

# AQUATICS

## Group Swimming Lessons Summer 2010 Schedule Weekdays

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.

(2 classes a week for 3 weeks)  
Instructor to Swimmer Ratio 1:4

Children's classes	Monday & Wednesday	Tuesday & Thursday
Water Exploration w/ Parent		4:00–4:30PM
Water Exploration	4:00–4:30PM or 4:30–5:00PM	9:00–9:30AM or 4:30–5:00PM
Primary Skills I	4:00–4:30PM or 5:00–5:30PM	9:00–9:30AM or 4:00–4:30PM
Primary Skills II	4:30–5:00PM or 5:00–5:30PM	4:00–4:30PM or 5:00–5:30PM
Primary Skills III	4:00–4:30PM	4:30–5:00PM or 5:00–5:30PM
Stroke Readiness	5:00–5:30PM	4:30–5:00PM
Stroke Development	4:30–5:00PM	5:00–5:30PM

Adult classes	Tuesday & Thursday
Adult Lessons: Beginner	5:30–6:15PM
Adult Lessons: Intermediate	5:30–6:15PM

	Session I	Session II	Session II
Dates:	June 7-24	July 5-22	August 2-19
Member Registration:	Monday, May 17	Monday, June 14	Monday, July 12
Non-Member Registration:	Monday, May 24	Monday, June 21	Monday, July 19
Member Fees:	Per 3 week session 2 times each week \$70		
Non-Member Fees:	Per 3 week session 2 times each week \$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 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.

**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.

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**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.