

SWIMMING LESSONS FALL 2016

SESSION 1	SEPT 12 ~ SEPT 29
SESSION 2	OCT 3 ~ OCT 20
SESSION 3	OCT 24 ~ NOV 10
SATURDAY	SEPT 10 ~ OCT 15

Parent Tot I (age 6mos-18mos)

The 'Parent-Tot' class is designed for children from ages 6 months to 3 years old and they must be accompanied by an adult in the water. This class introduces the child to the water while teaching the Parent skills to help the child adjust to the water. These skills include Blowing Bubbles, Kicking, Pulling, and going Under Water. Children are required to wear Swim Diapers - No disposable diapers please.

9369	Sat	Sept 10 – Oct 15	9:10- 9:40 AM	9368	T,Th	Sept 13 – Sept 29	11:00-11:30 AM
9365	M,W	Sept 12 – Sept 28	11:00-11:30 AM	9429	T,Th	Oct 4 – Oct 21	11:00-11:30 AM
9366	M,W	Oct 3 – Oct 19	11:00-11:30 AM	9430	T,Th	Oct 25 – Nov 10	11:00-11:30 AM
9367	M,W	Oct 11 – N ov 9	11:00-11:30 AM				

Tadpole (age 3-5)

The 'Tadpole' class is designed for the Pre-School aged child ages 3-5 years old that has no experience in the water. This class will introduce children to the water as well as basic water skills such as; Blowing Bubbles, Kicking, Floating and Gliding. To progress to the 'Minnow' swim class students must be able to fully submerge under water, float with support and have no fear of the water.

9395	Sat	Sept 10 – Oct 15	9:50- 10:20 AM	9392	T,Th	Sept 13 – Sept 29	12:30-1:00 PM
9388	M,W	Sept 12 – Sept 28	12:30-1:00 PM	9393	T,Th	Oct 4 – Oct 21	12:30-1:00PM
9389	M,W	Oct 3 – Oct 19	12:30-1:00 PM	9394	T,Th	Oct 25 – Nov 10	12:30-1:00 PM
9390	M,W	Oct 11 – N ov 9	12:30-1:00 PM	9391	T,Th	Sept 13 – Sept 29	6:30-7:00 PM
9387	M,W	Sept 12 – Sept 28	6:30-7:00 PM				

Minnow (age 3-5)

The 'Minnow' swim class is designed for the Pre-School aged child (3-5) who have some experience in the water. This class will work on Gliding, Jumping and Swimming on their Front and Back. To progress to the 'Seals' swim class students must Float Unassisted on their Front and Back, demonstrate Bobbing and Swim Unassisted on their front for 3 body lengths with combined arm and leg action.

9364	Sat	Sept 10 – Oct 15	9:50- 10:20 AM	9428	T,Th	Sept 13 – Sept 29	11:45-12:15 PM
9356	M,W	Sept 12 – Sept 28	11:45-12:15 PM	9361	T,Th	Oct 4 – Oct 21	11:45-12:15PM
9358	M,W	Oct 3 – Oct 19	11:45-12:15 PM	9362	T,Th	Oct 25 – Nov 10	11:45-12:15 PM
9359	M,W	Oct 11 – N ov 9	11:45-12:15 PM	9363	T,Th	Sept 13 – Sept 29	6:30-7:00 PM
9357	M,W	Sept 12 – Sept 28	6:30-7:00 PM				

Seals (age 3-5)

This class is designed for preschool aged child (3-5) who can already swim. This class will work on alternating arm and leg action, rhythmic breathing and confidence in the water. This is the highest Preschool class and students will progress out of this class when they are ready for "Advanced Beginner" between ages 5 & 6.

9373	M,W	Sept 12 – Sept 28	12:30 -1:00 PM	9378	T,Th	Sept 13 – Sept 29	12:30-1:00PM
9374	M,W	Oct 3 – Oct 19	12:30 -1:00 PM	9379	T,Th	Oct 4 – Oct 21	12:30 -1:00 PM
9375	M,W	Oct 11 – N ov 9	12:30 -1:00 PM	9380	T,Th	Oct 25 – Nov 10	12:30 -1:00 PM

BEGINNER Swim Class (age 5 & up)

This class is designed for true Beginners. This class begins at age 5 for the child with no swimming experience or a child who has a fear of the water. This class will teach floating, kicking, blowing bubbles and submersion. To complete this Level Students must be able to float on their stomach and back, submerge fully under water and kick for 2 body lengths without assistance before progressing to 'Advanced Beginner'

9355	Sat	Sept 10 – Oct 15	11:05-11:55 AM	9352	T,Th	Sept 13 – Sept 29	7:10-8:00 PM
9351	M,W	Sept 12 – Sept 28	7:10-8:00 PM	9354	T,Th	Oct 4 – Oct 21	7:10-8:00 PM
9353	M,W	Oct 3 – Oct 19	7:10-8:00 PM				

ADVANCED BEGINNER (age 6-15)

The Advanced Beginner Swim Class is for children ages 6 and up who are comfortable going Under Water and can Float without assistance. This class will build upon the skills taught in the Beginner class and introduce the Front Crawl and Backstroke. It will also include orientation to Deep Water. To complete this class and progress to 'Stroke Development' participants must swim 15 feet unassisted on their stomachs and on their backs, demonstrate taking a breath while swimming their front and be able to roll from front to back and back to front while swimming.

9343	M,W	Sept 12 – Sept 28	7:10-8:00 PM	9344	M,W	Oct 3 – Oct 19	7:10-8:00 PM
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STROKE DEVELOPMENT (age 6-15)

The Stroke Development Swim Class is for children ages 6 and up who can swim 15 feet unassisted on their front and back, using any type of rhythmic breathing. This class will build upon the skills taught in the Advanced Beginner Swim Class and introduce Breaststroke, Diving, and Treading Water. Students should be comfortable in Deep Water. To progress to the 'Advanced Swimmer' swim class students must be able to swim 25 yards Front Crawl with Rhythmic Breathing, swim on their back for 25 yards and Jump into Deep Water and Level off and swim without assistance.

9386	Sat	Sept 10 – Oct 15	12:05-12:55 PM
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ADVANCED SWIMMER (age 6-15)

The Advanced Swimmer class is for children ages 6 and up who can swim 25 yards unassisted on their front with rhythmic breathing and swim 25 yards on their back using a combined arm and leg action. This class will work on stroke technique and endurance for all 4 competitive swimming strokes. To progress to the 'Pre-Competitive' Swim Class students must demonstrate 50 yards of Front Crawl with rhythmic breathing and swim 25 yards of Back Crawl and Breaststroke.

9347	M,W	Sept 12 – Sept 28	8:10-9:00 PM	9348	M,W	Oct 3 – Oct 19	8:10-9:00 PM
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ADULT BASICS (age 15+)

This class is designed to teach adults who are uncomfortable in the water. It will teach floating and buoyancy on the stomach and back. Introducing freestyle, back crawl, introduction to deep water, and basic water safety.

9427	Sat	Sept 10 – Oct 15	1:05-1:55 PM	9342	T,Th	Sept 13 – Sept 29	8:10-9:00 PM
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