

Registration and Information

Online..... ebparksonline.org
Phone..... 1-888-EBPARKS, option 2

Registration is required for all lessons. Please call or register online. Session registrations closes on the Thursday prior to a session's first day. If fewer than two students are registered in any one class, the class may be combined or cancelled. Fees will be refunded if class is cancelled. Cancellations by registrants are refundable with seven days advance notice.

No-shows on the first day of the session will be dropped unless advance notification is given by calling:

Contra Loma510-690-6626
Roberts Pool..... 510-544-3157

Fees and Financial Assistance

Fees vary for residents of Alameda and Contra Costa counties and for non-residents. Please visit our website to find out more information about our fees and program at eblifeguard.org/swimlessons

The Regional Parks Foundation provides financial assistance to families in need.

To inquire about financial aid:
1-888-327-2757,
option 2.

For donor information and membership:
510-544-2220,
RegionalParksFoundation.org



East Bay 
Regional Park District

Healthy Parks Healthy People

East Bay Regional Park District
2950 Peralta Oaks Court, Oakland, CA 94605
1-888-EBPARKS or 1-888-327-2757 (TRS 711)
ebparks.org



Swim Lesson Program

LIFEGUARD SERVICES



East Bay 
Regional Park District
Healthy Parks Healthy People



Swim Lesson Program

Swim Lessons

The East Bay Regional Park District **Swim Program** offers inclusive programming with an American Red Cross course format for persons of all abilities. If you are interested in teaching your child how to swim, looking to increase your child's ability and comfort level in a pool, or wanting to learn to swim yourself, Lifeguard Services has the swim lesson program perfectly suited to fit your needs. Classes are four to six students per instructor. All instruction is conducted with emphasis on personal safety and fun. Refer to the lesson descriptions to determine placement. For specifics of each level, please visit eblifeguard.org/swimlessons

If participant requires disabled accommodations, please contact Nellie Cazares at (510) 690-6621, or ncazares@ebparks.org, about specific accommodations needed.

Swim Lesson Descriptions

Classes are organized by both age and ability. Advancing levels are rewarded upon the student's successful mastery of the requisite skills.



Parent Tot: (Adults with Children: 6 months-3 years) This is a fantastic opportunity for children to enjoy the water while being accompanied by a parent/adult. Instructors will guide parents in teaching their children. This class is designed to help children become comfortable in the water and acclimate them to the swim lesson environment and instructors in preparation for joining our "Super Tots" program.

Super Tots: (Children: 3-5 years) This is a great opportunity for "super tots" to have fun and learn new skills without parents. Skills range from entry level to advanced. All students will be assessed at the beginning of the session and placed in groups according to skill level and class size. This class is designed to help students prepare for our "Learn-to-Swim" program. No previous swimming experience is necessary.



Learn-to-Swim: (Children: 5-13 years) Level I-IV participants do not need to select a specific class level when registering. On the first day of each session, all participants will be assessed to ensure appropriate class placement. Swimmers will be assigned to a class with other students at similar skill levels. Lessons will have a 6:1 student-to-teacher ratio and will be tailored to meet each student's needs. Level 5 and 6 Learn-to-Swim are offered on a more limited basis.

Teen/Adult: (Ages 14 +) If you are afraid of the water or if you've just never learned to swim, this is the class for you! If you have some swimming skills but wish to advance, this class will also meet your needs. Participants will be guided through water adjustment, buoyancy drills, and stroke technique in a low-pressure, supportive environment.

Adaptive Lessons: Adaptive lessons are available in any level. Please sign up for group lessons at your desired time and location and contact either the Contra Loma Lifeguard Staff at (510) 690-6626 or the Roberts Pool Lifeguard Staff at (510) 544-3157 regarding your swimming goals and specific needs.



Program Schedule

Each session has a total of eight classes. The class will meet Monday – Thursday for two consecutive weeks. Each class is 25 minutes long. **Note:** Learn-to-Swim Level 5 and 6 is a 45-minute class.

Morning Lessons are typically offered at 9 a.m. and 9:30 a.m.

Evening Lessons are typically offered at 5 p.m., 5:30 p.m., and 6 p.m.

Please check our website for specific dates and times as lesson offerings vary by location.



Pool Locations

Roberts Regional Recreation AreaOakland
The Roberts Pool complex features a 25-yard heated swimming pool with eight lanes and a depth from 3.5 to 9 feet. The complex is fully accessible to individuals with disabilities via an accessible lift into the pool.

Contra Loma Regional Park Antioch
The Contra Loma Swim Lagoon features a chlorinated swimming lagoon with a depth of zero to 5 feet, providing the perfect environment for everyone. The facility is accessible to individuals with disabilities via a lift into the pool.