

CITY OF COMMERCE  
DEPARTMENT OF PARKS AND RECREATION

# PRE-COMPETITIVE LESSONS

**APRIL 1-30, 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

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 - 4:45pm

PRE-COMP WATER POLO -

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

Ages 6-14 no prior experience necessary.



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

**Thursday, March 26th**  
**5:00 pm**

Cost: \$16 per session



**Parks  
Make  
Life  
Better!**

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