



**Registration Begins July 10**

**LifeStyles Green Lessons: July 24 – August 2**

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

NO make up for missed sessions

**SUMMER EXPRESS CLASS SCHEDULE**

X	Class	Day	Start Time	End Time	Family Member Code	Guest Code
	<b>Swimming Express July 24 - August 2</b>			<b>*3 days a week</b>		
	Preschool 1	Monday - Wednesday	10:30 AM	11:00 AM	\$40 (#331)	\$70 (#332)
	Preschool 2	Monday - Wednesday	11:00 AM	11:30 AM	\$40 (#331)	\$70 (#332)
	Level 2	Monday - Wednesday	11:30 AM	12:00 PM	\$40 (#331)	\$70 (#332)
	Level 3	Monday - Wednesday	9:00 AM	9:50 AM	\$45 (#300)	\$75 (#320)
	Level 4	Monday - Wednesday	10:00 PM	10:50 PM	\$45 (#300)	\$75 (#320)

\*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 three times a week for two weeks. Please let your instructor know if you plan to miss a lesson.

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

**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**

### 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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