

2021 Fall Swim School
Wednesday, September 8th – Tuesday, November 9th, 2021
Cost per session \$252.00
NO MAKE-UPS
NO REFUNDS

Advanced Beginner 1 age 4, 5, K must be at least 4 on the first day of any session Class length :30 min

Prerequisites:

- Ability to hold breath underwater for AT LEAST 10 seconds
- Streamline Front and Back
- Beginner Freestyle with kick – 15 yards
- Beginner back stroke with kick – 15 yards
- Change directions in water without placing feet on bottom of pool

Objectives: Improve a feel for the water and introduce skills and drills for all strokes

Safety: Talk about posted pool rules and Lifeguard duties

CLASS	DAY	START TIME	END TIME
Advance 1	MONDAY	4:50 PM	5:20 PM
Advance 1	TUESDAY	3:40 PM	4:10 PM
Advance 1	THURSDAY	4:50 PM	5:20 PM
Advance 1	SATURDAY	10:20 AM	10:50 AM
Advance 1	SATURDAY	2:00 PM	2:30 PM

Advanced Beginner 2 1st grade to age 10 Class length :30 min

Prerequisites:

- Ability to hold breath underwater for AT LEAST 10 seconds
- Streamline Front and Back
- Beginner Freestyle with kick – 15 yards
- Beginner back stroke with kick – 15 yards
- Change directions in water without placing feet on bottom of pool

Objectives: Improve a feel for water and introduce skills and drills for all strokes

Safety: Basic pool rules

CLASS	DAY	START TIME	END TIME
Advance 2	MONDAY	5:25 PM	5:55 PM
Advance 2	TUESDAY	4:15 PM	4:45 PM
Advance 2	THURSDAY	4:15 PM	4:45 PM
Advance 2	SATURDAY	12:40 PM	1:10 PM

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Beginner 1 age 4, 5, K must be at least 4 on the first day of any session **Class :30 min**

Prerequisites: Comfortable in water at least chest deep, Able to hold breath underwater for at least 5 seconds

Objectives: Combining good body position with arm strokes, propulsive kicks and breathing patterns; increase distance through session

Safety: Talk about pool rules

CLASS	DAY	START TIME	END TIME
Beginner 1	MONDAY	4:50 PM	5:20 PM
Beginner 1	TUESDAY	5:25 PM	5:55 PM
Beginner 1	WEDNESDAY	4:50 PM	5:20 PM
Beginner 1	THURSDAY	5:25 PM	5:55 PM
Beginner 1	SATURDAY	10:20 AM	10:50 AM
Beginner 1	SATURDAY	11:00 AM	11:30 AM
Beginner 1	SATURDAY	1:20 PM	1:50 PM

Beginner 2 age 6-10 must be at least 6 on the first day of any session **Class Length :30 min**

Prerequisites: Comfortable in water at least chest deep, Able to hold breath underwater for at least 5 seconds

Objectives: Combining good body position with arm strokes, propulsive kicks and breathing patterns; increase distance through session

Safety: Talk about pool rules

CLASS	DAY	START TIME	END TIME
Beginner 2	TUESDAY	4:15 PM	4:45 PM
Beginner 2	WEDNESDAY	5:25 PM	5:55 PM
Beginner 2	THURSDAY	4:15 PM	4:45 PM
Beginner 2	SATURDAY	12:40 PM	1:10 PM

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Get Started age 7-10

Class Length :30 min

Prerequisites: Comfortable in water at least chest deep, Able to Blow a bubble in the water Desire to learn to swim, get face wet

Objectives: orientation, water awareness and basic skills; increase distance through session

Safety: Pool Rules

CLASS	DAY	START TIME	END TIME
Get Started	MONDAY	5:25 PM	5:55 PM
Get Started	WEDNESDAY	5:25 PM	5:55 PM
Get Started	THURSDAY	3:40 PM	4:10 PM
Get Started	SATURDAY	9:40 AM	10:10AM

Get Wet age 4, 5, 6 must be at least 4 on the first day of any session

Class Length :30 min

Prerequisites: Comfortable in water at least chest deep, Able to Blow a bubble in the water

Objectives: orientation, water awareness and basic skills; increase distance through session

Safety: Pool Rules

CLASS	DAY	START TIME	END TIME
Get Wet	TUESDAY	3:40 PM	4:10 PM
Get Wet	TUESDAY	5:25 PM	5:55 PM
Get Wet	WEDNESDAY	4:50 PM	5:20 PM
Get Wet	THURSDAY	5:25 PM	5:55 PM
Get Wet	SATURDAY	11:00 AM	11:30 AM

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Baby And Me - 8 Months to 2 years on 1st day of any session

Length : 30 min

Prerequisites: Swim diaper, pants

Objectives: Orientation and water awareness; increase comfort through session

Safety: Sit and wait for mom/dad

CLASS	DAY	START TIME	END TIME
Baby & Me	MONDAY	4:15 PM	4:45 PM
Baby & Me	THURSDAY	4:50 PM	5:20 PM
Baby & Me	SATURDAY	9:40 AM	10:10AM

Toddler and Me 2-4 years on 1st day of any session

Length : 30 min

Prerequisites: Swim diaper, pants

Objectives: orientation and water awareness; increase tolerance through session

Safety: Sit and wait for mom/dad

CLASS	DAY	START TIME	END TIME
Toddle & Me	WEDNESDAY	4:15 PM	4:45 PM
Toddle & Me	THURSDAY	3:40 PM	4:10 PM
Toddle & Me	SATURDAY	9:00 AM	9:30 AM

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Intermediate ages 8-11

Class Length: 30 Minutes

Prerequisites: All Advance Beginner skill sets

Objectives: Coordinate breaststroke and butterfly through drills; flip and open turns; improve endurance and prepare for higher levels of swimming and Lifeguarding

Safety: Pool Rules

CLASS	DAY	START TIME	END TIME
Intermediate	MONDAY	4:15 PM	4:45 PM
Intermediate	TUESDAY	4:50 PM	5:20 PM
Intermediate	THURSDAY	5:25 PM	5:55 PM
Intermediate	SATURDAY	9:00 AM	9:30 AM

Young Adult ages 11 - 13

Class Length: 30 Minutes

Objectives Combining good body position with arm strokes, propulsive kicks and breathing patterns

Coordinate breaststroke and butterfly through drills; flip and open turns; improve endurance and prepare

Safety: Basic pool rules and reaching assists

CLASS	DAY	START TIME	END TIME
Young Adult	MONDAY	3:40 PM	4:10 PM
Young Adult	TUESDAY	4:50 PM	5:20 PM
Young Adult	WEDNESDAY	4:15 PM	4:45 PM
Young Adult	SATURDAY	11:40 AM	12:10 PM