

Northeastern Aquatic Center

SPRING SCHEDULE 2020

Learn to Swim Program

- Session 1: March 2 – March 12
- Session 2: March 16 – 26
- Session 3: March 30 – April 9
- Session 4: April 13 – 23

➤ Classes meet for 45-55 minutes in small groups

➤ Lessons are Monday – Thursday for two consecutive weeks (8 total classes).

➤ Classes are offered 5:30-6:30 & 6:30-7:30 pm

Fees and Registration (Learn to Swim Program)

RESIDENT \$65
NON-RESIDENT \$75

- **In-person** registration for residents and nonresidents is scheduled for **Wednesday, February 19th** (*please note this is first come, first serve*)
- A second **in-person** registration will be held for residents and non-residents on **Thursday, February 20th** (*please note this is first come, first serve*)
- Both evening registrations will be held in the **pool lobby** from **6:00–7:15 pm**.

Fees are expected at the time of registration. Cash or Check only. Make checks payable to "Northeastern School District."

LTS Skill Groups

Beginner: This level is for 3–5 year olds ONLY, who cannot get themselves, unaided by an adult or flotation device, across the pool (approx. 40 feet). If your child is 6 or older, do not sign up for this level. What we teach the younger beginner swimmers is not as effective on older beginners. Ages 6 and older child should be entered as an "Advanced Beginner." There will be a special subgroup in Advanced Beginner, specific to their abilities. The

goal in the Beginner level is to get your child to jump in, surface on the back, swim across the pool, and grab the opposite wall—all without being touched by the teacher.

Advanced Beginner: If your child cannot swim freestyle, breathing to the side for a distance of 40 feet or more, this is the level for your child. We will evaluate all Advanced Beginners the first day to divide them into one of three categories (but for now you choose Advanced Beginner):

(1) **Ages 5 and under**—who have

successfully completed our Beginner program and swim successfully on their backs. In this level, children will have their back swimming skills reinforced— this is their safety position— while gradually teaching them to roll over onto their front and take freestyle arm strokes. This encourages a natural rolling motion, rather than the head out style found in dog paddle or with floatation devices, will be used for them to breathe. And they'll always have their back swimming skills for self-rescue.

(2) **Novice**—who are age 6 and older, but are absolute beginners. By starting a swimming program a little later, there will be more resistance and some fear at this level than in any other group. The process can be slow (but will be slower every year that they are able to rationalize their fear), but hang in there; they need to be safe, too, and the going doesn't get easier, but harder the older they get.

(3) **High End**—Kids of any age who can demonstrate some semblance of the freestyle motion, but who do not yet incorporate breathing to the side without having to stop their arm stroke to get a breath. To move onto Intermediate, rhythmic breathing to the side must be mastered at least the width of the pool (approx. 40 feet).

Intermediate: Here proper breathing is reinforced, while slowly building endurance. More swimming in small groups, rather than strictly 1-1 turns with the instructor as in previous skill levels, will aid in this repetition to gain the endurance to swim 25 yards of freestyle, 25 yards of backstroke, and proper treading water—the skills necessary to move onto Advanced I or II. Diving will also be introduced at this level if adequate progress is being made on the other skills.

Please contact Dan Schaeberle at 266-1296 during school hours or email Lyndsay Schaeberle at nesdswimming@gmail.com with any questions.

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Advanced I: Backstroke and freestyle skills will be refined with a variety of drills designed to break the strokes down into smaller components to advance the whole stroke to a competitive level in both knowledge and execution.

Advanced II: This is similar to Advanced I, but working with **breaststroke and butterfly**. While Advanced I is not a prerequisite for Advanced II, we do recommend a strong freestyle and backstroke before taking on these two more difficult strokes. If the thought of joining a competitive swim team is in the future, knowledge of these two strokes is essential.

AM Fitness Program

To increase, or maintain your fitness level, the pools are available swim laps or participate in your own exercise program using various aquatic exercise equipment accessible at the pool. You establish your own schedule, your own routine. Exercise mats are located pool side for stretching and a pace clock is available for those desiring to complete a workout. Anyone 13 and younger MUST be accompanied by an adult. The pool is open for fitness swimming not recreational swimming.

- Monday, Wednesday, & Friday 6:15–7:15 am
- **Program begins January 6th – June 5th**
- **FEE: \$2.00 per visit**
- **SEASON PASS (AM ONLY): \$90**
- Register for the season pass during your first visit
- *Please note: There are NO refunds due to weather and/or other AM swim cancellations.*

Water Aerobics

RESIDENT \$65
NON-RESIDENT \$70
RESIDENT with a Gold Card \$55

This instructor-taught water exercise aerobics program meets Monday and Wednesday evenings beginning Monday, March 2nd. Swimming skills ARE required because we will be in diving well.

- Session 1 runs March 2nd – April 22nd
- Class size is limited to 30 adults; minimum of 8.
- **Register the first night of the session**
- *Please note: There are NO refunds due to weather or water aerobics cancellations.*

Bobcat Swim Club

Competitive swim team for students age 5-14. Runs April 27 – July 25. Swimmers MUST be able to swim one length of the pool, unassisted, freestyle and backstroke. For more information and to register visit www.bscswimming.com.

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