

Aquatics

SPX Swim Academy - Group Lessons Spring Session 2024

The Swim Academy offers a complete swimming curriculum, from teaching your child to be safe in the water to refining skills in preparation for Competitive Swimming. Our priority is safety with quality all while facilitating a lifetime of fitness in the water. Class placement is determined by ability demonstrated during an assessment with a Trained Swim Academy Instructor.

		Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Parent & Child Ratio 1:6 30 Min	Water Babies	n/a	n/a	11:30a	5:00p	10:00a	n/a
	Water Explorers & Parent	4:00p	n/a	4:00p	n/a	9:00a	n/a
Foundations Ratio 1:4 30 Min	Water Explorers	4:30p	n/a	11:30a or 4:30p	5:30p	9:30 or 10:30a	n/a
	Primary Explorers 1	4:00p	n/a	4:00 or 5:00p	4:00p	9:00 or 11:00a	11:00a
	Primary Explorers 2	5:00p	n/a	5:00p	4:30 or 5:00p	9:30 or 10:30a	10:30a
	Primary Explorers 3	4:30 or 5:00p	n/a	4:30p	4:00 or 4:30p	10:00 or 11:30a	10:00a
	Primary Explorers 4	5:30p	n/a	5:30p	5:30p	11:00a	9:30a
Progressives Ratio 1:6 30 Min	Stroke Readiness	5:30p	n/a	5:30p	n/a	11:30a	9:00a
	Stroke Development	5:30p	n/a	*Director approval	n/a	11:30a	n/a
	Stroke Refinement	*Director approval	n/a	*Director approval	n/a	*Director approval	n/a

Classes	Dates	Member Fees	Non-Member Fees
10	4/9/24-6/30/24	\$280.00	\$360.00

Policies

- ALL new enrollments must complete a Swim Assessment prior to enrollment.
- Payment is required at time of Registration and is non-refundable.
- Minimum Enrollment for Group Classes = 2 participants
- Non-members may only stay in the Pool Deck area during their registered class times.
- NO CLASSES - 4/23/24, 5/16/24-5/27/24,
- ALL children NOT potty trained MUST wear Swim Diapers - Regular diapers will not be allowed.
- Goggles are mandatory 3 years old and up. Swim Caps are highly recommended.
- 5% sibling discount. This only applies when more than 1 child is currently registered.
- \$10 Discount with Cash/Check payments.
- Membership pricing is only available for active members at time of enrollment; membership must remain active for the duration of the program.

For further information contact: James Behan, Aquatics Director - Aquatics@sportsplex-nw.com

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SPX Swim Academy Level Descriptions

Water Babies: Ages: 6 months - 2.5 years old

A half-hour of fun for parents and toddlers. Instruction will be given on appropriate holds, safety skills and methods of helping your child become more water friendly using songs, games, and toys. Flotation aids will be supplied.

Exit requirement: Comfortable being arms distance from parent with instructor, able to get face splashed with comfort and attempt assisted submersion, follow simple 2 step instructions.

Water Explorers w/parent: Ages: 2.5 - 4 years old

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 arm and leg motor skills in the water. Parent must be in the water with the child. Flotation aids will be supplied.

Exit requirement: Comfortable swimming from instructor to parent with flotation aid, submerge face, Must be able to follow 2-steps instructions.

Water Explorers: Ages: 2.5 - 4 years old

In this level, children will learn balance and comfort through arm and leg motor skills using flotation aids and assistance from the instructor without the parent in the water.

Exit requirement: Swim five yards on front and back with 3 pack flotation and assistance. Blow bubbles, jump into water with assistance, enter and exit the water safely.

Primary Explorers 1: Ages 3 - 5 years old

In this level, children will continue to build comfort in the water with less assistance from the instructor and more emphasis on the child's ability to progressively swim with less flotation.

Exit requirements: Reduce flotation aid to 2 pack. Swim 5 yards on front with face submerged and back without assistance. Float on front and back unassisted. Jump with full submersion without assistance, turn, and exit water safely.

Primary Explorers 2: Ages 3 - 5 years old

In this level, children will continue to build comfort in the water with minor assistance from the instructor and more emphasis on the child's ability to progressively swim with no flotation.

Exit requirement: Swim 10 yards front and back without flotation confidently. Float on front and back unassisted, fully submerge face, jump without assistance, enter and exit the water safely.

Primary Explorers 3

In this level, children will learn the foundation of over-the-water arm motions with streamlined kicking at the surface.

Exit requirement: Swim 10 yards over-the-water arm motion and streamlined flutter kick demonstrated on front and back. Successfully jump in, surface and return to the wall of entry.

Primary Explorers 4

In this level, children will continue to strengthen the streamlined flutter kick and the foundations for the dolphin kick. Front and back over-the-water arm motions begin to show repetition consistently with appropriate breathing.

Exit requirements: Swim 15 yards, demonstrating coordinated rhythmic breathing with over-the-water arm motion and backstroke. Streamline gliding and kneeling dives demonstrated in good form.

Stroke Readiness

In this level, while building on previous skills, children will be introduced to using fins, circle swimming, the butterfly arm motion and breaststroke kick.

Exit requirements: Swim 25 yards freestyle and backstroke. Dolphin kick motion and standing dives demonstrated in good form.

Stroke Development

In this level, Children will be introduced to breaststroke arms, rotary breathing, flip turns and diving off starting blocks.

Exit requirements: Swim 25 yards freestyle and backstroke. Butterfly drills, Breaststroke kick, and circle swimming demonstrated in good form.

Stroke Refinement

All four competitive strokes will be critiqued and drilled for the purpose of efficient fitness/lap swimming.

Exit requirements: Swim 50 yards freestyle and backstroke. Swim 25 yards breaststroke and butterfly. Diving block starts appropriate turns demonstrated in good form.

*****All NEW/RETURNING Swimmers must be assessed prior to registration*****