

# 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.

## Fall 1 September 16- November 2

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

### 7 Week Session

Monday/Tuesday/Thursday/Saturday

Members \$161 Non Members \$196

# 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. Through 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—5: AGES 5+

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### 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 devices 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.

### LEVEL 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.

### LEVEL 4/5—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.

Please do not sign your child up for a class above his/her skill level. There is a good chance that they will not be moved up or down due to class sellouts. At each level, greater endurance, improved efficiency and a more refined form of each stroke are required. If you are unsure of your child's level or have any questions please contact Karen Feeley, Aquatics Director 896-5678 ext 104.