

**Orinda Aquatics Masters presents**  
2023 Swimming 101  
an Adult Learn to Swim (better) Program

**WHAT:** Swimming 101 is a 8-week learn to swim program for adults that meets twice per week on Tuesdays and Thursdays from 10:15-11:15am at the Soda Center.

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

**WHEN:** Tuesdays and Thursdays, from 10:15-11:15am, starting Tuesday, February 7 and ending Thursday, March 30.

**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 class for its 5<sup>th</sup> year. Tiffany has taught this course many times and enjoys working with adults interested in improving their swimming. One day, the goal will be to offer this class in the evenings.

The minimum requirement to participate is that all participants are 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 a 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. At this time, masks/face coverings are not required be worn at the Soda Center while indoors; showers are open. If the mask requirement changes, I will be in contact about it.

The class is limited to the first 16 to register. The fee for the 8-week course is \$250. Checks are the preferred method of payment. Checks can be made payable to **Tiffany Forbes**.

For questions, or to register, please email Tiffany at [tforbes267@gmail.com](mailto:tforbes267@gmail.com).