2022 SWIM CLASSES

CLASSES ARE LIMITED AND FILLED ON A FIRST COME FIRST SERVED BASIS

PARENT-INFANT/TODDLER

Introduction class for infants and toddlers (3 mos. To 3 yrs.) who are accompanied by one or both parents in the water. Provides information and techniques for parents to aid their child in becoming comfortable in and around the water. **Each session consists of 4 weekdays. Classes are 30 minutes long.**
REGISTRATION FEE: $15/PER PERSON

program number	class dates	class time	registration deadline
76-16	June 13, 15, 16, 17	5:50-6:20 pm	May 27
77-16	June 20, 21, 22, 24	5:50-6:20 pm	May 27
76-23	July 5, 6, 7, 8	10:45-11:15 am	June 24
76-26	July 5, 6, 7, 8	5:50-6:20 pm	June 24
77-23	July 11, 12, 13, 14	10:45-11:15 am	June 24
77-26	July 11, 12, 13, 14	5:50-6:20 pm	June 24
76-36	July 18, 19, 20, 21	5:50-6:20 pm	July 8
77-36	July 22, 25, 26, 27	5:50-6:20 pm	July 8

Parents: Parent-infant/toddler and preschool classes are designed to acquaint children with the water. They are not intended to teach your child to swim.

Aligns with 1st Session LTS	Aligns with 2nd Session LTS	Aligns with 3rd Session LTS

DON'T WAIT FOR THE DEADLINE - REGISTER EARLY FOR BEST AVAILABILITY

PRE-SCHOOL

For 3 and 4 year olds who will be comfortable in the water without a parent. **Each session consists of 4 weekdays. Classes are 30 minutes long.**
REGISTRATION FEE: $15/PER PERSON

program number	class dates	class time	registration deadline
78-13	June 13, 15, 16, 17	10:45-11:15 am	May 27
78-14	June 13, 15, 16, 17	11:30 am-12:00 pm	May 27
78-16	June 13, 15, 16, 17	5:50-6:20 pm	May 27
79-13	June 20, 21, 22, 24	10:45-11:15 am	May 27
79-14	June 20, 21, 22, 24	11:30 am-12:00 pm	May 27
79-16	June 20, 21, 22, 24	5:50-6:20 pm	May 27
78-24	July 5, 6, 7, 8	11:30 am-12:00 pm	June 24
78-26	July 5, 6, 7, 8	5:50-6:20 pm	June 24
79-24	July 11, 12, 13, 14	11:30 am-12:00 pm	June 24
79-26	July 11, 12, 13, 14	5:50-6:20 pm	June 24
78-33	July 18, 19, 20, 21	10:45-11:15 am	July 8
78-36	July 18, 19, 20, 21	5:50-6:20 pm	July 8
79-33	July 22, 25, 26, 27	10:45-11:15 am	July 8
79-36	July 22, 25, 26, 27	5:50-6:20 pm	July 8

PRIVATE SWIM LESSONS

Lessons are geared toward the abilities of your child and will consist of five 1/2-hour long classes (Monday thru Friday).

Private Swim Lessons Offered weekly 10:00-10:30am or 12:15-12:45pm **Cost:** $70 per person	
Dates	**Registration Deadline**
June 13-17	May 16
June 20-24	May 16
June 27-July 1	May 16
July 11-15	June 10
July 18-22	June 10
July 25-29	June 10

Class sizes are limited. Registration closes on registration deadline listed or when class is full. Lessons will be geared toward the abilities of your child.

ADAPTIVE SWIMMING

For any individual with physical or mental limitations, the course will consist of instruction on basic swimming skills along with recreational swim time. Each person must fill out a pre-registration form before the start of the class.
Schedule: July 18, 19, 20, 21, 22, 25, 26, 27, 11:30 am –noon
REGISTRATION FEE: $35
REGISTRATION DEADLINE: June 10
program number 88-14

2022 SWIM CLASSES

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LEARN TO SWIM PROGRAM		**REGISTRATION FEE: $35 PER SESSION** (each session consists of 8 weekdays)

SKILL LEVELS ~ SEE COURSE DESCRIPTIONS ON OPPOSITE PAGE			
LEVEL 1	INTRODUCTION TO WATER SKILLS	LEVEL 4	STROKE IMPROVEMENT
LEVEL 2	FUNDAMENTAL AQUATIC SKILLS	LEVEL 5	STROKE REFINEMENT
LEVEL 3	STROKE DEVELOPMENT	LEVEL 6	SWIMMING & SKILL PROFICIENCY

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We recommend not waiting until the deadline to register. Register early in May for best availability.

