

# GROUP SWIM LESSONS FALL 2022

## Session Dates:

Tuesday's  
October 18 - November 29  
(no class November 22)

Thursday's  
October 20 - December 1  
(no class November 24)

## Session Cost:

\$39 Member / \$69 Non-Member

## Registration Opens:

Members - Monday, October 3 at 8:00am  
Non-Members - Monday, October 10 at Midnight  
*(registration and fees based on child membership status)*



## REGISTRATION FORM

PARENTS NAME: \_\_\_\_\_ PHONE #: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ TODAY'S DATE \_\_\_\_/\_\_\_\_/\_\_\_\_

*On the first day of class students, swim abilities/skills will be evaluated to see if that level suits their needs.  
If needed, a suggestion for placement will be given by the Instructor at that time.*

Child's Name	Birthdate	Day of Week	Level

### **Parent/Child (ages 6 months to 3 years)**

This class will familiarize children between the ages of 6 months to 3 years old with the water and teach swimming readiness skills as well as provide safety information and techniques parents can use to orient their child to the water.

**Day/Time:** Tuesday's; 5:00-5:25pm  
**Cost:** \$33 Member / \$63 Non-Member  
**Max:** 10 participants

### **Pre-School Level 1 (ages 3-5)**

This class will orient participants to the aquatic environment and help them gain basic aquatic skills. Kids will learn safe practices around water. This class is recommended for kids ages 3-5 or who have never taken swim lessons before.

**Day/Time:** Tuesday's; 5:30-5:55pm  
**Max:** 4 participants

### **Pre-School Level 2 (ages 3-5)**

This class will build on the basic aquatic skills and concepts taught in Pre-School Level 1. This class is recommended for those who have successfully completed Pre-School Level 1 or have experience with swim lessons.

**Day/Time:** Tuesday's; 6:00-6:25pm  
**Max:** 4 participants

### **Level 1: Introduction to Water Skills (5+)**

This course will orient participants to the aquatic environment and help them gain basic aquatic skills. This class is recommended for those who are age 5+ and have not taken swim lessons before.

**Day/Time:** Thursday's; 5:00-5:25pm  
**Max:** 6 participants

### **Level 2: Fundamental Aquatic Skills (5+)**

The objective of this level is to give participants success with fundamental skills. This level marks the beginning of true locomotion skills.

**Day/Time:** Thursday's; 5:30-5:55pm  
**Max:** 6 participants

### **Level 3: Stroke Development (5+)**

The objective of this level is to expand proficiency of for front crawl and elementary backstroke skills and learn additional kicking skills.

**Day/Time:** Tuesday's; 6:30-6:55pm  
OR Thursday's; 6:00-6:25pm  
**Max:** 6 participants

### **Level 4: Stroke Improvement (5+)**

Participants will improve their aquatic skills and increase their endurance in strokes they have learned in the lower levels. Additional strokes that are introduced at this level include sidestroke and breaststroke.

**Day/Time:** Thursday's; 6:30-6:55pm  
**Max:** 6 participants

### **Level 5: Stroke Refinement (5+)**

Participants will refine their ability of all six strokes (front and back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase distances that they swim. Flip turns are introduced at this level.

**Day/Time:** Thursday's; TBD  
**Max:** 6 participants

### **Level 6: Fitness Swimmer (5+)**

Participants will work on increasing proficiency of all the competitive strokes.

**Day/Time:** Thursday's; TBD  
**Max:** 6 participants