



2017 SUMMER GROUP SWIM SCHEDULE

Registration Dates:

Summer 1- M 5/15, NM 5/22
Summer 2- M 6/5, NM 6/12
Summer 3- M 7/3, NM 7/10

Session Dates:

6/5-6/24 (summer 1)
6/26-7/22 (summer 2)
7/24-8/13 (summer 3)

Cost:

M \$78/ NM \$98
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Please note each session is (3) weeks long. Classes are twice a week. Please pick either Monday and Wednesday or Tuesday and Thursday.

NO CLASSES THE WEEK OF JULY 4th

NO REFUNDS OR MAKE-UP LESSONS

WATER BABIES/TOTS 6-36 MONTHS

MIN AND MAX 3/10 STUDENTS

6:00P MONDAY and WEDNESDAY
10:00A TUESDAY and THURSDAY

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

MIN AND MAX 3/4 STUDENTS

5:30P MONDAY and WEDNESDAY
10:30A TUESDAY and THURSDAY

PRESCHOOL LEVEL 1 (4-5 YEARS-OLD)

MIN AND MAX 3/5 STUDENTS

5:00P MONDAY and WEDNESDAY
11:00A TUESDAY and THURSDAY

PRESCHOOL LEVEL 2 (4-5 YEARS-OLD)

MIN AND MAX 3/5 STUDENTS

6:30P MONDAY and WEDNESDAY
11:30A TUESDAY and THURSDAY

PRESCHOOL LEVEL 3 (4-5 YEARS-OLD)

MIN AND MAX 3/5 STUDENTS

7:00P MONDAY and WEDNESDAY
12:00P TUESDAY and THURSDAY

GUPPY LEVEL 1 (6 YEARS AND UP)

MIN AND MAX 3/5 STUDENTS

10:00A MONDAY and WEDNESDAY
5:00P TUESDAY and THURSDAY

TURTLE LEVEL 2 (6 YEARS AND UP)

MIN AND MAX 3/5 STUDENTS

10:30A MONDAY and WEDNESDAY
5:30P TUESDAY and THURSDAY

PORPOISE LEVEL 3 (6 YEARS AND UP)

MIN AND MAX 3/5 STUDENTS

11:00A MONDAY and WEDNESDAY
6:00P TUESDAY and THURSDAY

WHALE LEVEL 4 (6 YEARS AND UP)

MIN AND MAX 3/5 STUDENTS

11:30A MONDAY and WEDNESDAY
6:30P TUESDAY and THURSDAY

SHARK LEVEL 5 (6 YEARS AND UP)

MIN AND MAX 3/5 STUDENTS

11:30A MONDAY & WEDNESDAY
6:30P TUESDAY and THURSDAY

ADULT (16 YEARS AND UP)

MIN AND MAX 3/5 STUDENTS

11A-12P TUESDAY and THURSDAY
Adult Fee M \$84/NM \$105

Cancellation Policy

Participants are required to give at least a seven day notice prior to the first class to withdraw from swim lessons.

Should the request for a refund be made less than the seven days before the first lesson, Premier will need notification with doctor's note attached to receive a refund.

There are strictly no refunds issued once lessons commence.

It is the participants responsibility to understand the refund policy before registering any lessons with PASAC.

CLASS DESCRIPTIONS

PARENT – CHILD (6-36 months) Parent/Child aquatics familiarize children between the ages of 6 months and approximately 3 years with the water and teach swimming readiness skills. This course will provide safety information for parents and teach techniques parents can use to orient their children to the water. These classes are not designed to teach children to become good swimmers or to survive in the water on their own. **Prerequisites: Child must be at least 6 months old. Parent must accompany child to each class. Must be in a water diaper.**

PS SHRIMP: (3 years) This class is designed to improve the skills learned in Parent/Child Aquatics Level 1 and teach more advanced skills without parents being in the water. Children will continue to build on water safety knowledge, will learn the basic fundamentals of swimming and being comfortable in the water. **Prerequisites: Child must be comfortable with the skills taught in Parent/Child Aquatics Level 1. Child must be potty trained and able to be in the water comfortably without a parent.**

