

## Swim Lesson near North Highlands

Arden Manor Recreation & Park District – [www.amrpd.org](http://www.amrpd.org) (916) 487-7851

Arden Park Recreation & Park District – [www.aprpd.org](http://www.aprpd.org) (916) 483-6069

City of Folsom Parks & Recreation – [www.folsom.ca.us](http://www.folsom.ca.us) (916) 461-6000

YMCA of Superior California – [www.ymcasupiorcal.org](http://www.ymcasupiorcal.org) (916) 452-9622 ext. 104

California Family Fitness – [www.californiafamilyfitness.com](http://www.californiafamilyfitness.com) (916) 987-2030

Sunrise Recreation & Park District – [www.sunriseparks.com](http://www.sunriseparks.com) (916) 721-0410

The Swimstitute – [www.swimstitute.com](http://www.swimstitute.com) (916) 851-0840

Little Whale Swim School – [www.littlewhaleswim.com](http://www.littlewhaleswim.com) (916) 407-1827

City of Sacramento Department of Parks & Recreation – [www.cityofsacramento.org](http://www.cityofsacramento.org) (916) 808-5011

Fulton-El Camino Recreation & Park District – [www.fecrpd.com](http://www.fecrpd.com) (916) 927-3802

City of West Sacramento Parks & Recreation – [www.cityofwestsacramento.org](http://www.cityofwestsacramento.org) (916) 617-4500

Cordova Recreation & Park District – [www.crpdpd.com](http://www.crpdpd.com) (916) 842-3300

Orangevale Recreation & Park District – [www.ovparks.com](http://www.ovparks.com) (916) 988-4373

Rio Linda Elverta Parks & Recreation – [www.rleparks.com](http://www.rleparks.com) (916) 991-2892

Southgate Recreation & Park District – [www.southgaterecandpark.net](http://www.southgaterecandpark.net) (916) 428-1171

City of Roseville Parks & Recreation – [www.roseville.ca.us](http://www.roseville.ca.us) (916) 772-7529

Rocklin Swim Team Swim School – <https://www.teamunify.com/TabGeneric.jsp?team=recncslrw> (916) 975-5130