

Saturdays

Group Swimming Lessons

Once a week group swimming lessons (4 classes)

9am-12pm

Classes are 30-minute long

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

Tuesday and Thursday Evening

Group Swimming Lessons

Twice a week group swimming lessons (8 classes)

4:15pm-6:00pm

Classes are 30-minute long

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

Registration for Classes must be done before the first day of class

Parent and Child classes

- **Parent and Child** is designed for children ages 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 July ONLY at 8:30am

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

Preschool Age Levels

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. ***To pass must be able to: submerge face at least 3 seconds, comfortable in front float and back float positions.***
Tu/Th at 4:15pm, Sat at 9:05am, 10:50am
- **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. **To Pass must be able to:** *Float independently for 5 seconds on front and back. Swim 2-3 feet independently.*

Tu/Th at 4:15pm, Sat at 9:40am, 11:25am

- **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. **To Pass must be able to:** *Swim arm strokes 5 yards, float 10 seconds on front and back, Kick on back 5 yards.*

Tu/Th at 4:15pm, Sat at 10:15am

School Age Levels

School Age Group Lessons are for ages 6-14
or can pass swim assessment

- **School Age 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. **To pass to next level must be able to:** *Float on front and back 7 seconds independently. Kick on back 5 yards. Swim on front with face in water 5 yards.*

Tu/Th at 4:50pm, Sat at 9:05am, 10:50am

- **School Age 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. **To pass must be able to:** *swim 12 yards' front crawl with side breathing and swim elementary backstroke 12 yards.*

Tu/Th at 4:50pm, Sat at 9:05am, 10:15am, 11:25am

- **School Age Level 3** Participants learn to swim the back crawl and breaststroke at rudimentary proficiency levels, and are introduced to the scissors and dolphin kicks. Diving and deep water skills are introduced. On successful completion of Level 3, participants have achieved basic water competency in a pool environment. **To Pass must be able to:** *Swim backstroke 25 yards, crawl stroke with side breathing 25 yards, elementary backstroke 20 yards, breaststroke kick 15 yards.*

Tu/Th at 5:25pm, Sat at 9:40am, 10:50am

- **School Age Level 4** seeks to improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Swimmers learn the arm actions that accompany the breaststroke kick in order to begin performing the breaststroke at rudimentary proficiency levels. Participants also learn the 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. ***To pass must be able to: Swim Butterfly 15 yards, Breaststroke 15 yards, Backcrawl 25 yards, Front crawl with side breathing 25 yards, Elementary Backstroke 25 yards. Tread water 1 minute***

Tu/Th at 5:25pm, Sat at 10:15am, 11:25am

- **School Age 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 ***To pass must be able to: Swim Butterfly 25 yards, Breaststroke 25 yards, Backcrawl 50 yards, Front crawl with side breathing 50 yards, Elementary Backstroke 50 yards. Can do Open and Flip Turns. Tread water 2 minutes.***

Tu/Th at 5:25pm Sat at 9:40am