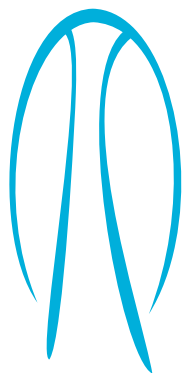


Aquatics

Children's Group Swimming Lessons

Winter 2012 Schedule

Sportsplex offers a complete swimming curriculum, from teaching your child how to be safe in the water to refining skills in preparation for swim team to a lifetime of fitness in the water. Our priority is safety with quality. Class level is determined by age and ability. Instructor to Swimmer Ratio 1:4.



SPORTSPLEX

| | Monday | Wednesday | Thursday | Saturday | Sunday |
|-----------------------------------|-----------------|-------------|---------------------------------|-------------------------------------|---------------|
| Water Babies | 10:00–10:30AM | | | 11:30–12:00PM | |
| Water Exploration w/Parent | | | 10:00–10:30AM | 11:30–12:00PM | |
| Water Exploration | 11:30AM–12:00PM | 4:00–4:30PM | 4:30–5:00PM | 10:30–11:00AM OR 11:00–11:30AM | 11:30–12:00PM |
| Primary Skills I | 10:30–11:00AM | 4:30–5:00PM | 4:00–4:30PM | 11:00–11:30AM OR 11:30AM–12:00PM | 11:00–11:30AM |
| Primary Skills II | | 5:00–5:30PM | 10:30–11:00AM OR 5:00–5:30PM | 10:00–10:30AM OR 10:30–11:00AM | 10:30–11:00AM |
| Primary Skills III | 11:00–11:30AM | 4:30–5:00PM | 4:00–4:30PM | 10:30–11:00AM OR 11:00–11:30AM | 10:00–10:30AM |
| Stroke Readiness | | 4:00–4:30PM | 4:30–5:00PM | 10:00–10:30AM | 9:30–10:00AM |
| Stroke Development | | 5:00–5:30PM | 5:00–5:30PM | 10:00–10:30AM | |

Registration Policies:

- No class Feb 18–Feb 20.
- No classes April 6 and April 15.
- Makeup for April 7 and 8 will be held April 21 and 22
- Payment is required at the time of registration and is non-refundable.
- Make-ups are not guaranteed. We will do our best to offer placement in another class, however we will not exceed the instructor to swimmer ratio of 1:4.
- Minimum enrollment for Children's Group Lessons without parent: 3 participants
- Minimum enrollment for parent-child, teen, and adult classes: 5 participants.
- Non-members will have access to the Sportsplex only during the time of the lesson and only to the main pool.
- * Ratio of class will exceed the 1:4 instructor to student ratio.

| | Session 1 | Session 2 |
|---------------------------------|--------------------|--------------|
| Dates: | Jan 9-Feb 19 | Feb 27-Apr 8 |
| Member Registration: | Mon, Dec 19 | Mon, Feb 6 |
| Non-Member Registration: | Mon, Dec 26 | Mon, Feb 13 |
| Member Fees: | Per 6 week session | \$70 |
| Non-Member Fees: | Per 6 week session | \$95 |

Swim Levels

Water Babies: A half-hour of fun time for parent and toddler. Instruction will be given on appropriate holds, safety skills and methods of helping your child become more water friendly using song, games, and fun.

Ages 6 months to 2½ years old.

Water Exploration w/ Parent: An enthusiastic time for tots to expend energy. Our goal is to increase comfort level and reinforce age appropriate safety skills. Children will learn how to enter and exit the water safely, blow bubbles, and how to use arms and legs in the water. Parent must be in the water with the child. Flotation aids will be used.

Ages 2½ to 4 years old.

Water Exploration: An enthusiastic time for tots to expend energy. Our goal is to increase comfort level and reinforce age appropriate safety skills. Children will learn how to enter and exit the water safely, blow bubbles, and how to use arms and legs in the water. Parent will not be in the water with the child.

Ages 2½ to 4 years old.

Primary Skills I: We continue to develop a strong kick, forward arm movement and blowing bubbles. Back floating and rolling from front to back will be taught at this level. Children will be encouraged to fully submerge underwater and jump in to instructor. Water safety rules will be reinforced.

Ages 3½ to 5 years old.

Primary Skills II: Children at this level should be able to swim several feet without a flotation aid. Fundamentals of alternating back floating and treading water are key elements taught at this level. We will continue to focus on the kick and under-water arm strokes.

Ages 4½ to 7 years old.

Primary Skills III: Coordinating rhythmic breathing with over-water arm recovery is the primary goal of this level. Swimming endurance will be improved and treading water will be mastered.

Ages 5½ to 8½ years old.

Stroke Readiness: The young swimmer will continue to work on rhythmic breathing to become a stronger swimmer. The breaststroke will be introduced at this level.

Ages 5½ to 9 years old.

Stroke Development: Breaststroke will be mastered and the butterfly kick is introduced. Diving from the side of the pool, with progression to the racing block will add a new dimension to swim lessons at this intermediate level.

Ages 6 to 12 years old.

Adult Lessons: Beginners are considered to be adult non-swimmers with very little swimming experience. Intermediates are considered to be adults who have basic knowledge of water comfort and strokes and would like to progress.

Minimum age of 18.

Pre-Natal Water Exercise: Researchers have established not only that exercise during pregnancy is safe, but it also promotes the health and well being of both infant & mother. Water is a versatile medium that is used for resistance exercises and cardio-respiratory fitness creating increased metabolism and overall endurance.

Because buoyancy supports a high percentage of the body's weight and gives the feeling of lightness, pregnant women love the assistance the water affords them, especially during the later stages.

Back to Basics: Designed to ease the transition for late bloomers or children who have yet to enjoy swimming. The curriculum for this course will be pulled from our children's levels and molded to the needs of the participants each session.

Ages 10 to 16.

Emergency Water Safety: This course is intended to give the adolescent swimmer an opportunity to learn and practice emergency safety skills. Safe swimming practices for boating and waterfront venues will be covered thoroughly. This is NOT a substitute for a Lifeguarding Course. Pre-requisite of Stroke Development.

Ages 10 to 14.

