

SWISD Aquatic Center
Swimming (C)

Swim Lessons LEVEL 1 Sept 28 - Oct 26 (M & Wed) 5:10pm -5:40pm

Developed for ages 5 years and up, this session consists of eight, 30min swim lessons with SWAC staff. Day one will include water acclimation, safety, and skills evaluation. Please sign up for the appropriate level - if unknown, start by signing up for level one. 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 fundamentals skills of each stroke together and start swimming longer distances. All students will learn the importance of adult supervision and knowing how to react in a pool emergency and how to reach safety in case of an emergency.

Camp Start Date:

September 28, 2026

Start Time:

5:10 PM

Camp End Date:

October 26, 2026

End Time:

5:40 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:

No diapers allowed; participants must be potty-trained. Students should come ready to swim with their swimsuits on, towel in hand. Once students are checked in, parents must move to the bleacher area. If you are unsure what level to sign up for, please give us a call at 210-622-4900 Cancellations due to weather will not be rescheduled.