

SWIM LESSONS

Winter I-2015

Registration begins: December 13th, 2014
 Session runs: January 5th – February 14th, 2015
 All lead instructors are Red Cross certified

- *Lifeguard always on duty*
- *NO Make-up Lessons for missed sessions*

Next session will begin: Spring I - 2015 (March 2nd – April 11th, 2015)
See back of this page for schedule of classes and fees.

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



ATTENTION: CANCELLATION POLICY

Cancellations 3 or more days prior to the first day of class will be given a full refund. Cancellations 1-2 days prior to first day of class will be given refund minus a \$10.00 service fee. Cancellations the first day of class or after will not be refunded. Classes canceled by the Aquatics Department will be refunded in full. You must contact the Aquatics Department to process a cancellation.

If you have any questions about classes or times, call the Aquatics Office @ (330) 896-5007

Register at the front desk. Payment must accompany all registrations!

Name: _____ Age: _____ Phone #: _____ ID# or Guest: _____

Session: _____ Level: _____ Day(s): _____ Time: _____

Amount Paid: _____ Paid by: Cash _____ Check _____ Credit Card _____

Signature: _____ Parents Name: _____

How did you hear about the program? (Please circle one) *E-Newsletter* *Quarterly Newsletter* *Flyers/Word of Mouth* *Past Participant*

Schedule of Classes and Fees

Please remember: Children of parents who have an individual or couple membership are considered guests.

Fees are shown with Member Price/Guest Price

Parent Child Aquatics (6mths. to 3yrs)			Level I (5yrs & up)			Level II (5yrs & up)		
Saturday	9:30-10:00 am	\$40/\$70	Wednesday	5:00 - 5:30 pm	\$40/\$70	Tuesday	5:00 - 5:30 pm	\$40/\$70
			Saturday	11:10 - 11:40 am	\$40/\$70	Saturday	10:40 - 11:10 am	\$40/\$70
Level III (5yrs & up)			Level IV (5yrs & up)			Level V & VI Combo (5yrs & up)		
Tuesday	5:30-6:20 pm	\$45/\$75	Wednesday	5:30 - 6:20 pm	\$45/\$75	Thursday	5:30 - 6:20 pm	\$45/\$75
Saturday	9:00-9:50 am	\$45/\$75	Saturday	9:50 - 10:40 am	\$45/\$75	Saturday	10:30 - 11:20 am	\$45/\$75
Pre-School Various Levels (Under 5 yrs. old)			Adult Beginner			Adult Swimming II		
Level 1 THUR	5:00 - 5:30 pm	\$40/\$70	Monday	5:30- 6:00 pm	\$40/\$70	Monday	6:00 - 6:30 pm	\$40/\$70
Level 1 SAT	11:20 - 11:50 am	\$40/\$70						
Level 2 SAT	9:00 - 9:30 am	\$40/\$70						
Level 3 SAT	10:00-10:30 am	\$40/\$70						
			SEALS Swimming (pre-competitive skills)			Adult MASTERS Swimming		
			Monday & Wednesday	6:30 - 7:30 pm	\$45/\$75	Tuesday & Thursday	6:30 - 7:30 pm	*Enrollment Required (see Coach)

Basic Class Descriptions

Level I

Intro to Water Skills

Water adjustment for children
*5 and up (w/o parents)
Enter and exit in shallow end
Move comfortably through water
Submerge face – 3 seconds
Float w/support on front and back
Safety rules Level I

Level V

Stroke Refinement

Tread water with two kicks
Learn survival swimming
Front and Back flip turns
Various Strokes

Level II

Fundamental Aquatic Skills

Independent float on front and back
Open eyes underwater-retrieve objects
Rhythmic breathing or bobbing – 10 times
Kick on front and back
Roll over from front to back
Front and back crawl arm actions
Combined stroke front & back
Safety rules Level II

Level VI

Swimming and Skill Proficiency

Personal Water Safety
Lifeguard Readiness
Fitness Swimming

Level III

Stroke Development

Elementary Back
Rhythmic breathing/bobbing
Jump into deep water
Dive w/ kneeling/compact positions
Front and back glides
Front crawl w/breathing to side
Scissors kick
Butterfly- Kick and body motion
Safety rules Level III

Parent Child Aquatics

Water Adjustment – Primary Skills

For children 6 months – 3 years
Parent must accompany child in the water.

Level IV

Stroke Improvement

Perform Shallow dive from compact
Perform open turns on front & back
Feet-First Surface dive
Perform the following:
Front and Back Crawl
Breaststroke-Butterfly
Elementary Back-
Swim on side using Sidestroke
Safety rules Level IV

Pre-School Levels (3&4 yr old)

For children ready to be w/o parents.
General Level 1, 2, & 3 skills
When student turns 5 they can join 5 years + level courses **next session**

SEALS Swimming

Swimming Elite At LifeStyles designed to prepare for swim teams.
*min Level 5 skills required.

***Adult Masters Swimming**

Competitive training for adults
*Membership program