

SPECIALTY CLASSES AVAILABLE

NEW! Raptor Recreation Squad

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.

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.

Mermaids & Mermen Academy

This is your chance to experience what it's like to swim like a mermaid! We always put safety first, starting our mermaids/mermen-in-training with basic swimming skills before transitioning into the monofin. A trained instructor will teach safe fin use and proper breathing while swimming. This 60-minute swim session will incorporate movement skills, fitness, pool entries, exits, dolphin dives, spins, turns, and of course mermaid/mermen games. There will be time during the class for self-exploration and games, including diving for treasures at the bottom of the deep end.



THE ROOKERY
ACTIVITY CENTER

SWIM LESSONS

Spring 2026

March 15 - May 23

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



REGISTER

Follow the QR code to register today:
Or, visit RookeryActivityCenter.com

Youth Group Lessons

Classes are taught in small groups with **4-6 participants** per class, 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 kids ages 6 months to 12 years old. 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: 5 - 12 years**
- **CRANES | AGE: 5 - 12 years**
- **PELICANS | AGE: 5 - 12 years**

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 6-week sessions 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.



New! 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. Our adaptive swim program aims to enhance water safety and confidence, develop swimming skills at a comfortable pace, promote physical fitness and motor skill development, and foster independence and self-esteem in the water. 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		March 20 - May 22
TIME	LEVEL	
8:25 am	Loons, Egrets, Herons, & Gulls	
9:00 am	Goslings, Loons, Egrets, & Herons	
9:35 am	Goslings, Loons, Egrets, & Herons	
10:10 am	Loons, Egrets, Gulls, & Swans	
10:45 am	Goslings, Loons, Egrets, & Gulls	

MONDAY		March 15 - May 17
TIME	LEVEL	
4:25 pm	Loons, Goslings, Egrets, & Herons	
5:00 pm	Loons, Egrets, Herons, & Gulls	
5:35 pm	Goslings, Loons, Egrets, & Herons	
6:10 pm	Goslings, Loons, Egrets, Gulls, & Swans	
6:45 pm	Loons, Egrets, Herons, Gulls, Swans, & Cranes/Pelicans	

WEDNESDAY		March 17 - May 19
TIME	LEVEL	
4:25 pm	Loons, Goslings, Egrets, & Herons	
5:00 pm	Loons, Egrets, Herons, & Gulls	
5:35 pm	Goslings, Loons, Egrets, & Herons	
6:10 pm	Goslings, Loons, Egrets, Gulls, & Swans	
6:45 pm	Gulls, Herons, Egrets, Swans, & Cranes/Pelicans	

All private, semi-private, and adaptive lessons can be scheduled at your convenience. Reach out to inquire about times available.

SUNDAY		March 21 - May 23
TIME	LEVEL	
2:50 pm	Loons, Egrets, Herons, Gulls, & Swans	
3:25 pm	Loons, Egrets, Herons, & Swans	
4:00 pm	Goslings, Loons, 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		March 16 - May 18
TIME	LEVEL	
4:25 pm	Goslings, Loons, Egrets, & Herons	
5:00 pm	Loons, Egrets, Herons, & Gulls	
5:35 pm	Goslings, Loons, Egrets, & Herons	
6:10 pm	Loons, Egrets, Gulls, & Swans	
6:45 pm	Loons, Egrets, Herons, Gulls, Swans & Cranes/Pelicans	

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