

Activity Guide

Activities & Events, Summer 2014

Summer Aquatics Programs



All Aquatics Programs will be held at the
Rio Linda High School Aquatics Center
 6309 Dry Creek Road

Public Swim

June 16 - August 10

Public Swim Hours:

Mon/Wed/Friday:
12:30-4:30pm

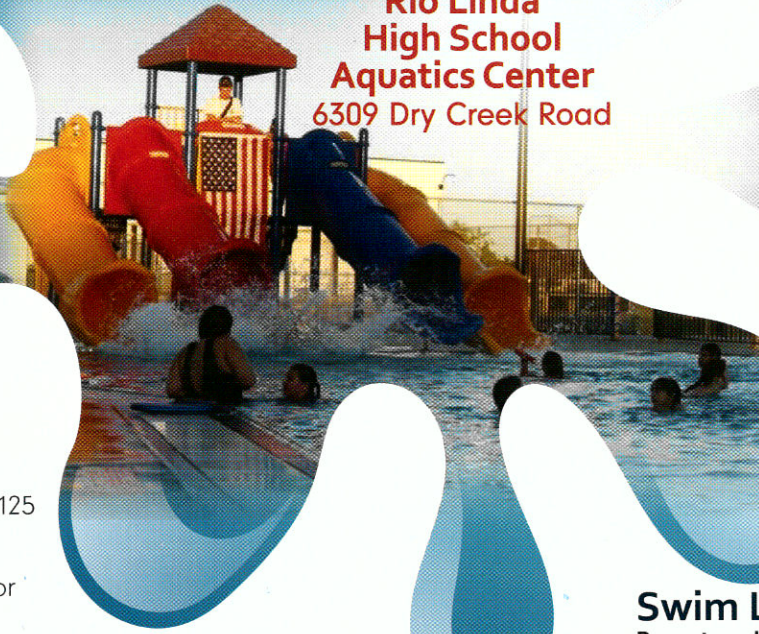
Saturday & Sunday:
1:00-4:00pm

Closed June 21 & July 12

Prices: Daily \$3*
10 Visit Card \$20

Individual Season Pass \$50
 Early Bird Family Pass (by 5/30) \$125
 Family Pass (after 5/30) \$150

*Group discounts available, call for more information



More Aquatics Inside...

- AquaKnights Swim Team
- Jr. Guard
- Free Lesson Day
- July 4th Pool Party
- Lap Swim
- Pool Rentals
- Water Aerobics

Swim Lessons

Registration for Sessions 1 and 2 will begin on May 1, 2014.

Register by May 30th for 10% off!

Registration for Sessions 3 and 4 will begin on Monday June 23, 2014.

Session 1:
June 16 - June 26

Session 2:
June 30 - July 10

Session 3:
July 14 - July 24

Session 4:
July 28 - August 7

| Summer 2014 Swim Lesson Schedule | | | | | | | | |
|--|-------|-------|-------|------|------|------|------|-------|
| All classes are 30 minutes long, Monday - Thursday | | | | | | | | |
| | 10:30 | 11:05 | 11:40 | 4:45 | 5:20 | 5:55 | 6:30 | Price |
| P&M | | • | | | • | | | \$45 |
| LEVEL 1 | • | | • | • | | • | | \$45 |
| LEVEL 2 | • | | • | • | | • | | \$45 |
| LEVEL 3 | • | | • | • | | • | | \$45 |
| LEVEL 4 | | • | | | • | | • | \$45 |
| LEVEL 5 | | • | | | • | | • | \$45 |
| ADULT | | | | | • | | • | \$45 |
| PRIVATE | • | • | • | | • | • | | \$85 |

Swim Level Descriptions

Parent and Me: 6 months - 3 years

Parent aided for non-swimmers

Level 1: 3 - 5 years

Introduction to elementary aquatic skills. Develop water comfort. Learn elementary aquatic skills such as floats and kicks.

Level 2: 4 - 7 years

Increase elementary aquatic skills while gaining independence. Skills include rhythmic breathing and front crawl.

Level 3: 6 - 9 years

Introduction to intermediate aquatic skills including diving, streamlines and backstroke.

Level 4: 8 - 11 years

Build endurance while learning new strokes and techniques. Skills include flip turns, treading water and side stroke.

Level 5: 10 - 14 years

Refine strokes, develop efficiency, power and ease over distance. Skills include butterfly and treading water with modified kicks.

Adult: 15+ years

Tailored to the skill level of the participant.



Parks Make Life Better!

RLE Recreation & Park District • (916) 991-5929

Monday - Friday, 8:00am - 5:00pm

810 Oak Lane, Rio Linda, CA 95673

RLEparks.org • Facebook: RLERPD.recreation

Park Patrol: 874-5115

Residents should call 911 for emergencies.

For non-emergencies call 874-5115. The Park Police are dispatched through and backed up by the Sacramento County Sheriff's Department.