

OTHER LESSONS AVAILABLE

American Red Cross Classes

- Shallow Water Lifeguard
- Babysitting
- Swim Safety for Swim Coaches

Adult Swim Classes

It's never too late to learn to swim. Basic swimming and self-rescue skills are taught in an environment that is within the comfort zone for each adult. Adult lessons include are 30-minute lessons.

NEW! Raptor Recreation Squad

Sundays from 1:00pm - 2:00pm

The Rookery's Raptor Recreation Squad, our premier pre-competitive swimming program designed for swimmers who have graduated from our Swans level or equivalent program and are ready to soar to new heights, swimming longer than a typical group lesson. The Raptor Recreation Squad bridges the gap between recreational swimming lessons and competitive swimming.

REGISTER

Follow the QR code to register today:

Or, visit RookeryActivityCenter.com



THE ROOKERY
ACTIVITY CENTER

SWIM LESSONS

Fall 2025

Fall Session 1

September 6 - October 15

Fall Session 2

November 2 - December 20

The Rookery has highly trained swim instructors to meet each swimmer's needs. The swim lesson program is geared towards teaching children and adults the swimming skills that build self-confidence in and out of the water.

The Rookery offers small class sizes and warm water that promotes learning, especially with young swimmers.

Registration is
NOW OPEN

Youth Group Lessons

Classes are taught in small groups and each lesson is **30 minutes** in length. The pools in the Rookery are kept at an average of **87°F** in the splash pool, and **83°F** in the lap pool. The warm water temperatures promote a more enjoyable swimming experience for young swimmers.

The Rookery offers classes for swimmers ages 6 months and on. Follow the QR code below to learn about each level and determine which is the best fit for your swimmer.



SWIM LEVELS

- **GOSLINGS | AGE: 6 - 36 MONTHS**
- **LOONS | AGE: 2.5 - 5 years**
- **EGRETS | AGE: 4 - 12 years**
- **HERONS | AGE: 4 - 12 years**
- **GULLS | AGE: 5 - 12 years**
- **SWANS | AGE: 6 - 12 years**
- **CRANES | AGE: 6 - 12 years**
- **PELICANS | AGE: 6 - 12 years**

Homeschool Classes

Homeschool classes are offered on a monthly basis with classes once a week, ranging between 3-5 classes per month. Classes are 30 minutes long. This class is for ages 3 years to 12 years old.

Private Classes

Our 1-on-1 teaching experience is available for all ages and skill levels. Certified instructors will focus on refining swimming skills based on your individual goals, ensuring a customized and effective learning experience. Classes are offered monthly, or as part of the session schedule.



Semi-Private Classes

These sessions offer a unique blend of personalized attention and social interaction. Led by our experienced instructors, semi-private lessons provide an ideal environment for skill development and confidence building. With a small group setting, participants benefit from individualized instruction while also enjoying the camaraderie of peers.



Adaptive Lessons

Looking for personalized instruction tailored to your unique needs? Our adaptive swim lessons provide a 1-on-1 teaching experience for children and adults with physical, cognitive, or sensory disabilities. These specialized lessons are offered for all ages and ability levels. Our certified adaptive swim instructors work closely with each individual, focusing on appropriate swimming skills and water safety techniques that align with the student's specific goals and capabilities. Each lesson is 30 minutes long and scheduled at a time that works best for you. Our pool is equipped with adaptive equipment to ensure a safe and supportive learning environment.

Evening & Weekend Classes

SATURDAY		Fall 1: 9/6 - 10/11 Fall 2: 11/7 - 12/19
TIME	LEVEL	
8:25 am	Loons, Egrets, Herons, & Gulls	
9:35 am	Goslings, Loons, Egrets, & Herons	
10:10 am	Loons, Egrets, Herons, & Swans	
10:45 am	Loons, Egrets, Herons, Swans, & Cranes/Pelicans	

MONDAY		Fall 1: 9/8 - 10/13 Fall 2: 11/2 - 12/14
TIME	LEVEL	
4:25 pm	Loons, Egrets, Gulls, & Swans	
5:00 pm	Loons, Egrets, Herons, Gulls, & Pelicans	
5:35 pm	Goslings, Loons, Egrets, & Herons	
6:10 pm	Loons, Egrets, Herons, Gulls, & Swans	
6:45 pm	Loons, Egrets, Herons, Gulls, Swans, & Cranes/Pelicans	

WEDNESDAY		Fall 1: 9/10 - 10/15 Fall 2: 11/4 - 12/16
TIME	LEVEL	
4:25 pm	Goslings, Loons, Egrets, & Herons	
5:00 pm	Loons, Egrets, Herons, & Gulls	
5:35 pm	Goslings, Loons, Egrets, Herons, & Gulls	
6:10 pm	Loons, Egrets, Herons, Gulls, & Swans	
6:45 pm	Loons, Egrets, Herons, Gulls, Swans, & Cranes/Pelicans	

SUNDAY		Fall 1: 9/7 - 10/12 Fall 2: 11/8 - 12/20
TIME	LEVEL	
2:50 pm	Loons, Egrets, Herons, & Gulls	
3:25 pm	Goslings, Loons, Egrets, Herons, & Swans	
4:00 pm	Goslings, Loons, Egrets, Herons, & Gulls	
4:35 pm	Goslings, Herons, Gulls, & Swans	
5:10 pm	Loons, Egrets, Herons, & Cranes/Pelicans	
5:45 pm	Loons, Egrets, Herons, & Swans	

TUESDAY		Fall 1: 9/9 - 10/14 Fall 2: 11/3 - 12/15
TIME	LEVEL	
4:25 pm	Goslings, Loons, Herons, & Egrets	
5:00 pm	Loons, Egrets, Herons, & Gulls	
5:35 pm	Goslings, Loons, Egrets, & Herons	
6:10 pm	Loons, Egrets, Herons, & Swans	
6:45 pm	Loons, Herons, Gulls, Swans, & Cranes/Pelicans	

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