

Registration starts

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

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

Winter Youth Group Aquatics

Saturdays Group Swimming Lessons

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

4:15pm-6:00pm

Classes are 30-minute long

\$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 **February 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 9:40, 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

Registration starts

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

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

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

Registration starts

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

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

Swim Clubs

Tryouts are last Wednesday of the month at 6:00pm

Beginning Swim Club (every Tuesday and Thursday 4:30pm-5:30pm) 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 4:30pm-5:30pm) 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**

Teen/Adult Group Lessons

Beginning Group Fridays 5:30-6:00

The class focuses on the very basic fundamentals of swimming. Skills such as floating, proper kicking, and movement on front and back. By the end of the course, participants should have the concept of a front and back float, kicking on their back, and the front crawl stroke.

Advance Group Fridays 6:00-6:30 for Advance

This class focuses more on fine tuning the strokes you already know. Emphasis given on the breathing for front crawl, full stroke for breast stroke, and arm movement for back stroke. Participants must be able to float by themselves and be able to swim with face in the water at least 15 yards.

Registration starts

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

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

Lesson Days	Start Date	End Date
Saturday	December 2 nd	December 16 th
Saturday	January 6 th	January 27 th
Saturday	February 3 rd	February 24 th
Tuesday and Thursday	December 5 th	December 14 th
Tuesday and Thursdays	January 2 nd	January 25 th
Tuesday and Thursdays	February 1 st	February 27 th
Friday	December 1 st	December 15 th
Friday	January 5 th	January 26 th
Friday	February 2 nd	February 23 rd