

AQUATICS

Children's Group Swimming Lessons Winter 2010 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. We have a strict instructor to swimmer ratio of 1:4.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Water Exploration			10:00–10:30AM or 4:00–4:30PM	4:30–5:00PM		10:30–11:00AM	
Primary Skills I		4:00–4:30PM	11:00–11:30AM or 4:30–5:00PM	5:00–5:30PM		11:00–11:30AM	
Primary Skills II		1:00–1:30PM or 4:30–5:00PM	4:00–4:30PM	4:00–4:30PM		10:30–11:00AM	
Primary Skills III		5:00–5:30PM	4:30–5:00PM	4:00–4:30PM		11:00–11:30AM	
Stroke Readiness			5:00–5:30PM	4:30–5:00PM		10:00–10:30AM	
Stroke Development				5:00–5:30PM		10:00–10:30AM	

	Member Registration	Non Member Registration	Session Date
Session I	Mon, Dec. 14	Mon, Dec. 21	Tue, Jan 5–Sat, Feb. 13
Session II	Mon, Jan. 25	Mon, Feb. 1	Tue, Feb. 16–Sat, Mar. 27

Fees: (per six week session)

Sportsplex Member:	\$70
Non-member:	\$95

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: three participants.
- Non-member children will have access to the Sportsplex only during the time of the lesson and only to the main pool.

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Group Swimming Lesson Levels

Class level is determined by age and ability

Water Exploration: Ages 2½ to 4 years old.	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.
Primary Skills I: Ages 3½ to 5 years old	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.
Primary Skills II: Ages 4½ to 7 years old	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.
Primary Skills III: Ages 5½ to 8½ years old	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.
Stroke Readiness: Ages 5½ to 9 years old	The young swimmer will continue to work on rhythmic breathing to become a stronger swimmer. The breaststroke will be introduced at this level.
Stroke Development: Ages 6 to 12 years old	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.