

## Registration starts

Members: August 1st-----Non-Members: August 15th

Registration Ends the Day Before the First Day of Class, When the Building Closes

### Fall Youth Group Aquatics

#### **Saturdays Group Swimming Lessons**

9am-12pm

Classes are 30-minute long for 4 weeks

\$30 for members/\$45 for non-members

#### **Tuesday/Thursday Evening Group Swimming Lessons**

Twice a week group swimming lessons

4:15pm-6:00pm

Classes are 30-minute long for 4 weeks

\$60 for members/ \$80 for non-members

- **Parent and me** is designed for children age 6 month to 3 years with focus on helping children and parents get comfortable in the water while spending quality time together. Parents will learn how to properly hold their children in the water, initiate kicking, how to safely submerge your child, general safety techniques, and spend time singing songs and playing games.

Saturdays in **October ONLY** at 8:30am

#### Preschool classes are for ages 3-5 years of age

- **Preschool Aquatics Level 1** Very beginning class-no experience needed. This class works on introducing blowing bubbles, submerging face, floats on front and back, kicking and arm movement on front and back. Exit skill: glide with teacher support 2 body lengths, roll to back and float 3 seconds then recover to vertical position. All skills done with teaching support  
**Tu/Th at 4:15, Sat at 9:05, 10:50**
- **Preschool Aquatics Level 2** builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants work on fully submerging face and body, floating on front and back, combined arm and leg action on front and back. All skills done with less support than level 1.  
**Tu/Th at 4:15, Sat at 10:15, 11:25**
- **Preschool Aquatics Level 3** builds on the skills learned in Levels 1 and 2. Fully submerge and holding breath, front and back floats, combined arm and leg action on front and back. Longer distances and independent swimming. All skills done with no support.  
**Tu/Th at 4:15, Sat at 10:15**

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### Learn to swim is for ages 6-14 or can pass swim assessment

- **Learn-to-Swim Level 1** very beginning class- no experience needed. Skills taught include blowing bubbles through mouth and nose, submerging completely under water, front and back floats, rolling from front to back, front crawl, kicking on back, and safety skills.  
**Tu/Th at 4:50, Sat at 9:05, 10:50**
- **Learn-to-Swim Level 2** builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Side breathing with front crawl, elementary backstroke is introduced, combined arm and leg action on back, change direction while swimming on front or back, and floating for 15 seconds.  
**Tu/Th at 4:50, Sat at 9:05, 10:15, 11:25**
- **Learn-to-Swim Level 3** Participants learn to swim the back crawl and breaststroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Participants learn the survival float and increase the time duration for treading water. Participants also learn the rules for headfirst entries and begin to learn to enter the water headfirst from a seated position at poolside. On successful completion of Level 3, participants have achieved basic water competency in a pool environment.  
**Tu/Th at 5:25, Sat at 9:40, 10:50,**
- **Learn-to-Swim Level 4** seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Participants perform these strokes with increased proficiency and are able to swim them for greater distances. In addition, participants learn the arm actions that accompany the scissors kick and breaststroke kick in order to begin performing the sidestroke and breaststroke at rudimentary proficiency levels. Participants also learn the back crawl and butterfly at rudimentary proficiency levels, in addition to the basics of performing a simple open turn at a wall. Combined with Level 5 on Tuesday and Thursday  
**Tu/Th at 5:25, Sat at 10:15, 11:25**
- **Learn-to-Swim Level 5** focuses on helping participants refine their performance of all six swimming strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). Participants perform these strokes with increased proficiency and are able to swim them for greater distances. Participants also learn to perform flip turns on the front and back. Combined with Level 4 on Tuesday and Thursday  
**Tu/Th at 5:25 Sat at 9:40**

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## Swim Clubs

**Beginning Swim Club (every Tuesday and Thursday 4:15pm-5:15pm)** is for those who have graduated out of swim lessons but still want to stay active in the water. This twice a week class meets on Tuesday and Thursdays with a coach who will take them through the beginning stages of being on a swim team. If you have a child who is interested in swim team, this is a good way for them to try. Minimum skill requirements are 100 yard free style, 100 yard back stroke, 50 yards breast stroke, 25 yards butterfly. Tryout is required to join. **\$50 member/\$60 non-member**

**Advanced Swim Club (every Monday and Wednesday 4:15pm-5:15pm)** is for those who are on the more advanced side of swimming and know they don't want to swim competitively. This twice a week class meets on Monday and Wednesdays with a coach who will take them through drills and workouts to expand their skill and endurance in the water. Minimum skill requirements are 200 yards free style, 200 yard back stroke, 100 yard breast stroke, 25 yard butterfly. Tryout is required to join. **\$50 member/\$60 non-member**

Lesson Days	Start Date	End Date
Saturday	October 7 <sup>th</sup>	October 28 <sup>th</sup>
Saturday	November 4 <sup>th</sup>	November 25 <sup>th</sup>
Tuesday and Thursdays	October 3 <sup>rd</sup>	October 26 <sup>th</sup>
Tuesday and Thursdays	November 7 <sup>th</sup>	November 30 <sup>th</sup>
Fridays	October 6 <sup>th</sup>	October 27 <sup>th</sup>
Fridays	November 3 <sup>rd</sup>	November 25 <sup>th</sup>

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### **Teen/Adult Group Swim Lessons**

**For ages 13 and above**

**\$30 for members/ \$45 for non-members**

30 minute classes for 4 weeks on Fridays

Must register every month

#### **Beginning Teen/Adult (every Friday at 5:30pm)**

This class is for those who are a bit older but never learned the basics for learning how to swim. The class will go over breath control, floats on front and back, beginning process of the front stroke and swimming on your back. No swimming experience required for this class. (class is taught in the leisure pool under the slide)

#### **Advanced Teen/Adult (every Friday at 6:00pm)**

This class is for those who are bit older, have some swimming skills but aren't quite ready to laps swim on their own. This class teaches front stroke with side breathing, breast stroke, and backstroke. Participants need to not be afraid of deeper water and have moderate swimming skill. (class taught in the lap pool)