



SUMMER AQUATICS PROGRAM SCHEDULE

JUNE 22-AUGUST 16, 2013

PARENT/CHILD SWIM:

SKI (Parent and Child: 6-18 months)

Tuesday 10:10-10:40am

Saturday 9:00-9:30am

PERCH (Parent and Child: 19-36months)

Tuesday 10:45-11:15am

Saturday 8:30-9:00am

Saturday 9:30-10:00am

SEAHORSE (Parents in water optional: 2 1/2-3 1/2 years)

Monday 3:30-4:00pm

Wednesday 3:30-4:00pm

Thursday 3:30-4:00pm

Saturday 10:05-10:35am

Saturday 10:55-11:25am

PRESCHOOL LESSONS: AGES 3-5

PIKE 1 (Beginner)

Monday 3:30-4:15pm

Tuesday 4:20-5:05pm

Tuesday 5:10-5:55pm

Wednesday 3:30-4:15pm

Thursday 3:30-4:15pm

Saturday 10:05-10:50am

Saturday 10:55-11:40am

PIKE 2 (Beginner 2)

Monday 3:30-4:15pm

Tuesday 4:20-5:05pm

Tuesday 5:10-5:55pm

Wednesday 3:30-4:15pm

Thursday 3:30-4:15pm

Saturday 10:05-10:50am

Saturday 10:55-11:40am

SHRIMP (Advanced Beginner)

Monday 3:30-4:15pm

Tuesday 3:30-4:15pm

Tuesday 5:10-5:55pm

Wednesday 3:30-4:15pm

Thursday 3:30-4:15pm

Saturday 10:05-10:50am

Saturday 10:55-11:40am

EEL (Intermediate)

Monday 3:30-4:15pm

Tuesday 4:20-5:05pm

Wednesday 3:30-4:15pm

Thursday 3:30-4:15pm

Saturday 10:05-10:50am

RAY (Advanced Intermediate)

Monday 3:30-4:15pm

Thursday 3:30-4:15pm

Saturday 10:55-11:40am

STARFISH (Advanced)

Tuesday 3:30-4:15pm

Wednesday 3:30-4:15pm

Saturday 10:55-11:40am

YOUTH SWIM LESSONS: AGES 6-9

POLLIWOG 1 (Beginner)

Tuesday 3:30-4:15pm

Wednesday 4:20-5:05pm

Thursday 4:20-5:05pm

Saturday 10:55-11:40am

POLLIWOG 2 (Beginner 2)

Monday 4:20-5:05pm

Tuesday 4:20pm-5:05pm

Wednesday 4:20-5:05pm

Saturday 11:45-12:30pm

GUPPY 1 (Advanced Beginner 5-9yrs)

Monday 4:20-5:05pm

Wednesday 4:20-5:05pm

Saturday 11:45-12:30pm

GUPPY 2 (Intermediate)

Monday 4:20-5:05pm

Wednesday 4:20-5:05pm

Saturday 11:45-12:30pm

MINNOW (Intermediate)

Wednesday 4:20-5:05pm

Thursday 4:20-5:05pm

Saturday 11:45-12:30pm

FISH (Intermediate 2)

Monday 4:20-5:05pm

Saturday 11:45-12:30pm

FLYING FISH (Advanced)

Monday 4:20-5:05pm

Saturday 11:45-12:30pm

SHARK (Advanced)

Monday 4:20-5:05pm

Saturday 11:45-12:30pm

YOUTH/TEEN LESSONS: AGES 10-17

YOUTH/TEEN BEGINNER

Thursday 4:20-5:05pm

Saturday 10:55-11:40am

YOUTH/TEEN INTERMEDIATE

Tuesday 5:10-5:55pm

Saturday 10:55-11:40am

YOUTH/TEEN ADVANCED

Tuesday 5:10-5:55pm

Saturday 11:45-12:30pm

YOUTH/TEEN TRIATHLON PREP (10-17 YEAR OLD)

