

# aquatics - 6 months - Adult

**AQUATICS NO CLASSES ON:**  
January 15 and February 19 - 22

## **PARENT and TOT SWIM**

**Ages 6 mo. - 3 yrs.**

The objective is to get both the parent and the child comfortable in the water. Children will have fun while parents guide them through water skills and explore the wonders of water play. Starts Jan 2

Sat. 9:00 - 9:30am \$120/M, \$160/NM 10 weeks 35-  
Sun. 9:00 - 9:30am \$108/M, \$144/NM 9 weeks 35-  
Wed. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-

## **PRESCHOOL INTRODUCTORY SWIM**

**3 - 5 yrs.**

Introductory class for preschoolers of all levels designed to learn to become more comfortable in the water. The focus is on water safety and initial stroke development. Starts Jan 2

Sat. 9:30 - 10am \$120/M, \$160/NM 10 weeks 35-  
Sun. 9:30 - 10am \$108/M, \$144/NM 9 weeks 35-  
Wed. 11 - 11:30am \$108/M, \$144/NM 9 weeks 35-  
Wed. 1 - 1:30pm \$108/M, \$144/NM 9 weeks 35-  
Thurs. 10:30 - 11am \$108/M, \$144/NM 9 weeks 35-

## **LEVEL 1 - Intro to Water Skills**

**Ages 6 & above**

This class is designed to help your child become more comfortable in the water. Participants need to be able to follow directions and hold onto the wall by themselves. Focus on blowing bubbles, kicking and beginning swim stroke. Starts Jan 2

Sat. 10:00 - 10:30am \$120/M, \$160/NM 10 weeks 35-  
Sun. 10:00 - 10:30am \$108/M, \$144/NM 9 weeks 35-  
Tues. 3:30 - 4:00pm \$96/M, \$128/NM 8 weeks 35-  
Tues. 4:30 - 5:00pm \$96/M, \$128/NM 8 weeks 35-  
Wed. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-  
Thurs. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-

## **LEVEL 2 - Fundamental Aquatic Skills**

**Ages 6 & above**

Participants need to have passed Level 1 and swim a short distance on their own. This level gives swimmers success with fundamental skills. Front and back float and vertical recovery, front basic stroke and back basic stroke arm and leg motions and focus on face in the water. Starts Jan 2

Sat. 10:00 - 10:30am \$120/M, \$160/NM 10 weeks 35-  
Sun. 10:00 - 10:30am \$108/M, \$144/NM 9 weeks 35-  
Tues. 3:30 - 4:00pm \$96/M, \$128/NM 8 weeks 35-  
Tues. 4:30 - 5:00pm \$96/M, \$128/NM 8 weeks 35-  
Wed. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-  
Thurs. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-

## **LEVEL 3 - Stroke Development**

**Ages 6 & above**

Participants need to have passed Level 2. Swimmers begin to learn coordination of the front crawl, backstroke, elementary backstroke and an introduction to breast stroke. There is an increased focus on endurance and being able to swim longer distances without stopping. Jan 2

Sat. 10:30 - 11:00am \$120/M, \$160/NM 10 week 35-  
Sun. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-  
Tues. 4:00 - 4:30pm \$96/M, \$128/NM 8 weeks 35-  
Wed. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-  
Thurs. 3:30 - 4:00pm \$108/M, \$144/NM 9 weeks 35-  
Thurs. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-

## **LEVEL 4 - Stroke Improvement**

**Ages 6 & above**

Participants need to have passed Level 3. Increase the development of the front/back crawl with increased distance and coordination. Build on and refine breast stroke, butterfly and diving. Introduce flip turns and competitive starts. Starts Jan 2

Sat. 10:30 - 11:00am \$120/M, \$160/NM 10 weeks 35-  
Sun. 10:30 - 11:00am \$108/M, \$144/NM 9 weeks 35-  
Tues. 4:00 - 4:30pm \$96/M, \$128/NM 8 weeks 35-  
Wed. 4:00 - 4:30pm \$108/M, \$144/NM 9 weeks 35-  
Thurs. 3:30 - 4:00pm \$108/M, \$144/NM 9 weeks 35-  
Thurs. 4:30 - 5:00pm \$108/M, \$144/NM 9 weeks 35-

## **PRIVATE & SEMI-PRIVATE SWIM LESSONS**

**Any age**

We offer private, semi-private and small group (4) instruction. We specialize in lessons for those who have "water issues". Call Kelly Sampson, Aquatics Director, x 235

### **Member Private Swim Lesson Package Special:**

5 lessons \$165 / 30 minutes/Aquatics Staff  
5 lessons \$190 / 30 minutes/Aquatics Director

\$35/M, \$40/NM 30 minutes/Aquatics Staff  
\$40/M, \$45/NM 30 minutes/Aquatics Director

Semi-private \$50/\$25 each/M 30 minutes/Aquatics Staff  
Semi-private \$60/\$30 each/NM 30 minutes/Aquatics Staff  
Semi-private \$60/\$30 each/M 30 minutes/Aquatics Director  
Semi-private \$70/\$35 each/NM 30 minutes/Aquatics Director

No classes: January 21 and February 18 - 22