

**Winter 1** Learn To Swim Program

**SATURDAY LEARN TO SWIM**

**Winter 2** Learn to swim Program

**SATURDAY LEARN TO SWIM**

11:00-11:30a.m.	Parent & Toddler	03/10-04/28	221107-01
11:30-12:00 noon	Parent & Presch	03/10-04/28	221108-01
10:30-11:00a.m.	Preschool 1	03/10-04/28	221109-01
10:30-11:00a.m.	Preschool 2	03/10-04/28	221110-01

**TUE & THUR PROGRAM**

9:00-9:45 am	LEVEL 1	03/10-04/28	221101-01
9:45-10:30am	LEVEL 1	03/10-04/28	221101-02
9:00-9:45am	LEVEL 2	03/10-04/28	221102-01
9:45-10:30am	LEVEL 2	03/10-04/28	221102-02
9:45-10:30am	LEVEL 3	03/10-04/28	221103-01
10:30-11:15am	LEVEL 3	03/10-04/28	221103-02
11:15-12(noon)	LEVEL 3	03/10-04/28	221103-03
9:00-9:45am	LEVEL 4	03/10-04/28	221104-01
9:45-10:30am	LEVEL 4	03/10-04/28	221104-02
10:30-11:15am	LEVEL 5	03/10-04/28	221105-01
10:30-11:15am	LEVEL 6	03/10-04/28	221106-01
11:15-12(noon)	ADULT	03/10-04/28	221111-02

**FRIDAY PROGRAM**

**CURRENT SESSION  
STUDENTS CAN  
ENROLL THE LAST  
WEEK OF CLASSES**

**TUE & THUR PROGRAM**

11:00-11:30AM	PRESCH 1	2/07-3/01	221109-02
11:30-12(noon)	PRESCH 1	2/07-3/01	221109-03
12:00-12:30PM	PRESCH 2	2/07-3/01	221110-02
12:30-1:00PM	PRESCH 2	2/07-3/01	221110-03

**FRIDAY PROGRAM**

11:00-11:30AM	PRESCH 1	3/02-4/20	221109-04
11:30-12(noon)	PRESCH 2	3/02-4/20	221110-04

## CLASS DESCRIPTIONS

### **PRESCHOOL CLASSES: for ages 1.5 – 5.5**

**PARENT & TODDLER:** A program designed for children 1 1/2 years of age to 3 years of age. The objective is to get a good, safe, fun start in the water with a trusted adult. One child per adult please. Adults do not need to know how to swim, but should be prepared to go underwater.

**PARENT AND PRESCHOOL:** A Program designed for children 3 – 5 1/2 years of age. The objective is to help the child explore the water, gain confidence and learn basic skills in the water with a trusted adult. One child per adult please. Adults do not need to know how to swim, but should be prepared to go underwater.

**PRESCHOOL :** A program designed for the 3 1/2 -5 1/2 year old child. The child must have attended at least one Parent and Tot program, be comfortable in the water with an instructor, and be ready to submerge their head on the first day. Skills taught are consistent with levels 1, 2 and 3.

### **LEVEL PROGRAM: for ages 6 to 13**

**LEVEL 1:** Balance, comfort and independence in the water are the primary focus. Rhythmic breathing is introduced. Safe entries and exits as well as arm and leg movements through the water are performed. Lessons are held in the shallow water.

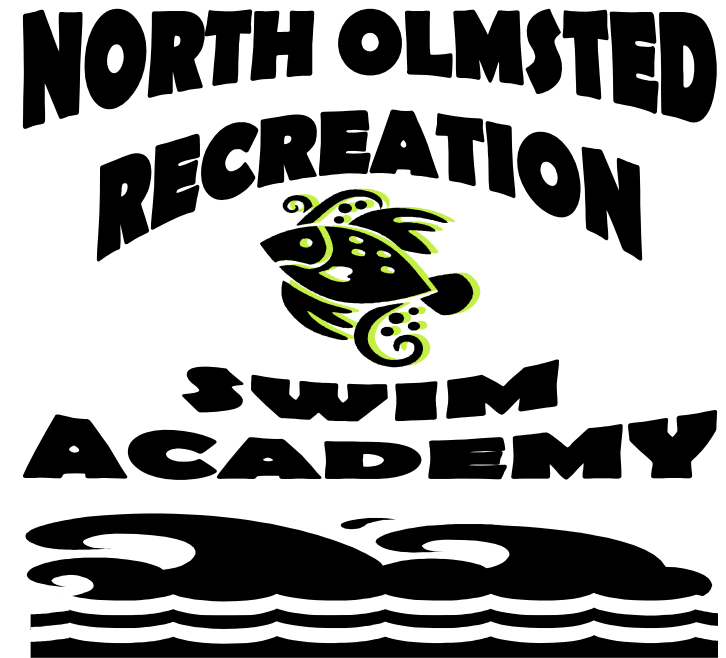
**LEVEL 2:** Balance and movement through the water are the primary focus. Changing position from front to back float, beginner stroke with rhythmic breathing, sculling and flutter kick on back are performed. Lessons are held in shallow water.

**LEVEL 3:** Development of front and back crawl is primary focus. Deep water skills including diving, underwater swimming, treading water and survival float are performed. Independence and comfort in deep water is essential for this level as classes are held in the deep water.

**LEVEL 4:** Front and back crawl are refined through drills. Sidestroke and breaststroke kick are developed. The butterfly is introduced, and head first entries from the deck, the diving board, and starting blocks are learned. Ability to swim front and back crawl 25 yards is a prerequisite for this level as lessons are held in the lap lanes.

**LEVEL 5:** Stroke technique is the primary focus. Drills are used to refine each stroke. All swimming strokes are worked on as well as competitive skills.

**LEVEL 6:** Stroke technique and efficiency is the focus. Advanced drills are used to create a proficient swimmer for fitness or competition.



### **Winter 1 2012**

January 7 – February 25

#### **REGISTRATION**

Cardholders December 1, 2011

Non-cardholders December 7, 2011

Registration ends December 27, 2011

### **Winter 2 2012**

March 10-April 28

#### **REGISTRATION**

Cardholders February 28, 2012

Non-cardholders March 3, 2012

Registration ends March 7, 2012

SEE INSIDE

Cardholders \$42.00

Non-cardholders \$53.00