

## Swimming Lessons and SEALS Registration

Registration Begins: February 14<sup>th</sup> for March 2<sup>nd</sup> session

Next Lessons Session: April 28<sup>th</sup>-June 7<sup>th</sup>, 2015

*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
	<b>4 and under classes</b>					
	Parent Child A	Saturday	9:40 AM	10:10 AM	\$40 (#331)	\$70 (#332)
	Parent Child B	Saturday	8:30 AM	9:00 AM	\$40 (#331)	\$70 (#332)
	Pre-1	Saturday	8:30 AM	9:00 AM	\$40 (#331)	\$70 (#332)
	Pre-2	Wednesday	5:00 PM	5:30 PM	\$40 (#331)	\$70 (#332)
	Pre-2	Saturday	9:05 AM	9:35 AM	\$40 (#331)	\$70 (#332)
	Pre-3	Saturday	10:15 AM	10:45 AM	\$40 (#331)	\$70 (#332)
	Pre-3	Wednesday	5:30 PM	6:00 PM	\$40 (#331)	\$70 (#332)
	<b>5 and older classes</b>					
	Level 1	Saturday	11:15 AM	11:45 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	Saturday	9:50 AM	10:40 AM	\$45 (#300)	\$75 (#320)
	Level 5	Saturday	10:50 AM	11:40 AM	\$45 (#300)	\$75 (#320)
	Level 6	Saturday	10:50 AM	11:40 AM	\$45 (#300)	\$75 (#320)
	<b>Adult classes</b>					
	Adult Beg.	Monday	5:30 PM	6:00 PM	\$40 (#331)	\$70 (#332)
	Adult II	Monday	7:30 PM	8:20 PM	\$45 (#300)	\$75 (#320)
	<b>SEALS Swimming</b>					
	Thursday only:		6:30 PM	7:30 PM	\$40 (#331)	\$75 (#320)

- **Reminder:** Children of parents, who have an individual or couple membership, are considered guests.

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

Questions or concerns? Call the Aquatic Office at 330-945-3131

- **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.

## **Basic Class Descriptions\***

Classes are held once a week for six weeks. There are **NO MAKE UPS** for missed lessons.

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. Group A is 6 months-36 months and Group B is 36 months-4 years.

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

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 and back crawl and to learn the butterfly kick and body motion. Rotary breathing 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 and back crawl and butterfly, while also being introduced to the elementary backstroke 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 and back crawl for better endurance and stroke mechanics, as well as improvement on the elementary backstroke, butterfly and breaststroke. Sidestroke and swimming turns and 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**

SEALS Swimming: For youth **6 years old & up** interested in developing their competitive swimming skills. Swimmers will learn drills to improve technique, and increases speed and endurance. Emphasis will be placed on stroke refinement, starts, turns, warm-up, supplemental exercises, and FUN! (A minimum of Level 5 is required for all participants)

### **Cancellations Policy:**

**Cancellations 3 or more days before class will be refunded in full. Cancellations 1-2 days prior to class will be charged a \$10 service fee. 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.**

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