



Registration Begins June 3

LifeStyles Green Lessons: June 19 – July 29

All lead instructors are American Red Cross Certified • Lifeguard always on duty

NO make up for missed sessions

CLASS SCHEDULE

X	Class	Day	Start Time	End Time	Family Member Code	Guest Code
	4 and under classes					
	Parent Child	Saturday	9:30 AM	10:00 AM	\$40 (#331)	\$70 (#332)
	Preschool-1	Wednesday	5:00 PM	5:30 PM	\$40 (#331)	\$70 (#332)
	Preschool-1	Saturday	11:20 AM	11:50 AM	\$40 (#331)	\$70 (#332)
	Preschool-2	Wednesday	5:30 PM	6:00 PM	\$40 (#331)	\$70 (#332)
	Preschool-2	Saturday	9:00 AM	9:30 AM	\$40 (#331)	\$70 (#332)
	Preschool-3	Monday	5:00 PM	5:30 PM	\$40 (#331)	\$70 (#332)
	Preschool-3	Saturday	10:00 AM	10:30 AM	\$40 (#331)	\$70 (#332)
	5 and older classes					
	Level 1	Thursday	5:00 PM	5:30 PM	\$40 (#331)	\$70 (#332)
	Level 1	Saturday	11:10 AM	11:40 AM	\$40 (#331)	\$70 (#332)
	Level 2	Tuesday	5:00 PM	5:30 PM	\$40 (#331)	\$70 (#332)
	Level 2	Saturday	10:40 AM	11:10 AM	\$40 (#331)	\$70 (#332)
	Level 3	Tuesday	5:30 PM	6:20 PM	\$45 (#300)	\$75 (#320)
	Level 3	Saturday	9:00 AM	9:50 AM	\$45 (#300)	\$75 (#320)
	Level 4	Tuesday	5:30 PM	6:20 PM	\$45 (#300)	\$75 (#320)
	Level 4	Saturday	9:50 AM	10:40 AM	\$45 (#300)	\$75 (#320)
	Level 5/6	Thursday	5:30 PM	6:20 PM	\$45 (#300)	\$75 (#320)
	Level 5/6	Saturday	10:40 AM	11:30 AM	\$45 (#300)	\$75 (#320)
	Adult classes					
	Adult Beginner	Monday	5:30 PM	6:00 PM	\$40 (#331)	\$70 (#332)
	Adult II	Monday	6:00 PM	6:30 PM	\$40 (#331)	\$70 (#332)

*To ensure quality and cost effective programming, the aquatic department reserves the right to combine, add or cancel classes as necessary.

Questions? Call the Aquatic Office at 330.896.5007.

Basic Class Descriptions*

Classes are held once a week for six weeks. Please let your instructor know if you plan to miss a lesson.

Parent and Child Aquatics: For children **6 months-4 years**. Parent must accompany child in the water. General water safety tips for parents and water adjustment for children.

Preschool Levels: For children **3-4 years old** who are ready to be without parents. General Level 1, 2, and 3 skills.

Level 1: Water Adjustment for children (without parents). Enter and exit in shallow end, move comfortably through water, submerge face (3 seconds), and float with support on front and back. **5 years and up**

Level 2: Independent float on front and back, open eyes under water and retrieve objects, rhythmic breathing or bobbing 10 times, kick on front and back, roll from back to front/front to back, front and back crawls arm action, combined stroke front and back. **5 years and up**

Level 3: The objective of Level III is continued improvement on the front crawl. Introduction of elementary backstroke, dolphin, scissors, and breaststroke kicks. Rotary breathing, treading water, diving and survival floats are also included in this level. **5 years and up**

Level 4: The objective of Level IV is for students to develop confidence and improve on the front crawl, elementary backstroke, while also being introduced to back crawl, butterfly, sidestroke and breaststroke. Diving rules and safety assists are also built upon in this level. **5 years and up**

Level 5: The objective of Level V is to continually build upon the front crawl and elementary backstroke for better endurance and stroke mechanics, as well as improvement on the back crawl, butterfly, breaststroke and sidestroke. Swimming turns and surface dives are introduced in this level. **5 years and up**

Level 6: The objective of Level VI is to refine the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances. **5 years and up**

Cancellations Policy:

- **Cancellations 3 or more days before class will be refunded in full.**
- **Cancellation the day of or after will NOT be refunded.**
- **Any class cancelled by the Aquatics Department will be refunded in full.**
- **Please contact the Aquatics Department for cancellations.**

Program Registration: Don't forget to fill out a program registration form prior to each session, found at the front desk or in the lobby flyer racks.

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