



Community Recreation Center

Winter/Spring Swim Lesson Program

All swim classes and registrations are held at the Community Recreation Center located at 144 Wilson



Session I: Jan. 9—Feb. 2

(Registration starts: Dec. 21)

Session II: Feb. 6—Mar. 1

(Registration starts: Feb. 1)

Session III: Mar. 5—Mar. 29

(Registration starts: Feb. 29)

Session IV: Apr. 2—Apr. 26

(Registration starts: Mar. 28)



Classes are Mon/Wed or Tue/Thu for 4 weeks

Cost: \$32

Members: \$30

Monday/Wednesday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Preschool	Adv. Preschool	Preschool
Level 1	Level 1	Level 1
Level 2	Level 2	Level 3
Level 5	Level 4	Level 6

Tuesday/Thursday Swim Lessons		
5:30 p.m.	6:00 p.m.	6:30 p.m.
Preschool	Preschool	Preschool
Adv. Preschool	Level 1	Level 1
Level 2	Level 3	Level 2
Level 4	Level 5	Level 4

****Please Note****

All toddlers are required to wear a swim diaper AND plastic pants. Both are available for purchase at the front desk of the community center.

Saturday Parent Child Aquatic Classes

Session I: Jan. 14—Mar. 3 (8 wks)

(Registration starts: Dec. 21)

Session II: Mar. 10 - Apr. 28 (8 wks)

(Registration starts: Feb. 29)

Level A	9:00 - 9:30 a.m.	Ages: 6 m—1.5 yrs
Level B	9:30 - 10:00 a.m.	Ages: 1.5 yrs +

Classes may be combined or cancelled due to low enrollment

Refund Policy: there will be no refunds or make-ups for missed classes. Refunds are issued for a medical condition that prohibits participation. Medical documentation of the condition must be provided with refund request. All refunds subject to a \$5.00 administration fee. Classes cancelled by the Community Center will be credited or refunded in full.

Parent Child and Preschool Classes

Brief level descriptions include some of the skills your child will learn in that level and must master to advance to the next level.

Parent Child classes require a parent to be in the water with their child.

Parent and Child Aquatics Level A

Age: 6m - 2 years

Water adjustment WITH PARENT. Class is designed to introduce appropriate skills and readiness through water play in a friendly and positive atmosphere.

Parent and Child Aquatics Level B

Age: 2 yrs +

Water adjustment WITH PARENT. Class is designed to introduce appropriate skills and readiness through water play and instruction in a positive atmosphere. This is a great transition class for the child preparing for preschool classes.

Preschool

Age: 3–5 yrs

Class will cover water entry and exit; floats and glides on front and back; submerge head; arm and leg action; roll over; treading arm and leg action; and water safety skills.

Advanced Preschool

Age: 4–5 yrs

Pre-requisite: Preschool Class with the ability to submerge head and be comfortable with front/back floats.

Class will continue to cover water entry and exit; independent floats and glides on front and back; submerge head; begin arm and leg action; roll over; treading arm and leg action; and water safety skills.

Level 1-6

Level descriptions include skills your child will learn in that level and must master to move to the next level.

Ages: 6 & older (Children under 6 years of age will not be accepted into and of the Level 1-6 classes no exceptions).

Level 1

Enter and exit water safely; submerge mouth, nose and eyes; blow bubbles; supported front and back floats, begin arm and leg action on front and back; rolling over; treading arm and leg action; learn water safety skills.

Level 2

Submerge entire head; bobs; front and back float without support; combine arm and leg action; rolling and treading without support; demonstrate water safety skills

Level 3

Deep water entries; rotary breathing; front and back glide with kicks; front and back crawl, elementary backstroke; scissor and butterfly kicks and motion; demonstrate water safety skills.

Level 4

Enter using a dive; underwater swimming; survival float; open turns; front and back crawl; breaststroke; sidestroke; butterfly; elementary backstroke; treading; feet first surface dive; demonstrate water safety skills.

Level 5

Enter using a shallow dive; tuck and pike surface dives; flip turns; treading water; refine front and back crawl; breaststroke, butterfly, elementary backstroke and sidestroke; demonstrate water safety skills.

Level 6

Continue front and back crawl, breaststroke, sidestroke, elementary backstroke and butterfly; turns open and flip; fitness skills; surface dives; back and survival floats; treading; retrieve an object; learn and demonstrate water safety skills.

It is our policy that parents and all other spectators watch from the lobby during lessons.

No one will be allowed on deck during lessons a lifeguard is on duty for the safety of everyone.