

Youth Group Aquatics

Saturdays Group Swimming Lessons

9am-12pm

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

Tuesday/Thursday Evening Group Swimming Lessons

Twice a week group swimming lessons

4:15pm-6:00pm

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

Monday-Thursday Mornings

4 times a week for two weeks group swimming lessons

10am-12pm

\$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 at 8:30am

Preschool classes are for ages 3-5 years of age

- **Preschool Aquatics Level 1** is designed to orient young preschoolers to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.
Tu/Th at 4:15, Sat at 9:05, 10:15, 10:50, Mon-Thur at 10:00, 11:10
- **Preschool Aquatics Level 2** builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.
Tu/Th at 4:15, Sat at 9:05, 10:15, 10:50, Mon-Thur at 10:00, 11:10
- **Preschool Aquatics Level 3** builds on the skills learned in Levels 1 and 2. Participants are able to perform basic aquatic skills with greater proficiency, for longer distances and times. In addition, previously acquired water safety knowledge and skills are reinforced and expanded upon.
Tu/Th at 4:15, Sat at 9:40, Mon-Thur at 10:00

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

- **Learn-to-Swim Level 1** is designed to orient participants to the aquatic environment and to help them gain basic aquatic skills. In addition, participants start learning about how to be safe around water.
Tu/Th at 4:50, Sat at 9:05, 10:15, 11:25 Mon-Thur 10:00

For Swim Evaluations, comments, or questions email Ashley@mtparkhoa.com

- **Learn-to-Swim Level 2** builds on the basic aquatic skills and water safety skills and concepts learned in Level 1. Participants begin to perform skills at a slightly more advanced level and begin gaining rudimentary propulsive skills on both the front and the back. This level marks the beginning of independent aquatic locomotion skills.
Tu/Th at 4:50, Sat at 9:05, 10:50, 11:25, Mon-Thur at 10:35
- **Learn-to-Swim Level 3** builds on the skills learned in Levels 1 and 2. Participants learn to swim the front crawl and elementary backstroke 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 and 10:15, Mon-Thur at 10:35
- **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.
Tu/Th at 5:25, Sat at 9:40, 10:50, Mon-Thur at 10:35
- **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.
Sat at 11:25 Mon-Thur 11:10

Swim Clubs

Beginning Swim Club 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. **\$30 member/\$40 non-member**

Advanced Swim Club 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. **\$30 member/\$40 non-member**

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