

Aquatics

Children's Group Swimming Lessons

Summer Session 1 • 2011 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		Tuesday / Thursday		
Water Babies			11:00–11:30AM		
Water Exploration w/Parent			2:00–2:30PM	4:00–4:30PM	
Water Exploration		4:00–4:30PM	2:00–2:30PM	4:30–5:00PM	
Primary Skills I	4:30–5:00PM	5:00–5:30PM	2:30–3:00PM	4:30–5:00PM	5:00–5:30PM
Primary Skills II	4:00–4:30PM	4:30–5:00PM	2:30–3:00PM		5:00–5:30PM
Primary Skills III	4:00–4:30PM	5:00–5:30PM	4:00–4:30PM	4:30–5:00PM	
Stroke Readiness	5:00–5:30PM		4:00–4:30PM		
Stroke Development	4:30–5:00PM		5:00–5:30PM		

Registration Policies:

- 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.

	Weekdays	
Dates:	June 6–23	
Member Registration:	Mon, May 16	
Non-Member Registration:	Mon, May 23	
Member Fees:	Per 3 week session	\$70
Non-Member Fees:	Per 3 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.

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.

