

Orinda Aquatics Masters presents
2022 Swimming 101
an Adult Learn to Swim (better) Program

WHAT: Swimming 101 is a 9-week learn to swim program for adults that meets twice per week on Tuesdays and Thursdays from 10:30-11:30am at the Soda Center.

WHERE: Campolindo High School, 300 Moraga Road, Moraga, 94556. Also known as the Soda Center.

WHEN: Tuesdays and Thursdays, from 10:30-11:30am, starting Tuesday, February 1 and ending Thursday, March 31.

HOW: This class will take students through all four competitive strokes and their turns. Some diving will be taught, as well, to all willing to try! The early focus is on proper air exchange (breathing), then proper kicking for all the strokes, and learning the four strokes in the order of freestyle, backstroke, breaststroke and butterfly. The first 2-3 weeks will focus mostly on the air exchange and freestyle.

WHY: Because everyone can improve their swimming technique, and/or, it's NEVER TOO LATE to learn to swim better. And, once you've completed this course, you will be ready to join any masters swimming program to continue your swimming journey.

Tiffany Forbes, the Orinda Aquatics Masters head swimming coach, will be leading this course, with some possible assistance from one or two others. Tiffany has taught this course many times and enjoys working with adults interested in improving their swimming.

All participants are to be comfortable in the water. You must be able to confidently swim 25 yards of the pool without assistance, even if it's not pretty. Some hesitation is okay, but a willingness to submerge your face and body on the first day will be necessary.

Swimmers need to come to each session with your own towel, swimsuit, goggles (and, for anyone with longer hair, a swimming/bathing cap). Anyone who owns a pair of fins is encouraged to bring them to each session. We will use fins some. Masks/face coverings must be worn at the Soda Center any time while indoors (when walking through the locker rooms or changing in the locker rooms). Showers are open, and masks do not need to be worn while showering.

The class is limited to the first 16 to register. The fee for the 9-week course is \$250. Checks are the preferred method of payment, unless you are an Orinda Aquatics family with an account in Team Unify. Checks can be made payable to **Tiffany Forbes**.

For questions, or to register, please email Tiffany at tforbes267@gmail.com.