

# Swim Academy Schedule

Fall 2015

1: August 31-October 11 | 2: October 12-November 22 | 3: November 23-December 27



## Group Swim Lessons

|           | Fall 1 & Fall 2 Session |         | Fall 3 Session |         |
|-----------|-------------------------|---------|----------------|---------|
|           | 30 mins                 | 45 mins | 30 mins        | 45 mins |
| Member    | \$155                   | \$190   | \$129          | \$158   |
| Nonmember | \$179                   | \$214   | \$149          | \$178   |

\*No classes on 9/7, 11/26, 12/24, 12/25

## Private and Semi-Private Lessons

Private lessons provide individualized attention to students allowing them to learn at their own pace. Private lessons are available for children and adults. Lessons are 30-minutes and sold in packages of 5 and 10.

| Member    | Semi-Private rates for each additional child per lesson |       |
|-----------|---|-------|
|           | 5   | 10    |
| Member    | \$263   | \$450 |
| Nonmember | \$316   | \$540 |

**CREATE YOUR OWN CLASS:** Need a specific day or time? We will gladly work with you to create a class.

| mon   | tue    | wed    | thu    | fri              | sat     | sun     |
|---|--------|--------|--------|------------------|---------|---------|
| <b>WATER BABIES (with parent)</b><br>Ages: 6 months - 18 months   30-minute class   12:1 ratio<br>Babies become more comfortable in the water while bonding with a parent. Bubble blowing, kicking and floating, familiar songs, and acquainting parents with swim holds are all part of the fun.   |        |        |        |                  |         |         |
|   |        |        |        |                  | 9:00am  |         |
| <b>WATER TOTS (with parent)</b><br>Ages 18 months - 36 months   30-minute class   8:1 ratio<br>Tots learn swim skills in the secure arms of mom or dad. Circle time activities and songs make it fun as tots blow bubbles, kick and float. Confidence improves with the ability to separate from parent.  |        |        |        |                  |         |         |
|   |        |        |        |                  | 9:30am  |         |
| <b>PRESCHOOL</b><br>Ages 3 - 5   30-minute class   4:1 ratio<br>First-timers or kids who are timid around water will feel safe and comfortable as they learn basic kicking, arm strokes and how to submerge their faces. Safety rules, glides, freestyle arm stroke, backstroke and floating (supported by instructor) are covered.   |        |        |        |                  |         |         |
| 4:00pm  | 4:30pm | 4:30pm | 3:30pm | 9:00am<br>4:00pm | 9:30am  | 9:30am  |
| <b>BEGINNER</b><br>Ages 4 - 6   30-minute class   4:1 ratio<br>Ideal for swimmers with some experience, but who could benefit from going over the basics. Students who can submerge their faces may take this class. Safety rules, unsupported glides/floating, rhythmic breathing, retrieving toys, 10-yard freestyle, 5-yard underwater swim 5-yard freestyle with face in water and elementary backstroke are covered. |        |        |        |                  |         |         |
| 3:30pm  | 4:00pm | 4:00pm | 4:00pm | 3:30pm           | 10:30am | 10:30am |
| <b>BEGINNER OLDER CHILD</b><br>Ages 6 - 10   30-minute class   4:1 ratio<br>Same as <b>Beginner</b> but designed for older children requiring the basics.   |        |        |        |                  |         |         |
|   | 5:00pm |        |        |                  |         |         |

| mon   | tue    | wed    | thu    | fri    | sat     | sun     |
|---|--------|--------|--------|--------|---------|---------|
| <b>ADVANCED BEGINNER</b><br>Ages 6 - 8   30-minute class   4:1 ratio<br>Kids comfortable swimming 5-10 yards will learn to coordinate stroke, kick and breathing techniques. Rotary breathing, treading water, breaststroke, stroke endurance, and basic whip kick are covered.   |        |        |        |        |         |         |
| 4:00pm  | 4:00pm | 4:00pm | 3:00pm | 4:30pm | 10:00am | 11:00am |
| <b>INTERMEDIATE</b><br>No age requirement   30-minute class   5:1 ratio<br>Kids able to swim half-lengths of the pool with good technique will learn advanced skills such as bilateral breathing. Safety skills, development of breaststroke, further development of freestyle and backstroke, introduction to dolphin kick, stroke coordination and stroke endurance for 25 yards are covered. |        |        |        |        |         |         |
|   | 5:00pm | 5:00pm |        |        |         | 11:30am |
| <b>ADVANCED INTERMEDIATE</b><br>No age requirement   45-minute class   5:1 ratio<br>Students should be able to do the breaststroke and swim full lengths of the pool using proper freestyle and backstroke techniques to take this class. The focus is on advanced freestyle, back, breast, butterfly and side strokes. Stroke endurance and coordination are the focus.                        |        |        |        |        |         |         |
| 6:00pm  |        |        |        |        | 11:30am |         |
| <b>STROKE AND TURN</b><br>No age requirement   45-minute class   6:1 ratio<br>This class teaches advanced techniques and builds endurance for competition. Flip turns, backstroke count, 50-yard butterfly, 100-yard individual medley, stroke efficiency, increased speed, and ability to work off of a pace clock are covered.  |        |        |        |        |         |         |
|   |        |        | 6:00pm |        |         |         |
| <b>SWIM TEAM CONDITIONING</b><br>No age requirement   45-minute class   8:1 ratio<br>This class is structured like a swim team practice. It strengthens advanced techniques and builds endurance for competition. Competitive skills and development of stroke efficiency, speed and strength are the goals.  |        |        |        |        |         |         |
|   |        |        | 6:45pm |        |         |         |

**Refund Policy:** All program sales are final. There are no refunds or credits. **Inclement Weather Policy:** Parents should call the facility one hour before the scheduled class time to inquire if a class is canceled. If we cancel a class due to inclement weather or pool closure, we will accommodate a make-up for that class by the end of the session. **Make-up Policy:** We will endeavor, but cannot guarantee, make-ups for missed classes. We do not grant make-ups in the case of a no show or no notice. Make-up classes are based on availability and may not be the same time, day, or instructor. Once a make-up class is scheduled, it may not be rescheduled. **Registration Policy:** There will be a \$25.00 registration fee for group swim purchases that occur after the start of the session. Fees are subject to change periodically, but all attempts are made to ensure the fees listed are current. Group swim lessons are valid 180 days from date of purchase. Private and semi-private lessons are valid 90 days from date of purchase (for five packs) and 180 days from date of purchase (for ten packs).



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