



# SWIM LESSONS

Swim Lessons are scheduled in four-week sessions. You may sign up for multiple days a week for Lessons and Club. Prices below, for Group Lessons, are listed for 1 day a week, but students may sign up for multiple days a week, if desired. Group lessons can all be booked online at the link listed below. *Swim Club\**, *Semi Private*, and *Private* lessons must all be booked through our Aquatics Manager by emailing [northbay.aquatics@activewellnesscenter.com](mailto:northbay.aquatics@activewellnesscenter.com) or calling 707.624. 8080 opt. 5

*\*Swim Club is billed monthly, 30 day cancellation. Program utilizes Specialized instructors as well as Swim Instructors.*

## MEMBER PRICING

### Youth Group Lessons (1:5)

#### 30-minute lessons/ 1 day a week

Level 1 & Starfish: \$80  
Level 2 & Flounder: \$88  
Level 3 & Eel: \$96  
Level 4: \$104

### Parent/Tot Group Lessons (1:10)

30-minute lessons/ 1 day a week  
\$60

**Adult Group Lessons/ 1 day a week**  
\$120

**Swim Club:**  
**Adult or Teen/1-hr** \$75 monthly unlimited

Youth Beginner/30-min	Intermediate.-Adv./1-hr
1 day a week: \$70	1 day a week: \$100
2 days a week: \$90	2 days a week: \$125
3 days a week: \$110	3 days a week: \$150

### Semi Private Lessons 30-minute Lessons

4-pack \$115    8-pack \$224

### Private 30-minute Lessons

4-pack \$195    8-pack \$384

## NON-MEMBER PRICING

### Youth Group Lessons (1:5)

#### 30-minute lessons/ 1 day a week

Level 1 & Starfish: \$120  
Level 2 & Flounder: \$128  
Level 3 & Eel: \$136  
Level 4: \$144

### Parent/Tot Group Lessons (1:10)

30-minute lessons/ 1 day a week  
\$100

**Adult Group Lessons/ 1 days a week**  
\$160

**Swim Club:**  
**Adult or Teen/1-hr** \$135 monthly unlimited

Youth Beginner/30-min	Intermediate.-Adv./1-hr
1 day a week: \$100	1 day a week: \$125
2 days a week: \$125	2 days a week: \$150
3 days a week: \$150	3 days a week: \$175

### Semi Private Lessons 30-minute Lessons

4-pack \$155    8-pack \$302

### Private 30-minute Lessons

4-pack \$235    8-pack \$462

SCAN TO SIGN UP



**BOOK HERE>>**



# SWIM LESSONS

## 2025 SUMMER SESSIONS

June	July	August
Weekly Sessions Mon.-Thurs. 6/9 - 6/12 6/16 - 6/19 6/23 - 6/26 6/30 - 7/3  Monthly Sessions 6/10 - 7/3*	Weekly Sessions Mon.-Thurs. 7/7 - 7/10 7/14 - 7/17 7/21 - 7/24 7/28 - 7/31  Monthly Sessions 7/8- 8/02	Weekly Sessions Mon.-Thurs. 8/4 - 8/7 8/11 - 8/14  Monthly Sessions 8/5 - 8/30  *No Classes 4th of July weekend.

### SMALL GROUP SWIM LESSONS

- > Parent/Toddler (ages 3 mos-3 yrs)
- > Youth (ages 4-7)
- > Youth (ages 7-17)
- > Adult (18+)

### PRIVATE AND SEMI PRIVATE

Private and Semi Private lessons, please call  
707.624.8080, come in, or email  
[northbay.aquatics@activewellnesscenter.com](mailto:northbay.aquatics@activewellnesscenter.com).

- Weekly lessons are 4 days a week, Monday- Thursday, with each session being one week long.
- Monthly lessons are one day a week, 4 classes, with each session being one month long. Option to add 2-3 days a week available.
- Scan the QR and go to the website below, search for the next start date to view all class times and get registered.



SCAN FOR FULL  
SCEDULE AND  
REGISTRATION



### Swim Club:

#### Youth Mon/Wed/Thu

Beginner: 4:30 PM - 5:00 PM

Intermediate: 5:00 PM - 6:00 PM

Advanced: 6:00 PM - 7:00 PM

**Teen Tue/Thu** 4:30 PM - 5:30 PM

**Adult Mon/Wed** 6:00 PM - 7:00 PM

**Thu** 12:00 PM - 1:00 PM

[www.activewellnesscenter.com/northbay/aquatics/swim-lessons](http://www.activewellnesscenter.com/northbay/aquatics/swim-lessons)

\*\*Class days & times subject to change, be canceled, or combined based on number of enrollments.

# Swim Levels and Descriptions

## JUNIOR

Ages 4-6 years

### **Starfish |** Pre-Level 1 - The Basics

The Starfish level is designed to orient your child to an aquatic environment and help them gain basic aquatic skills including breath control, floating and kicks.

*Graduation Requirement: Submerge independently and retrieve object with eyes open, independent glide to instructor, independent jump to instructor from poolside*

### **Flounder |** Pre-Level 2 - The Fundamentals

The Flounder level is designed to help children gain greater independence and develop more comfort in and around the water. Skills taught include floating, arm/leg actions and submersion.

*Graduation Requirement: Swim 5-10 ft with arm/leg action on front, independent roll from back to front & front to back float, jump in & swim back to side*

### **Eel |** Pre-Level 3 - Stroke Development

The Eel level helps children to gain propulsive skills and progress their stroke development. Skills taught include freestyle, backstroke and beginning breaststroke.

*Graduation Requirement: Swim 15-20 ft on front and back independently, swim breaststroke 10-15 ft*

>> Group Lessons are available for online booking.  
To book Private and Semi Private, please call, come in, or email.

**Active Wellness Center at NorthBay Health**  
1020 Nut Tree Rd, Vacaville, CA 95687

**Contact Us:**  
[northbay.aquatics@activewellnesscenter.com](mailto:northbay.aquatics@activewellnesscenter.com)  
707.624.8080 opt. 5

## YOUTH

Ages 7-17 years

### **Level 1 |** The Basics

Level 1 helps participants to feel comfortable and acclimate to the water. Children will gain basic aquatic skills including breath control, floating and kicks.

*Graduation Requirement: Submerge independently and retrieve object with eyes open, independent glide to instructor, independent jump to instructor from poolside*

### **Level 2 |** The Fundamentals

Level 2 helps participants gain greater independence and develop more comfort in and around the water

*Graduation Requirement: Swim 5-10 ft with arm/leg action on front, independent roll from back to front & front to back float, jump in & swim back to side*

### **Level 3 |** Stroke Development

Level 3 builds on the skills in Level 2 through additional guided practice.

*Graduation Requirement: Kneeling dive, rudimentary freestyle, backstroke, & breaststroke, tread in deep water, dolphin kick 10-15 yards*

### **Level 4 |** Stroke Improvement

Level 4 helps develop confidence in the skills learned and improve additional aquatic skills.

*Graduation Requirement: 25 yds of each stroke, and a standing dive, tread water using 2 different kicks*  
Next step: Swim team

### **Swim Club |** Conditioning and Refinement

Participants must 'try out' before joining Swim Club, to assess skill level. Children must be at L3 or above. Participants will work on training for conditioning and skill refinement to grow as a stronger swimmer.

SCAN HERE:

