

# FALL 2018 GROUP SWIM SCHEDULE



**Registration Date:**  
September 4, 2018

**Session Dates:**  
Week of 10/8 through  
week of 11/26

**Cost:**  
M \$78/ NM \$98  
20% off group swim through 9/21  
15% off group swim 9/22-9/28  
10% off group swim 9/29-10/7

- **NO** classes the week of Halloween or Thanksgiving. Classes will resume the following week.
- There are no make-up lessons for group swim.

## **WATER BABIES/TOTS 6-36 MONTHS**

MIN AND MAX 3/10 STUDENTS

6P Thursday  
10A Saturday

## **SHRIMP (3 YEARS-OLD)-MUST BE POTTY TRAINED**

MIN AND MAX 3/4 STUDENTS

5P Monday  
5P Thursday  
10:30A Saturday

## **PRESCHOOL LEVEL 1 (4-5 YEARS-OLD)**

MIN AND MAX 3/5 STUDENTS

5:30P Monday  
5:30P Thursday  
11A Saturday

## **PRESCHOOL LEVEL 2 (4-5 YEARS-OLD)**

MIN AND MAX 3/5 STUDENTS

6:30P Monday  
6:30P Thursday  
11:30A Saturday

## **PRESCHOOL LEVEL 3 (4-5 YEARS-OLD)**

MIN AND MAX 3/5 STUDENTS

7:00P Monday  
12P Saturday

## **GUPPY LEVEL 1 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

5P Monday  
5P Thursday  
10A Saturday

## **TURTLE LEVEL 2 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

5:30P Monday  
5:30P Thursday  
10:30A Saturday

## **PORPOISE LEVEL 3 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

6P Monday  
6P Thursday  
11A Saturday

## **WHALE LEVEL 4 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

6:30P Monday  
6:30P Thursday  
11:30A Saturday

## **SHARK LEVEL 5 (6 YEARS AND UP)**

MIN AND MAX 3/5 STUDENTS

7P Monday  
12P Saturday

# CLASS DESCRIPTIONS

## **PARENT – TOT (6-36 months)**

These classes are not designed to teach children to become good swimmers or to survive in the water on their own. Parent and child aquatics give parents safety information and teach techniques to help orient their children to the water. These courses are a bonding experience that will fill parents and children with wonderful lifelong memories.

**Prerequisite: Must be in a water diaper.**

**PS SHRIMP: (3 years)** This class is designed to be just your toddler and instructor and learning the basic fundamentals of swimming and being comfortable in the water without mom or dad.

**Prerequisites: Your child must be potty trained and comfortable without a parent in the water.**

**PS LEVEL 1: (4-5 years)** Preschool level 1 is for the 4-5 year olds that are just starting out in our swim program and may not be comfortable in the water. They may have a fear of the water as well. The class will focus on moving through the water with a flotation device, basic swim and water safety skills and comfortably getting their faces in the water.

**Prerequisites: Your child must be potty trained and comfortable without a parent in the water**

**PS LEVEL 2: (4-5 years)** Students will review skills from Level 1. Main goal of this level is to increase endurance and breathe control. Flotation device is used and buoyancy is taught. **Prerequisites: Child must be able to submerge face and blow bubbles for at least 3 seconds, child must be able to glide on front and back with support**

**PS LEVEL 3: (4-5 years)** Level 2 skills will be reviewed and introduction to backstroke and freestyle. Endurance and breath control will be increased. Getting the children comfortable on their backs will be a primary goal. **Prerequisites: Child must be able to glide front and back for 2 body lengths; child must be able to front and back float for 5 seconds; child must be able to use combined arm and leg actions on front for 5 body lengths**

## **GUPPY - LEVEL 1: Water Exploration (6 years and up)**

This class is designed for children just starting a swim program and/or for those who may have a fear of water. The class will focus on water adjustment, basic floating and swimming skills, and basic water safety.

**Prerequisites: None; age based beginner curriculum**

## **TURTLE - LEVEL 2: Primary Skills (6 years and up)**

Students will review skills from Level 1 class. This class will work on increasing endurance and breath control. Freestyle, underwater swim and backstroke will be introduced. (The ability to swim ten feet with no flotation device and their face comfortably in the water will be required before moving on to the next class.)

**Prerequisites: Child must be able to bob 3 times; child must be able to enter water independently and travel at least 5 yards; child must be able to glide on front for at least 2 body lengths, roll to a back float for 3 seconds and recover to a vertical position.**

## **PORPOISE - LEVEL 3: Stroke Readiness**

**(6 years and up)** Students will review skills from the Level 2 class. Rhythmic breathing, kneeling dives and butterfly kick/body motion will be introduced in this class. Students will be required to swim one length of the pool freestyle in order to move onto the next class.

**Prerequisites: Child must be able to step from side of pool into chest deep water, move into a front float for 5 seconds, roll to back for 5 seconds and return to a vertical position; child must be able to move into a back float for 5 seconds, roll to front and then recover to a vertical position; child must be able to push off and swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to the front then continue swimming for 5 body lengths.**

## **WHALE - LEVEL 4: Stroke Development**

**(6 years and up)** Students will be introduced to breaststroke, elementary backstroke and open turns. Timing and coordination of butterfly, freestyle and backstroke will be finished.

**Prerequisites: Child must be able to jump into deep water from the side, swim front crawl for 15 yards and maintain position by treading or floating for 30 seconds and swim elementary backstroke for 15 yards.**

## **SHARK - LEVEL5: Stroke Refinement, Advance Skills and Proficiency (6 years and up)**

Introduces flip turns, survival swimming and rescue breathing. The swimmer will develop maximum efficiency and endurance for all strokes. **Prerequisites: Child must perform a shallow angle dive into deep water, swim front crawl for 50 yards, change direction and position of travel as necessary and swim elementary backstroke for 50 yards. Child must swim breaststroke for 25 yards, change direction and position of travel as necessary and swim back crawl for 25 yards.**