Tuesday 4:15-5:15pm AND

Thursday 4:15-5:15pm

Members: \$ 100

Non Members: \$ 125

ADULT CLASSES: 18 and up

ADULT INTERMEDIATE

Wednesday 7:00-7:45am

Member Price: \$ 120

Non Member Price: \$ 155

ADULT ADVANCED

Wednesday 7:00-7:45am

Member Price: \$ 120

Non Member Price: \$ 155

ENDURANCE SWIM PRACTICE

THREE DAY CLASS:

Monday 5:30-7:00am

Wednesday 5:30-7:00am

Friday 5:30-7:00am

Members: \$ 200

Non Members: \$ 250

AQUA FLEX: (62+ Water Exercise)

TWO DAY CLASS:

Tuesday 11:20-12:00pm AND

Thursday 11:20-12:00

Members: FREE

Non Members: \$ 50

MEMBER REGISTRATION:

Must receive form (mail in/drop off) by
JUNE 5, 2013

NON-MEMBER REGISTRATION:

(IN PERSON ONLY)

June 7th, 2013 7:30AM

All swimmers enrolling in preschool, youth, or teen classes must be evaluated unless they are registering for Pike 1, Polliwog 1, or Youth/Teen Beginner!

Swim Evaluations will be offered:

Monday-Friday 3:00-3:25pm

Tuesdays and Thursdays 5:15-5:55pm

Saturday and Sundays 3:30-5:30pm

Evaluations will be done first come first serve and take 2-5 minutes.

REGISTRATION FEES:

Listed prices are based on an 8 week session. Thursday classes will only meet 7 weeks. Prices will be reflected during time of registration.

SKI AND PERCH

Family: FREE

Youth: \$ 105

Non-Member: \$ 179

PRESCHOOL/YOUTH/TEEN CLASSES:

Family: \$ 100

Youth: \$ 132

Non-Member: \$ 207

Please see reverse side for complete

CLASS DESCRIPTIONS

PRESCHOOL LESSONS: (3-5 YEARS OLD)

PIKE 1 This class is for beginners. Students will use instructional floatation devices (bubbles) as they are introduced to basic skills such as blowing bubbles, kicking, bobbing underwater, and independent movement. No evaluation necessary. **To move up from Pike 1, the child should be comfortable with the water and able to complete all of the skills listed above.**

PIKE 2 This class is for the students who are comfortable in the water but are now working on incorporating more technical skills. Child will work on being able to put their eyes in comfortably for a longer period of time. Towards the middle of the session, the students should be able to swim independently with a yellow bubble. **In order to move to shrimp, the student should be able to swim with their eyes in the water up to 10 seconds, independently with a yellow bubble using horizontal body position.**

SHRIMP Students will start swimming with a yellow bubble but depending on child comfort and skill level, the child may be able to do the entire class with no bubble. This class is designed to be a buffer class between pike 2 and eel. The skills that are reviewed in shrimp are as follows: swimming independently without a bubble for half the width of the pool, kicking with the kickboard with arms and legs straight and face in the water. **To move to the eel level, the student must be able to swim independently without a bubble for ½ the width of the pool while coming up for a breath and putting their face down and swimming again. They must also be comfortable with floating on their back.**

EEL Child must be comfortable putting face in the water and reaching arms out of the water while swimming. Child is able to float on their front and back independently. **To move up to Ray, student must be able to kick with face down, side breathing, and arms out of the water across the width of the pool without assistance. They must also be comfortable with kicking on their back.**

RAY Some of the skills reviewed in ray include, rotary breathing, freestyle coordination, and elementary backstroke kick. Must be comfortable swimming in deep water. **To move to starfish, the student must be able to swim front crawl with side breathing as well as efficiently demonstrate elementary backstroke arms while being comfortable in deep water.**

