

SWISD Aquatic Center
Swimming (C)

Swim Lessons ADULT Sept 28 - Oct 26 (M & Wed) 7:10pm-7:40pm

Day one will include water acclimation, safety, and skills evaluation. Beginners will learn to enter and exit the pool, blow bubbles, and 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 fundamental skills of each stroke together and start swimming longer distances. (Class is intended for adults 18+)

Camp Start Date:

September 28, 2026

Start Time:

7:10 PM

Camp End Date:

October 26, 2026

End Time:

7:40 PM

Date Details:

Sept 28, 30, Oct 5, 6, no class Oct 12, Oct 14, 19, 21, 26

Venue Name:

SWISD AQUATIC CENTER

Venue Address:

9290 SW LOOP 410, SAN ANTONIO, TX 78242

Camp Cost:

\$50.00

Questions:

Kristin Libardoni

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Special Notes:

Students should come ready to swim with their swim suits on towel in hand. Cancelations due to weather will not be rescheduled.