

AQUATICS

Group Swimming Lessons Summer 2010 Schedule Saturdays

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 (children without parent in water)

Children's classes	Saturday
Water Exploration w/Parent	10:30–11:00AM
Water Exploration	9:30–10:00AM
Primary Skills I	10:00–10:30AM
Primary Skills II	9:30–10:00AM
Primary Skills III	10:00–10:30AM
Stroke Readiness	9:00–9:30AM
Stroke Development	9:00–9:30AM

Adult classes	Saturday
Pre-Natal Water X	8:00–9:00AM

	Session I (6 weeks) (No class July 3)	Session II (6 weeks)
Dates:	June 5-July 17	July 24-August 28
Member Registration Begins:	Monday, May 17	Monday, July 5
Non-Member Reg. Begins:	Monday, May 24	Saturday, July 10
Member Fees:	\$70	\$70
Non-Member Fees:	\$95	\$95

Registration Policies:

- Payment is required at the time of registration and is non-refundable.
- Minimum enrollment for Children's Group Lessons without parent: 3 participants

- 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 parent-child classes: 5 participants.
- Non-members will have access to the Sportsplex only during the time of the lesson and only to the main pool.

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.

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.