

SWISD Aquatic Center

Swimming (C)

Swim Lessons Adult Sept 2-25 (T-Th 7:10pm-7:40pm)

Welcoming adults that would like to learn to swim. Beginners will work on becoming comfortable with submersion as well explore basic skills such as floating, treading water, kicking and gliding. Intermediate swimmers will learn the fundamentals of freestyle (front crawl), backstroke, and potentially breaststroke and butterfly kicks. Improving arm and leg movements, breathing techniques, and overall efficiency in the water will be key before moving to advanced. Advanced swimmers will begin to put the fundamentals skills of each stroke together and start swimming longer distances. All participants will learn the importance of knowing how to react in a pool emergency and how to reach safety in case of an emergency.

Camp Start Date: September 2, 2025

Start Time: 7:10:00 PM

Camp End Date: September 25, 2025

End Time: 7:40:00 PM

Date Details: Sept 2, 4, 9, 11, 16, 18, 23, 25

Venue Name: SWISD AQUATIC CENTER

Venue Address: 9290 SW LOOP 410, SAN ANTONIO, TX 78242

Camp Cost: \$50.00

Questions: Kristin Libardoni klibardoni11219@swisd.net