

# AQUATICS CLASS OFFERINGS 2015

## AQUATIC SWIM LESSONS GENERAL INFORMATION

Swim lessons are \$48 per child, per session.

Maximum enrollment is 6 children per class, minimum is 3 children.

Deadline for enrollment is the THURSDAY before the start of the next session.

Classes may be canceled due to inclement weather, contamination, or other unexpected circumstances.

Makeup days will be Fridays. All efforts will be made to hold each class.

### **Tadpole | Parent Child \$48**

2 weeks | Ages 6-36 months

- Climbing in and out of the pool
- Floating on front and back
- Arm and leg movements
- Parental knowledge of safe water practices
- Prerequisite: Must be accompanied by adult

### **Seahorse | Beginner \$48**

2 weeks | Ages 3-5

- Submerging underwater
- Supported floating
- Supported arm and leg movements
- Blowing bubbles with mouth and nose

### **Penguin \$48**

#### **Intermediate Beginner-Level 1**

2 weeks | Ages 5-8

- Alternating leg and arm movements in forward motion
- Front and back glides
- Opening eyes underwater
- Entering and exiting the pool
- Prerequisite: demonstration of Seahorse skills

### **Turtle \$48**

#### **Advanced Beginner-Level 2**

2 weeks | Ages 5-9

- Holding breath underwater
- Rolling from front to back
- Treading water
- Jumping independently into the water
- Changing direction while swimming front or back crawl
- Prerequisite: demonstration of Penguin skills

### **Stingray \$48**

#### **Intermediate-Level 3**

2 weeks | Ages 6-10

- Rotary breathing
- Coordination of arms, legs and breathing during front and back crawl
- Headfirst entry into the water
- Elementary backstroke
- Dolphin kick
- Scissor kick
- Breaststroke
- Prerequisite: demonstration of Turtle skills

### **Seal \$48**

#### **Intermediate-Level 4**

2 weeks | Ages 7-11

- Swimming underwater
- Open turns
- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Prerequisite: demonstration of Stingray skills

### **Barracuda \$48**

#### **Advanced Level 5**

2 weeks | Ages 8-12

- Surface dive
- Flip turns
- Sculling
- Front and back crawl
- Breaststroke
- Sidestroke
- Butterfly
- Prerequisite: demonstration of Seal skills

### **Dolphin | Aquatic Exploration Camp \$60**

2 weeks | Ages 10-15

- Personal water safety
- Lifeguard readiness
- Fundamentals of diving
- Fitness swimming
- Aquatic facility operations
- Preparation for classes such as Water Safety Instructor, Lifeguard Training, and Novice Swim Team
- Prerequisite: demonstration of Barracuda skills

### **Aqua Ducks | Novice Swim Team \$150**

8 weeks | Ages 6+

- Endurance swimming
- All four Olympic strokes (breaststroke, backstroke, front crawl, butterfly)
- Competition starts
- Turns
- Prerequisite: Ability to swim crawl stroke 50 yards unassisted