

WINTER WONDERLAND SWIM CLINICS

A FUN WEEK OF SWIMMING BEFORE THE HOLIDAYS!

Our Swim Clinics focus on improving stroke technique, building confidence, and reinforcing water safety skills.

Each clinic follows American Red Cross Standards and includes guided instruction to help swimmers progress through all applicable strokes.

Clinics run daily for one week – no make-up sessions are available.

December 15th - 19th

CLINIC SCHEDULE

Snowflakes 4:00pm - 4:30pm
4:30pm - 5:00pm

Little Penguins 5:00pm - 5:30pm
5:30pm - 6:00pm

Reindeer 6:00pm - 6:30pm

Polar Bears 6:30pm - 7:00pm

PRICING

(INCLUDES ALL 5 LESSON DAYS)

MEMBERS: \$125 | NON-MEMBERS: \$150

SINGLE-DAY DROP-IN:

MEMBERS: \$30/DAY | NON-MEMBERS: \$45/DAY



ALLSPORT KIDS!

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

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

CLASS DESCRIPTIONS

SNOWFLAKES (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+

LITTLE PENGUINS (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.

REINDEER (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.

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

POLAR BEARS (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.

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

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:

Jared Bentz, Aquatics Director (845) 896-5678 ext. 101