



Member Registration Begins June 3, 2017

Guest Registration Begins June 10, 2017

6-week Lesson Session: June 17 – July 22

For youth on Saturdays and Adults on Mondays

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

NO make up for missed sessions

Next 6-week session begins Sept 11, but don't miss out on our 2-week summer express sessions Mon, Wed and Fri 6/19-6/30, 7/10-7/21, 7/31-8/11. See Summer Express Flyers.

Red Cross Class Schedule

Class	Day	Start Time	End Time	Fees	Code
Parent/Child A	Saturday	9:30 am	10:00 am	\$40/\$70	331/332
Parent/Child B	Saturday	9:00 am	9:30 am	\$40/\$70	331/332
4 year olds	Saturday	10:00 am	10:30 am	\$40/\$70	331/332
5 Years & Up					
Level 1	Saturday	11:30 am	12:00 pm	\$40/\$70	331/332
Level 2	Saturday	10:30 am	11:00 am	\$40/\$70	331/332
Level 2	Saturday	11:00 am	11:30 am	\$40/\$70	331/332
Level 3	Saturday	10:00 am	10:50 am	\$45/\$75	300/320
Level 4	Saturday	11:00 am	11:50 am	\$45/\$75	300/320
Level 5/6	Saturday	12:00 pm	12:50 pm	\$45/\$75	300/320
Adults					
Beginners	Monday	6:30 pm	7:15 pm	\$45/\$74	300/320

*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 330.665.8131.

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. 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 the first class will be given a full refund, less a \$10 administration 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.**

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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