



# GNARLY GNARWHALS

Swim School at Cuesta College

## SWIM LESSONS



Community Programs

Session 1: June 17-27

Session 3: July 15-25

Session 2: July 1-11  
(no class July 4)

Session 4: July 29-Aug. 8

Swim lesson classes meet M-Th



Angelfish

Guardian accompanies child in water with an instructor. This class is for children ages 6 months - 2 years to encourage fun and safety in the water.



Electric Eels

Concentrates on the development of freestyle with side breathing, backstroke, and swimming endurance. Students should feel comfortable in deep water.



Baby Belugas

This class is for children ages 3 to 4 years old. Belugas have little independent experience in the water. Learned skills in this class include floating, kicking, arm strokes, and water safety.



Flying Fish

Focus on the endurance of previously learned strokes. In addition, students will learn new dives and safety skills such as survival swimming and rescue techniques.



Clownfish

This class is for swimmers 4 years and up. Clownfish are comfortable in a group setting and are willing to try skills like floating, kicking, and arm strokes with support.



Gnarly Gnarwhals

Gnarly Gnarwhals is a recreational swim team open to any youth who wish to participate. Provides swimmers with the opportunity for physical development and fun!



Dolphins

This class is for a swimmer who has no fear of the water. Students learn the fundamentals of swimming strokes such as freestyle, backstroke, and water safety. This class requires good listening skills.



To register and for more information, please visit

<https://www.cuesta.edu/communityprograms> or call (805) 546-3132