



## Perris Press Release

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### Perris Extends Swimming Lessons to Adults

The City of Perris is expanding its annual swimming program and for the first time will offer lessons to adults.

"We have received a lot of requests from adults who want to take swimming lessons," said program coordinator Cynthia Quintero.

"The City of Perris is always interested in receiving feedback from its residents and in responding with programs that improve the quality of their lives."

Registration for swim lessons begins April 2.

Lessons take place at the Perris High School pool from June 11 to Aug. 2. Adult lessons will be offered to people over the age of 18. Swimming lessons are \$50 for eight sessions over two weeks. Scholarships are available to offset some or all of the registration fees for youth aquatics programs, Quintero said. Adult classes will not offer scholarships. Perris recreation officials estimate up to 800 people will sign up for swimming lessons.

Some of the best graduates of City's youth swim programs find themselves moving up in skill level and competition as part of the Perris Aquatics Club. The club takes part in swim meets throughout Southern California and trains at the Perris High School pool three days a week. Most club members are in junior high and high school and swim laps using an assortment of different strokes at the Perris pool.

"Swimming is the one sport that encompasses everything," said Gina Guilkey, head coach of the Perris Aquatics Club. "The kids love it. It's fun and it's great exercise. I love seeing kids progress from not being able to swim to being able to swim competitively."

Guilkey said she is proud of the Perris squad, which has been swimming competitively for about three years. "We have a very competitive team," she said.

Ashley Smith, 12, said she likes the Perris Aquatics Club because it's helped her become a stronger swimmer. Completing "rambos" is one technique geared to strengthen swimmers. Rambos include swimming two laps at full speed, then jumping out of the pool and completing 20 sit-ups and 20 push-ups as quickly as possible before getting back into the water. The routine builds strength and stamina.

"You can try to go fast and get faster," said Ashley, who said freestyle swimming is her best event. "It helps you get stronger."

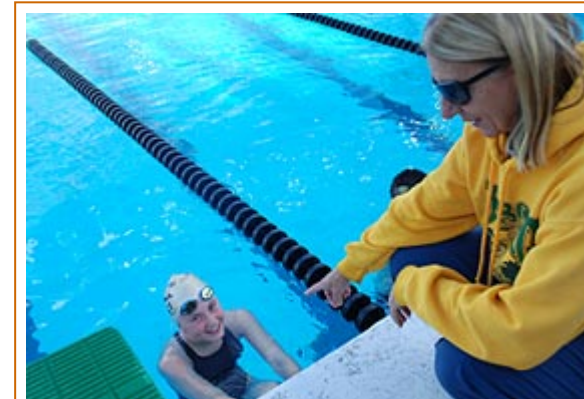
Gabriela Garcia, 10, said she likes the challenges that come with swimming competitively. She said participating in three-times-a-week training sessions as part of the aquatics club has helped her master the backstroke. Her best time in that event is 38 seconds to swim 50-meters. With time and practice, she hopes to knock that down to below 30 seconds.

"It gives me a challenge," she said. "It makes me go faster."

Information about Perris swimming programs is available at (951) 657-7334.



Perris Aquatics Club swimmers Gabriela Garcia and Ashley Smith at the Perris High School pool, where club members train.



Head coach Gina Guilkey gives swimmer Ashley Smith a few tips before she begins a lap at the pool.



Members of the Perris Aquatics Club swim laps three times a week to build strength and stamina in the water.