

JOIN US FOR

Swim Lessons

AT
FRANCIS FORD COPPOLA WINERY

We are excited to now offer group swim lessons at our winery swimming pool in Geyserville. Throughout July and August, morning sessions will be held for **SEAL PUPS** (Parent and Child aquatic education), **JELLYFISH** (beginner), **SEA TURTLES** (intermediate), and **DOLPHINS** (advanced). Each session contains eight 30-minute lessons, running Monday - Thursday over 2 weeks and follows a logical teaching progression proven to achieve results.

We also offer Private Lessons to enhance the learning environment, tailoring it to the individuals need. Private lessons are Monday - Thursday for one week, each lesson is 30 minutes in length.

Our Staff of highly trained and knowledgeable swim instructors are looking forward to teaching you and/or your child how to swim while maintaining a fun and safe learning environment. All of our instructors are CPR and first aid certified and has attended a rigorous hands-on training program.



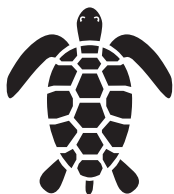
Seal Pups AGES: 6 MO - 3 YRS (PARENT AND CHILD)

This is an introduction to the aquatic environment for the parent and their little swimmer. We will discuss water safety, become acclimated in the water and practice the basic movements used in swimming.



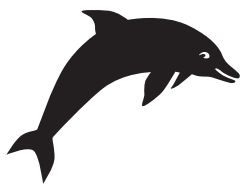
Jellyfish AGES: 6 - 12 YRS

This class is for the student who has not had any prior swimming experience and/or formal lessons. We will learn how to be comfortable in the water, blow bubbles, float, kick our legs, scoop our arms, and how to play it safe by the pool!



Sea Turtles AGES: 6 - 12 YRS

This class is for the student who is comfortable in the water and can perform some skills on his or her own. The class focuses on building and reinforcing skills; including freestyle (front crawl) and backstroke, introduction to swimming in deeper water, swimming longer distances, side breathing and learning to have fun while being safe in the water.



Dolphins AGES: 6 - 12 YRS

























This class is for the experienced swimmer who is comfortable swimming in deep water, knows how to perform side breathing, and able to swim 25 yards across the pool. We will focus on the smaller details of stroke refinement, including body position, fluidity and smoothness, high elbows and timing. In addition, new strokes will be introduced, including butterfly and breaststroke along with some very necessary safety skills!

PRIVATE LESSONS: all ages welcome and encouraged

Private lessons are tailored to the ability level or desired learning of the student; from those just learning how to swim to those who need more stroke technique refinement. It is strongly encouraged that the students are comfortable getting in and out of the water on their own.

Turn over for class schedule, pricing and how to register for a class today

Schedule of Classes

	SESSION ONE 7/2 - 7/12	SESSION TWO 7/16 - 7/26	SESSION THREE 7/30 - 8/9	SESSION FOUR 8/13 - 8/23
8:00 to 8:30	 <i>Dolphins</i>  <i>Seal Pups</i>	 <i>Dolphins</i>  <i>Seal Pups</i>	 <i>Dolphins</i>  <i>Seal Pups</i>	 <i>Dolphins</i>  <i>Seal Pups</i>
8:40 to 9:10	 <i>Sea Turtles</i>  <i>Seal Pups</i>	 <i>Sea Turtles</i>  <i>Seal Pups</i>	 <i>Sea Turtles</i>  <i>Seal Pups</i>	 <i>Sea Turtles</i>  <i>Seal Pups</i>
9:20 to 9:50	 <i>Jellyfish</i>  <i>Sea Turtles</i>	 <i>Jellyfish</i>  <i>Sea Turtles</i>	 <i>Jellyfish</i>  <i>Sea Turtles</i>	 <i>Jellyfish</i>  <i>Sea Turtles</i>

PRICING: Group Lessons: \$70 per session (8 lessons)
Private Lessons: \$120 per session (4 lessons)

For more information or to register contact **Guest Reception** 707-857-1471

FRANCIS FORD COPPOLA WINERY
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