7/5 - 7/14 (No class on 7/4)	Learn/Swim	Super Tot Learn/Swim	Learn/Swim	Parent Tot Super Tot Learn/Swim	Parent Tot Super Tot Learn/Swim Private	Learn/Swim Adult Private/Adaptive	
7/18 - 7/28	Learn/Swim	Super Tot Learn/Swim	Learn/Swim	Parent Tot Super Tot Learn/Swim	Parent Tot Super Tot Learn/Swim Private/Adaptive	Learn/Swim Adult Private/Adaptive	
8/1 - 8/11	Learn/Swim	Super Tot Learn/Swim	Learn/Swim	Parent Tot Super Tot Learn/Swim	Parent Tot Super Tot Learn/Swim Private/Adaptive	Learn/Swim Adult Private/Adaptive	
8/15 - 8/25	Learn/Swim	Super Tot Learn/Swim	Learn/Swim	Parent Tot Super Tot Learn/Swim	Parent Tot Super Tot Learn/Swim Private/Adaptive	Learn/Swim Adult Private/Adaptive	

Diablo Foothills Lessons

(Thursday/Friday, eight weeks, eight 25-minute classes)
 Fee: \$50/session (non-res. \$56)

Dates Days	Morning 9:30-9:55 am	Morning 10-10:55 am	Morning 10:30-10:55 am
6/30-8/18 Thursday	Super Tot Private/Adaptive	Super Tot Private	Super Tot Private
7/1-8/19 Friday	Super Tot Private	Super Tot Private	Super Tot Private

Roberts Lessons – Fall

(M/W or T/Th, four weeks, eight 25-minute classes)
 Fee: \$50/session (non-res. \$56)

Dates Days	Evening 3:30-3:55 pm	Evening 4-4:25 pm	Evening 4:30-4:55 pm
9/7-10/5 Monday/Wednesday (No lesson on 9/5, 9/12 holidays)	Parent Tot Super Tot	Learn/Swim	Parent Tot Super Tot
9/6-9/29 Tuesday/Thursday	Parent Tot Super Tot	Learn/Swim	Parent Tot Super Tot

Roberts Lessons – Saturdays

(Saturdays, three 25-minute classes)
 Fee: \$30/session (non-res. \$34)

Dates Saturdays	Morning 9-9:25 am	Morning 9:30-9:55 am	Morning 10-10:25 am
7/9, 7/16, 7/23	Parent Tot Super Tot	Parent Tot Super Tot	Parent Tot Super Tot
7/30, 8/6, 8/13	Parent Tot Super Tot	Parent Tot Super Tot	Parent Tot Super Tot

Roberts Lessons – Private

(Five 25-minute classes) Private: \$125
 Semi-private: \$75 each participant

Dates	Days	Times	Cost
6/20 - 8/25	Mon Tues Wed Thurs	5:30-5:55 pm 6-6:25 pm 6:30-6:55 pm	Private: \$125 Semi-private: \$75 each participant