



Why enroll in swim lessons?

Health and Fitness

- Swimming is one of the best forms of exercise
- Works every muscle group in the body without stress on bones/joints

Social Skills

- Children make friends and have fun in a different environment

Pool/Water Safety

- Children learn what to look out for in or around a body of water and how to be safe

Life Skill

- Swimming is an important life skill



SWIM LESSONS

CONTACT US

916-684-8855
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Elk Grove, CA 95758



Laguna Creek Sports Club



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www.sparetimesportsclubs.com



LAGUNA CREEK
SPORTS CLUB



SWIM LESSONS

Laguna Creek Sports Club



Group Class Descriptions

Baby Belugas: Parent AND toddler class designed to help the child become comfortable in the water. Group 6pm-6:30pm, 4 lessons, 6-23 months

Guppies: Children are introduced to blowing bubbles, floating, kicking, and pool/water safety. Group 5-5:30PM

Sea Turtles: Learn how to float and kick independently as well as swim 10 yards on their front and back. Group 5:30-6PM

Seals: Along with the sea turtle requirements, the swimmer will learn side breathing, elementary backstroke, and treading water. Group 6-6:30PM

Dolphins: Swimmers will work on technique for freestyle, backstroke, and elementary backstroke and will be introduced to dolphin kicks, dives, and flip turns. Group 6:30-7PM

Sharks & Alligators: The swimmer must be able to swim 25-50 yards freestyle and backstroke. Endurance and stroke refinement will be the main goal of this class. Group 7-7:30PM

Adult Group Swim Lessons: Adult swim lessons are tailored to your individual goals and comfort level. All skill levels welcome. Group 7:30-8:30PM

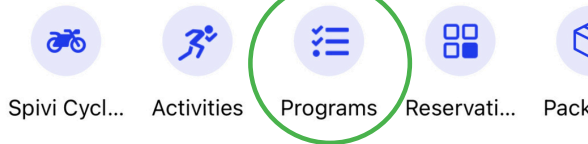
Register Online

Did you know you can register for our programs directly through your [Spare Time App](#)?

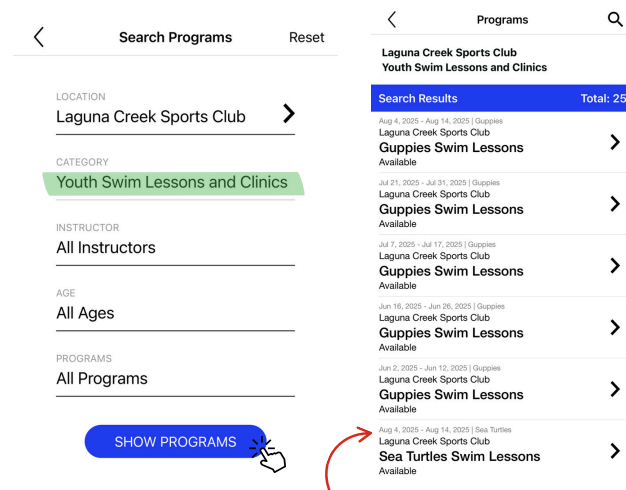
From your home screen, select the Programs icon.

What Are You Looking For?

[View all](#)



Select the category "Youth Swim Lessons and Clinics", then choose your Group and session.



Carefully review the available dates when selecting your session.

VISIT THE FRONT DESK FOR ASSISTANCE



Prices

Group - \$180 / 8 lessons Monday-Thursday

Baby Beluga - \$70/ 4 lessons

Private lessons - Fridays only \$280
4 or 8 lessons, times are flexible

- Children
- Adults
- Adaptive

Lesson Information

- Group lessons: 25 minutes each
- Private lessons: 25 - 55 minutes each
- Private lessons scheduling is flexible
- Beginners are encouraged to start with Group Lessons
- Open to all ages and levels of experience