STARFISH For the advanced child who has learned front and back crawl. This class continues to work in the deep end of the pool and will incorporate longer distances. Starfish students will begin to learn elementary backstroke kick as well as the coordination for the stroke. Students will also be learning to swim longer distances as they increase the distance to 25 yards progressively in class. **To move out of starfish, the child will then begin youth lessons either at a polliwog 2 or guppy 1 level or if the child is still under the age of 5, this level is repeated until they are old enough for youth classes. Determination of either level is based on skill.**

YOUTH LESSONS (6-9 YEARS OLD)

POLLIWOG 1 Level One; Beginner swimming class will concentrate on kicking, stroke development and building endurance. No evaluation necessary. **To move up to Polliwog 2, the student should be able to swim across the width of the pool comfortably and efficiently with straight leg kicking and proper arm pulling. Students should also be able to kick 15-25 yards without assistance.**

POLLIWOG 2 For children able to float on their front and back, swim beginner front crawl one length (25 yds.) of pool without a bubble. **To move from polliwog 2 to guppy 1 or guppy 2 will be based on the child's strength and endurance levels. The student does not necessarily have to go to guppy 1 right after polliwog 2. Guppy 1 is designed to build up stamina and endurance for 5 and 6 year olds coming out of starfish.**

GUPPY 1 Child must be able to complete one length (25 yds.) of the pool using a front crawl with rotary breathing and one length backstroke. **To move from guppy 1 to guppy 2, children should be strong and have enough endurance.**

GUPPY 2 Child must be able to complete two lengths (50 yards) of backstroke and freestyle, elementary backstroke, and this is also the level where child will learn open turns as well as the beginning of flip turns. **To move from guppy 2 to minnow, children should be able to swim 2 laps of both freestyle and backstroke efficiently as well as show proper demonstration of technical skills.**

MINNOW Child must be able to swim three lengths front and back crawl, coordinated elementary backstroke, kneeling dive and sidestroke kick. **To move from guppy 2 to minnow, children should be strong in all skills and have endurance.**

FISH Child must be able to swim four lengths front and back crawl, breast stroke kick, standing dive, starts and open turns. Evaluation required for placement.

FLYING FISH Child must complete six lengths front crawl and back crawl, two lengths breaststroke, dolphin kick, starts and flip turns. Evaluation required for placement.

SHARK Must know four competitive strokes (front crawl, backstroke, breaststroke and butterfly). **Begin to work on rescue techniques.**

YOUTH/TEEN CLASSES (10-17 YEARS OLD)

BEGINNER: This class is designed for beginner swimmers. Class will focus on all skills necessary to perform 25 yards of front crawl with rotary breathing and 25 yards of backstroke.

INTERMEDIATE: This class is designed for children who can swim 25 yards of front crawl with rotary breathing and backstroke. This class will focus on stroke technique and development, building endurance, and learning breaststroke.

ADVANCED: This class is designed for children who can swim 75 yards of freestyle and backstroke and 50 yards of breaststroke comfortably. Class will focus on endurance, butterfly, and racing starts and turns.

NEW! YOUTH/TEEN TRIATHLON PREP (10-17 YEARS OLD)

A six week training class that will jump start youth and teen training for a triathlon sprint. Participants will meet on Tuesdays and Thursdays. Tuesday will be dedicated to swimming and Thursdays will be dedicated to biking/running. Through out six week programs students will build up endurance and skills to prepare them for a triathlon sprint. Program will promote discipline through a training schedule that will promote health, well being, and confidence.

ADULT CLASSES (18 AND UP)

ADULT INTERMEDIATE: This class is further develops front crawl, treading water, and survival float. Back crawl is introduced.

ADULT ADVANCED: This class further develops endurance, improves freestyle and backstroke technique, and introduces new strokes and turns.

ENDURANCE SWIM PRACTICE: A coached, endurance freestyle practice which will include interval training, building speed, endurance and competition. Practice will be held three days a week. **REGISTRATION IS MANDATORY TO PARTICIPATE!**