PS LEVEL 1: (4-5 years) This class will familiarize children who are approximately 4 and 5 years old to the aquatic environment and help them acquire rudimentary basic aquatic skills. Students will begin to develop positive attitudes and safe practices in and around the water. Main goal of this level is to be able to comfortably have face in the water, eyes open, up to 5 seconds. **Prerequisites: No skill prerequisites. Children should be approximately 4 years old or older.**

PS LEVEL 2: (4-5 years) This class will help children build on and improve skills learned in Preschool Level 1. Children will increase their knowledge of water safety topics introduced in Preschool Level 1. Main goal of this level is to increase endurance and breathe control. Floatation device is used with the intention of becoming independent. Buoyancy is taught. **Prerequisites: Must be able to enter the water independently, using either the ramp, steps, or side, travel at least 5 yards, submerge to mouth and blow bubbles for at least 3 seconds, then safely exit the water. (Children can walk, move along the gutter, or swim.) While in the shallow water children must be able to glide on the front for at least 2 body lengths, then roll to back for 3 seconds, and then recover to a vertical position.**

PS LEVEL 3: (4-5 years) This class will increase the child's proficiency and build on the basic aquatic skill learned in Preschool Aquatics 1 and 2. Floatation devices are limited at this level. Basic stroke technique will be introduced. Endurance and breath control will be increased. **Prerequisites: Must be able to demonstrate a glide on front for at least 2 body lengths, roll to back, float on back for 15 seconds, and then recover to a vertical position. Glide on back for at least 2 body lengths, roll to front, and then recover to a vertical position. Swim using combined arm and leg actions on front for 3 body lengths, roll to back, float for 15 seconds, roll to front, and then continue swimming on front for 3 body lengths.**

GUPPY - LEVEL 1: Water Exploration (6 years and up) This class will orient participants to the aquatic environment and help them gain basic aquatic skills. The class will focus on water adjustment, basic floating, swimming skills, and basic water safety. This class is designed for students who are fearful of the water and not comfortable putting their face in the water for more than 5 seconds. **Prerequisites: No skill prerequisites. Participants usually start at about 6 years of age.**

TURTLE - LEVEL 2: Primary Skills (6 years and up) This class will build on the basic aquatic skills and water safety skills and concepts learned in Level 1. This class will work on increasing endurance and breath control. Freestyle, backstroke, and rhythmic breathing will be introduced. Buoyancy and water hydrodynamics will be taught. **Prerequisites: Students must be able to enter the water independently, using either a ramp, steps or side, travel at least 5 yard, bob 5 times, then safely exit the water. Glide on front at least 2 body lengths, roll to a back float for 5 seconds and recover to a vertical position.**

PORPOISE - LEVEL 3: Stroke Readiness (6 years and up) Class participants will build on the skills learned in levels 1 and 2 to help achieve basic water competency in a pool environment. Freestyle and backstroke technique will be detailed. Kneeling dives, butterfly kick/body motion, scissors and breaststroke kick will be introduced in this class. **Prerequisites: Participants must be able to step from side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water. Move into a back float for 15 seconds, roll to front, and then recover to a vertical position. Push off and swim using combined arm and leg actions on front for 5 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) This class will improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Students will be introduced to flip turns and open turns. Timing and coordination of butterfly, breaststroke will be detailed. A variety of racing dives will be introduced. **Prerequisites: Participants must be able to jump into deep water from the side, recover to the surface, maintain position by treading or floating for 1 minute, rotate one full turn then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water. Push off in a streamlined position then swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.**

SHARK - LEVEL 5: Stroke Refinement, Advance Skills and Proficiency (6 years and up) This class will help participants refine their performance of all six swimming strokes (i.e. front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke). The swimmer will develop maximum efficiency and endurance for all strokes. **Prerequisites: Participants must be able to perform a feet first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.**

ADULT SWIM INSTRUCTION (16 years and up) This class is designed for beginners and non-swimmers who have limited comfort level in the water. We begin by teaching proper body position and use simple, safe exercises to encourage placing the face in the water and learning to float. **Prerequisites: None; age-based curriculum.**