Registration Deadline for Session I is Friday, May 27

SESSION I: June 13, 15, 16, 17, 20, 21, 22, 24
No swim classes are scheduled on June 14 & 23 due to home swim meets

CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:45-11:15 am	81-13	82-13	83-13	84-13		
11:30 am -12:00 pm	81-14	82-14	83-14	84-14		
5:15-5:45 pm	81-15	82-15	83-15	84-15	85-15	86-15
5:50-6:20 pm	81-16	82-16	83-16	84-16	85-16	86-16

Registration Deadline for Session II is Friday, June 24

SESSION II: July 5, 6, 7, 8, 11, 12, 13, 14

CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:45-11:15 am	81-23	82-23	83-23	84-23	85-23	
11:30 am -12:00 pm	81-24	82-24	83-24	84-24		86-24
5:15-5:45 pm	81-25	82-25	83-25	84-25	85-25	86-25
5:50-6:20 pm	81-26	82-26	83-26	84-26	85-26	86-26

Registration Deadline for Session III is Friday, July 8

SESSION III: July 18, 19, 20, 21, 22, 25, 26, 27

CLASS TIME	LEVEL 1	LEVEL 2	LEVEL 3	LEVEL 4	LEVEL 5	LEVEL 6
10:45-11:15 am	81-33	82-33	83-33	84-33		
11:30 am -12:00 pm	81-34	ADAPTIVE SWIMMING				
5:15-5:45 pm	81-35	82-35	83-35	84-35	85-35	86-35
5:50-6:20 pm	81-36	82-36	83-36	84-36	85-36	86-36

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LEARN TO SWIM PROGRAM COURSE DESCRIPTIONS

The Learn to Swim Program is geared for children 5 years and older. In Levels 3-6, child must be able to stand unassisted in 3 feet of water.

LEVEL 1 (INTRODUCTION TO WATER SKILLS)

Helps participants feel comfortable in the water.

- Enter and exit water independently, using a ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes underwater and retrieve submerged objects
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and hand actions
- Alternating and simultaneous leg and arm actions on front
- Alternating and simultaneous leg and arm actions on back
- Combined arm and leg actions on front
- Combined arm and leg actions on back

LEVEL 2 (FUNDAMENTAL AQUATIC SKILLS)

Gives participants success with fundamental skills.

- Stepping or jumping from the side into chest-deep water
- Exit water using ladder, steps or side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Rotary breathing
- Front, jellyfish and tuck floats
- Front glide and float, and recover to a vertical position
- Back glide and float, and recover to a vertical position
- Roll from front to back and back to front
- Tread water, using arm and leg actions
- Change direction of travel while swimming on front or back
- Combined arm and leg actions on front
- Combined arm and leg actions on back
- Pinning arm action on back

LEVEL 3 (STROKE DEVELOPMENT)

Builds on Level 2 skills with additional guided practice in deeper water.

- Jump into deep water from the side, fully submerge and return to side
- Headfirst entry from the side in seated and kneeling positions
- Bobbing while moving to safety
- Rotary breathing
- Survival float for 30 seconds
- Back float for 1 minute
- Tread water for 1 minute
- Swimming the front crawl for 15 yards
- Swimming the elementary backstroke for 15 yards
- Flutter, scissors and dolphin kicks
- Push off in streamlined position on front, then begin kicking

LEVEL 4 (STROKE IMPROVEMENT)

Develops confidence in skills learned and improves other aquatic skills.

- Headfirst entry in compact and stride positions
- Feetfirst surface dive
- Swim underwater
- Tread water, using 2 different kicks
- Survival swimming
- Front crawl for 25 yards
- Elementary backstroke for 25 yards
- Breaststroke for 15 yards
- Back crawl for 15 yards
- Butterfly for 15 yards
- Sidestroke for 15 yards
- Open turns on the front and back
- Flutter and dolphin kicks on back
- Push off in streamlined position on back, then begin kicking

LEVEL 5 (STROKE REFINEMENT)

Provides further coordination and refinement strokes.

- Performing a shallow-angle dive into deep water
- Tuck-surface dive, pike-surface dive
- Tread water for 5 minutes, tread water using legs only for 2 minutes
- Sculling for 30 seconds
- Front crawl for 50 yards
- Elementary backstroke for 50 yards
- Breaststroke for 25 yards
- Back crawl for 25 yards
- Butterfly for 25 yards
- Sidestroke for 25 yards
- Front and back flip turns

LEVEL 6 (SWIMMING AND SKILL PROFICIENCY)

Refines the strokes so participants swim them with ease, efficiency, power and smoothness over greater distances.

- Surface dive and retrieve object from the bottom 7-10'
- Front crawl for 100 yards
- Elementary backstroke for 100 yards
- Breaststroke for 50 yards
- Back crawl for 50 yards
- Butterfly for 50 yards
- Sidestroke for 50 yards
- Demonstrate open turns and front and back flip turns when swimming