



# Summer Swimming Lessons with Dowling Catholic Riptide

**Registration begins March 1, 2018  
for group and private lessons.**

"The instructor pushed me and told me I couldn't give up. I am grateful to my coach who helped me jump in the deep end and never got mad when I took longer than the other kids to do something." Isaiah, 9 years old

**SESSION DATES:**

**Session I Monday June 4 to Friday June 15  
Session II Monday June 18 to Friday June 29  
Session III Monday July 9 to Friday July 20**



**The Dowling Catholic Riptide Group Swimming Lessons are designed to give families an affordable way to teach kids water safety and basic swimming lessons. All lessons are taught with a method of cooperative learning, not force. We will work to build skills and confidence in the water in an environment where swimmers feel safe and welcome.**

**Swimmers must be 4 by September 15, 2018.**

I'm amazed at the progress my daughter made. She learned to swim just a month ago in your first session and gained so much strength and skills in paddlers during the third session. It's a great program and we are looking forward to coming again next summer. Thank you for taking time with her and being so patient.

I sent my child through St. Teresa's school. I didn't have to worry about the schedule or any communications with Dowling. Abigail said she had fun and enjoyed her teacher. She liked jumping off the diving board.

**For more information**

**Website: [www.dowlingcatholicriptide.org](http://www.dowlingcatholicriptide.org)**

**Email: [dchsyouthswimming@gmail.com](mailto:dchsyouthswimming@gmail.com)**

**Call: 515-339-1201**



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CATHOLIC HIGH SCHOOL

*Leaders for life. Centered on Christ.*