GROUP SWIM LESSONS

Guided swim lessons to increase skills and improve self-confidence. Students will be taught basic water safety and skill progressions for all applicable strokes according to the American Red Cross Standards. Class meet once per week. No make-up classes.

Only one family member allowed on pool deck during swim lessons.

Winter 1 Group Swim Lessons

January 4 - February 13

	MONDAY	TUESDAY	THURSDAY	SATURDAY
Aqua-babies				9:00-9:30am
Aqua-tots		4:00-4:30pm		9:30-10:00am
Preschool	4:30-5:00pm	4:30-5:00pm	4:30-5:00pm	10:00-10:30am 11:00-11:30am
Level 1	5:00-5:30pm	5:00-5:30pm	5:00-5:30pm	10:30-11:00am 11:00-11:30am
Level 2		5:30-6:00pm	5:30-6:00pm	10:00-10:30am
Level 3			6:00-6:30pm	10:30-11:00am
Level 4	6:00-6:30pm			
Beginner Adults	5:30-6:00pm			

Register for BOTH Winter Sessions & Get 1 FREE Lesson!

Email Aquatics Director Parker, parker@allsporthealthandfitness.com to register for both Winter Sessions.

6 Week Session

Monday/Tuesday/Thursday/Saturday

Members $162 Non Members $252

Priority Registration begins **November 23.**

Registration for **Members** is **November 30** | **Non-Members** is **December 7**

*Offer valid only when Winter Session 1 and 2 are purchased together. Offer Ends January 4.

ALL SPORT KIDS!

For more information or to register call or visit the Front Desk.

#845-896-5678 • info@allsporthealthandfitness.com

AQUA- BABIES

(6 months - 18 months)

Teaching proper ways to hold the babies in the water aids in optimal skill development. In this class we incorporate safety skills, floating on their back/front, blowing bubbles and jumping in. Through playtime, games and songs your child becomes more confident in the water, while developing basic water skills.

AQUA-TOTS

(18 months - 2 years)

Teaching proper ways to hold the TOTS in the water to aid in optimal skill development. We incorporate safety skills, floating on their back/ front, blowing bubbles, arm/leg coordination, jumping in with submerging. Though playtime, skill completion, games and songs your child becomes more confident in the water, while developing fundamental skills needed to transition into independent lessons.

PRESCHOOL

(Ages 3-5)

Getting adjusted to the water, entering/exiting the water, blowing bubbles, submerging mouth, nose, and eyes, front/back floats, glides, and treading water. Swimmers begin using simultaneous and alternating arm and leg movement on their front and back.

LEVELS 1-4: AGES 5+

LEVEL 1- INTRODUCTION TO WATER SKILLS

Getting adjusted to the water, above/underwater, entering/exiting the water, blowing bubbles, submerging, jumping into the water, front/back floats, glides, and treading water. Swimmers further develop simultaneous and alternating arm and leg movement on their front and back.

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

This class gets these swimmers ready to gain independence from the instructor and floatation devises while working on learning different basic skills of each stroke. The goal of this level is to become comfortable swimming unassisted and move towards the intermediate levels.

Swimmers must be able to stand up in the 4ft Shallow End with head above water.

LEVELS 3 - STROKE DEVELOPMENT

The goal of this level is to become comfortable swimming stroke fundamentals unassisted. The swimmers will be learning front crawl with breathing to the side, unassisted back crawl, treading water, deep water skills, diving, and breaststroke.

Swimmers are required to demonstrate the ability to swim one continuous lap independently.

LEVEL 4 -STROKE IMPROVEMENT/REFINEMENT

The goal of this class is to increase swimmers endurance by swimming strokes for a greater distance doing laps. As the class progresses with distance, turns for each stroke will be introduced.

Not sure which level is right for your swimmer?
If your child is too advanced for a group but doesn't yet meet the requirements for the next level, please complete our Private Lesson Inquiry Form.
We kindly ask that you do not register your child for a class above their current skill level, as movement between levels is unlikely due to limited space and full classes.
If you have any questions or need help determining the right level, please contact:
Parker Sperrazza, Aquatics Director (845) 896-5678 ext. 104