

SWIMMING LESSONS WINTER 2017

SESSION 1

JAN 9 ~ JAN 26

SESSION 2

JAN 30 ~ FEB 16

SATURDAY

JAN 7 ~ FEB 11

Parent Tot I (age 6mos-18mos)

RESIDENT - \$40

NON-RESIDENT - \$65

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.

<u>10034</u>	<u>Sat</u>	<u>Jan 7 – Feb 11</u>	<u>9:10- 9:40 AM</u>	<u>10033</u>	<u>T,Th</u>	<u>Jan 10 – Jan 26</u>	<u>11:00-11:30 AM</u>
<u>10031</u>	<u>M,W</u>	<u>Jan 9 – Jan 25</u>	<u>11:00-11:30 AM</u>	<u>10035</u>	<u>T,Th</u>	<u>Jan 21 – Feb 16</u>	<u>11:00-11:30 AM</u>
<u>10032</u>	<u>M,W</u>	<u>Jan 30 – Feb 15</u>	<u>11:00-11:30 AM</u>				

Tadpole (age 3-5)

RESIDENT - \$40

NON-RESIDENT - \$65

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.

<u>10042</u>	<u>M,W</u>	<u>Jan 9 – Jan 25</u>	<u>11:45 – 12:15 PM</u>	<u>10044</u>	<u>T,Th</u>	<u>Jan 10-Jan 26</u>	<u>6:30-7:00PM</u>
<u>10043</u>	<u>M,W</u>	<u>Jan 30 – Feb 15</u>	<u>11:45-12:15 PM</u>	<u>10045</u>	<u>Sat</u>	<u>Jan 7 – Feb 11</u>	<u>9:45 – 10:15 AM</u>

Minnow (age 3-5)

RESIDENT - \$40

NON-RESIDENT - \$65

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.

<u>10028</u>	<u>Sat</u>	<u>Jan 7 – Feb 11</u>	<u>10:25 -10:55 AM</u>	<u>10024</u>	<u>T,Th</u>	<u>Jan 10 –Jan 26</u>	<u>11:45-12:15 PM</u>
<u>10022</u>	<u>M,W</u>	<u>Jan 9 – Jan 25</u>	<u>12:30-1:00 PM</u>	<u>10025</u>	<u>T,Th</u>	<u>Jan 31 – Feb 16</u>	<u>11:45-12:15PM</u>
<u>10023</u>	<u>M,W</u>	<u>Jan 30 – Feb 15</u>	<u>12:30-1:00 PM</u>	<u>10026</u>	<u>T,Th</u>	<u>Jan 10 – Jan 26</u>	<u>6:30-7:00 PM</u>
<u>10027</u>	<u>T,Th</u>	<u>Jan 31- Feb 16</u>	<u>6:30-7:00 PM</u>				

Seals (age 3-5)

RESIDENT - \$40

NON-RESIDENT - \$65

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.

<u>10036</u>	<u>M,W</u>	<u>Jan 9 – Jan 25</u>	<u>1:15 – 1:45 PM</u>	<u>10039</u>	<u>T,Th</u>	<u>Jan 31 – Feb 16</u>	<u>12:30-1:00PM</u>
<u>10037</u>	<u>M,W</u>	<u>Jan 30 – Feb 15</u>	<u>1:15 – 1:45 PM</u>	<u>10040</u>	<u>T,Th</u>	<u>Jan 31 – Feb 16</u>	<u>6:30 – 7:00 PM</u>
<u>10038</u>	<u>T,Th</u>	<u>Jan 10 – Jan 26</u>	<u>12:30 -1:00 PM</u>	<u>10041</u>	<u>Sat</u>	<u>Jan 7 – Feb 11</u>	<u>10:25 – 10:55 AM</u>

BEGINNER Swim Class (age 5 & up)

RESIDENT - \$80

NON-RESIDENT - \$105

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'

[10021 Sat Jan 7-Feb 11 11:05-11:55 AM](#)
[10062 T, Th Jan 31-Feb 16 1:10-2:00 PM](#)

[10020 T,Th Jan 10- Jan 26 1:10-2:00 PM](#)
[10063 T,Th Jan 10- Jan 26 7:10-8:00 PM](#)

ADVANCED BEGINNER (age 6-15)

RESIDENT - \$80

NON-RESIDENT - \$105

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.

[10016 T,Th Jan 10- Jan 26 7:10-8:00 PM](#)
[10048 T, Th Jan 31-Feb 16 7:10-8:00 PM](#)

[10017 Sat Jan 7-Feb 11 11:05 - 11:55 AM](#)

STROKE DEVELOPMENT (age 6-15)

RESIDENT - \$80

NON-RESIDENT - \$105

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.

[10064 T,Th Jan 31-Feb 16 7:10-8:00 PM](#)

[10065 Sat Jan 7-Feb 11 12:05-12:55 PM](#)

ADVANCED SWIMMER (age 6-15)

RESIDENT - \$80

NON-RESIDENT - \$105

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.

[10018 T,Th Jan 31-Feb 16 8:10-9:00 PM](#)

[10019 Sat Jan 7-Feb 16 12:05 -12:55 p](#)

PRE-COMPETITIVE (age 6-15)

RESIDENT - \$80

NON-RESIDENT - \$105

The 'Pre-Competitive' swim class is designed for those students who can swim 50 yards Freestyle with Rotary Breathing and 25 yards each of Backstroke and Breaststroke. This class will focus on endurance, starts, turns, and overall efficiency and technique of all four competitive strokes. There are no exit skills for this class, as students will continue to improve on their strokes through more practice.

[10047 Sat Jan 7-Feb 11 1:05-1:55 PM](#)

ADULT BASICS (age 15+)

RESIDENT - \$80

NON-RESIDENT - \$105

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.

[10046 Sat Jan 7-Feb 11 1:05-1:55 PM](#)

[10015 T,Th Jan 10- Jan 26 8:10-9:00 PM](#)