

Group Swim Lessons

Winter I I



Registration Dates

Members: Tuesday Jan. 24 ~4:45-5:45pm

Non-Members: Thursday Jan. 26 ~4:45-5:45pm

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

Session Dates & Fees

Tues/Thurs Classes: Jan. 31 – March 29

(No class Feb. 21 & 23)

Saturday Classes: Feb. 4 – March 31

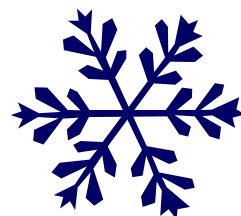
(No class Feb. 18)

Tues/Thurs.: Members: \$208

Non-Members: \$256

Saturdays: Members: \$104

Non-Members \$128



Schedule

All classes are thirty minutes

	Tuesdays/Thursdays	Saturdays
Aquababies (7 mos-3 yrs)	N/A	9:30am
Aquatots:	4:45pm	10:00 or 10:30am
Beginner I:	5:15pm	11:00 am
Beginner II:	5:45 pm	11:30 am
Advanced Beginner:	6:15 pm	12:00noon
Little Lappers	6:15 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.

