

CITY OF COMMERCE
DEPARTMENT OF PARKS AND RECREATION

PRE-COMPETITIVE LESSONS

MAY 4 - 28, 2026

PRE-COMP SWIM - LEVEL 1 - Tuesday/Thursday - 4:00 - 4:45 pm
PRE-COMP SWIM - LEVEL 2 - Tuesday/Thursday - 4:45 - 5:30 pm
PRE-COMP SWIM - LEVEL 2 - Monday/Wednesday - 6:30 - 7:15 pm
REQUIREMENTS:

Level 1 participants should have passed Level 3 swim lessons.
Must be able to swim 50 yards freestyle, 25 yards backstroke.
Level 2 participants must be able to swim 100 yards freestyle,
50 yards backstroke, proficient concept of breaststroke and butterfly.
Ages 6-14

PRE-COMP WATER POLO -

Level 1 & 2 - Monday/Wednesday 4:00 - 4:45 pm

PRE-COMP WATER POLO -

Level 1 & 2 - Monday/Wednesday 4:45 - 5:30 pm

Ages 6-14 no prior experience necessary.



Register at <https://activenet.active.com/commerce> on

Thursday, April 23rd
5:00 pm

Cost: \$16 per session



**Parks
Make
Life
Better!**

*** Must have a current Commerce Resident Activity Card**