

Group Swim Lessons

Fall '10



Tues. /Thurs. Classes: Sept. 28 - Nov. 11

Saturday Classes: Sept. 25 - Nov. 13

(No class Oct. 9)



Registration Dates:

Members: Tuesday Sept. 21, 4:30-5:30pm

Non-Members: Thursday Sept. 23, 4:30-5:30pm

New Swimmers (non-swimmers do not need to be tested) should bring a bathing suit and towel for placement testing

Tues. /Thurs.: Members: \$182

Non-Members: \$224

Saturdays: Members: \$91

Non-Members \$112



Schedule

All classes are thirty minutes

	Tuesdays/Thursdays	Saturdays
Aquababies 7mos-3 yrs:	N/A	9:30 am
Aquatots:	4:00 & 5:30pm	10 & 10:30am
Beginner I:	4:30pm	11:00 am
Beginner II:	5:00 pm	11:30 am
Adv. Beg/Little Lappers:	6:00 pm	12:00 noon

Class descriptions on back

Class Descriptions

AQUABABIES with parent: (7mos. - 3 yrs.) Babies will be introduced to the water in a group setting. Emphasis is on water fun and interaction with parent and other children. Your child will progress at his/her own speed while learning to enjoy the water. Some basic skills are introduced with songs and games. (Children are required to wear an IC approved swim diaper)

AQUATOTS (Ages 3-6): Child will learn basic skills while gaining confidence and having fun with water skills. Instructions include breathholding, blowing bubbles, front and back float, correct kicking and arm motion and jumping into water. The ultimate goal is to swim without support for 5 yards.

BEGINNER I: This class is for the beginning swimmer who is comfortable in the water. Students will work towards swimming with their face submerged and extending their arms out of the water. Backstroke and rotary breathing are also introduced.

BEGINNER II: Continuation of Beginner I, plus learning complete front crawl, rotary breathing, backstroke, elementary backstroke, and introductory diving.

ADVANCED BEGINNERS: Child will work towards completion of 25-yard swim, front and back crawl, perfect rhythmic breathing, and introduction to breaststroke.

LITTLE LAPPERS: This class is for the introductory lap swimmer. Instruction includes development and refinement of front crawl, backstroke and breaststroke technique. Butterfly and sidestroke are also introduced at this level as well as flip turns and competitive techniques.



