

# City of Tamarac Swim Lessons

**Evening and Saturday Classes**

**Caporella Aquatic Complex & Fitness Center**

**SWIMMING**

**Residents \$40.00**  
**Non-Residents \$50.00**

**9300 NW 58 St**

**Tamarac fl, 33321**

**954/597-3660**

**Level 1** (ages 6 & up, beginner level swimmers) Swimmers will learn the front float, back float and general arm and leg motions for swimming freestyle and backstroke. To complete Level 1, swimmers must be able to swim 25 yards freestyle and backstroke without assistance.

**Level 2:** (ages 6 & up) is for intermediate level swimmers. Swimmers must be able to swim 25 yards of freestyle and backstroke. Swimmers will learn all strokes and technique work.

**Level 3:** (ages 6 & up) Advanced level- Swimmers will master all strokes including freestyle, backstroke, butterfly and breaststroke. The first day of each session will be designed as a test day to ensure that every swimmer has been placed in a skill-appropriate class.



**Parent-Tot** (ages 3-5 accompanied by adult) Aims to teach the fundamentals of swimming through interaction between the parent/guardian and young swimmer. Parent/guardian should be over 16 years old and is expected to be in the water each class.

**Adult Level 1** (ages 18 & up) Swimmers will learn the front float, back float and general arm and leg motions for swimming freestyle and backstroke. To complete Level 1, swimmers must be able to swim 25 yards freestyle and backstroke without assistance.

## Parent/Tot

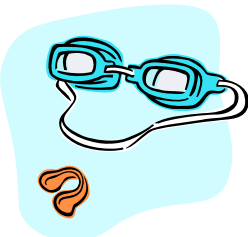
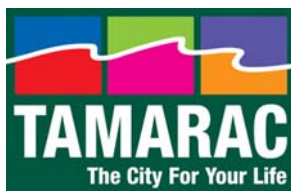
**Mon/Wed 6-6:45pm**  
**Tues/Thurs 5-5:45pm**  
**Saturdays 9-9:45am**  
**Saturdays 10-10:45am**

## Level One

**Mon/Wed 6-6:45pm**  
**Tues/Thurs 5-5:45pm**  
**Tues/Thurs 6-6:45pm**  
**Saturdays 9-9:45am**

**Level 1 Advanced**  
**Saturdays 10-10:45am**

**Levels 2, 3 &**  
**Adult Level 1**  
**Tues/Thurs 6-6:45pm**



All classes must have a minimum of 4 students to be held and will have a maximum of 6 students per class. Classes have a maximum of 12 students per level.

**Tamarac Parks and Recreation....EXPERIENCE IT!!!**