

# FALL LESSONS



September to December, 2019



## INFANTS

### Parent & Tot 1 (4 mos. - 12 mos.) Parent Participation

This class offers babies a fun introduction to water through songs, gradual submersion skills and back floats.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
10:00 am, 5:00, 6:30 pm

Thursday September 26 - December 5  
5:30 pm

Friday September 27 - December 13  
5:00, 6:00 pm

Saturday September 28 - December 14  
9:00, 10:00 am

Registration Fee: \$53.00

Mon/Tu/Wed/Th December 9 - 19  
6:30 pm

Registration Fee: \$42.40

### Parent & Tot 2 (13 mos. - 24 mos.) Parent Participation

This class includes breath control skills and basic to more advanced submersion techniques.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
10:00 am, 5:00, 6:30 pm

Thursday Sept 26 - Dec 5  
5:30 pm

Friday September 27 - December 13  
5:00, 6:00 pm

Saturday September 28 - December 14  
9:00, 10:30, 11:00 am

Registration Fee: \$53.00

Mon/Tu/Wed/Th December 9 - 19  
6:30 pm

Registration Fee: \$42.40

### Parent & Tot 3 (25 mos. - 3 years) Parent Participation

This class is designed to encourage safe and independent swim skills.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
10:00 am, 5:00, 6:30 pm

Thursday September 26 - December 5  
5:30 pm

Friday September 27 - December 13  
5:00, 6:30 pm

Saturday September 28 - December 14  
9:30, 10:30, 11:00 am

Registration Fee: \$53.00

Mon/Tu/Wed/Th December 9 - 19  
6:30 pm

Registration Fee: \$42.40

### Splash Splash (3 - 5 years)

For children with little water exposure or nervous to be in the water without a parent. It will be taught in the shallow tot pool with a gradual integration into the shallow end of the main pool. This class is offered on a limited basis due to pool space limitations.

Tues. & Thurs. September 24 - October 24  
6:30 pm

Friday September 27 - December 13  
6:00 pm

Saturday Sept 28 - December 14  
9:30, 10:00 am

Tues. & Thurs. October 29 - December 3  
6:30 pm

Registration Fee: \$73.50

### Tiny Tot Beginners (3 years)

A perfect water orientation class for your child. Songs and imagery will be used for a gradual introduction to getting wet, blowing bubbles, submersions and relaxed assisted back floats. Taught in the main pool.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
9:00 am, 4:00, 5:00, 6:00, 7:00, 7:30 pm

Thursday September 26 - December 5  
5:00, 5:30 pm

Friday September 27 - December 13  
3:30, 5:00, 6:00, 6:30, 7:30 pm

Saturday September 28 - December 14  
9:00, 9:30, 10:00, 10:30, 11:00 am

Registration Fee: \$73.50

Mon/Tu/Wed/Th December 9 - 19  
6:00, 6:30 pm

Registration Fee: \$58.80

### Tiny Tot Advanced (3 years)

For the three year old that is comfortable submerging and able to do a relaxed assisted back float. This class will focus on working from assisted floats to unassisted glides on both front and back.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
11:00 am, 4:00, 5:00, 6:00, 7:00, 8:00 pm

Thursday September 26 - December 5  
5:00, 5:30 pm

Friday September 27 - December 13  
3:30, 5:00, 6:00, 6:30, 7:00, 8:00 pm

Saturday September 28 - December 14  
9:00, 9:30, 10:30, 11:00 am

Registration Fee: \$73.50

Mon/Tu/Wed/Th December 9 - 19  
6:00, 6:30 pm

Registration Fee: \$58.80

## PRESCHOOL

### Preschool 1 (4 - 6 years)

Water orientation will include songs and imagery for a gradual introduction to getting wet, blowing bubbles, submersions, and relaxed assisted back floats. Taught in the main pool.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
9:00 am, 4:00, 5:00, 6:00, 6:30, 7:00, 7:30 pm

Thursday September 26 - December 5  
5:00, 5:30 pm

Friday September 27 - December 13  
3:30, 5:00, 6:00, 6:30, 7:00, 7:30 pm

Saturday September 28 - December 14  
9:00, 10:00, 10:30, 11:00 am

Registration Fee: \$73.50

Mon/Tu/Wed/Th December 9 - 19  
6:00, 6:30 pm

Registration Fee: \$58.80

### Preschool 2 (4 - 6 years)

For swimmers that are comfortable submerging and able to do a relaxed assisted back float. This class focuses on working from assisted floats to unassisted glides on both the front and back.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
11:00 am, 4:00, 4:30, 5:00, 6:00, 6:30, 7:00, 7:30, 8:00 pm

Thursday September 26 - December 5  
5:00, 5:30 pm

Friday September 27 - December 13  
3:30, 5:00, 6:00, 6:30, 7:00, 7:30, 8:00 pm

Saturday September 28 - December 14  
9:00, 9:30, 10:00, 10:30, 11:00 am

Registration Fee: \$73.50

Mon/Tu/Wed/Th December 9 - 19  
6:00, 6:30 pm

Registration Fee: \$58.80

### Preschool 3 (4 - 6 years)

Students will learn to kick in both front and back glides. They will also learn to transfer their body weight from one glide to another.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
4:00, 6:00, 6:30, 7:00, 7:30 pm

Thursday September 26 - December 5  
4:30 pm

Friday September 27 - December 13  
4:30, 6:00, 6:30, 7:30 pm

Saturday September 28 - December 14  
9:00, 10:00, 10:30, 1:00 am

Registration Fee: \$73.50

Mon/Tu/Wed/Th December 9 - 19  
6:00 pm

Registration Fee: \$58.80

### PLEASE NOTE:

UPCOMING REGISTRATION DAYS:  
Wednesday, Oct. 23, Dec. 11 & Friday, Dec. 19.

Participants cannot be registered for more than one set of swim lessons at a time and must successfully complete the pre-requisite level before registering for the next level.

### Preschool 4 (4 - 6 years)

This lesson will focus on learning the breathing position and breath control for front swim. Kick in back swim continues to be refined.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
3:30, 6:00, 7:00 pm

Thursday September 26 - December 5  
4:30 pm

Friday September 27 - December 13  
4:30, 6:30, 7:30 pm

Saturday September 28 - December 14  
9:30, 10:30 am

Registration Fee: \$53.00

Mon/Tu/Wed/Th December 9 - 19  
7:00 pm

Registration Fee: \$42.40

### Preschool 5 (4 - 6 years)

Students will learn arm propulsion and coordination for front swim. The back swim will focus on streamlining and body roll.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
4:00, 6:30, 7:30 pm

Thursday September 26 - December 5  
4:30 pm

Friday September 27 - December 13  
4:30, 6:30, 7:30 pm

Saturday September 28 - December 14  
9:30, 10:30 am

Registration Fee: \$53.00

Mon/Tu/Wed/Th December 9 - 19  
7:00 pm

Registration Fee: \$42.40

### Preschool 6 (4 - 6 years)

Over arm recovery for both front and back crawl are introduced. Students will be challenged with distances to prepare them to move to School Age Level 3.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
4:00, 6:30, 7:30 pm

Thursday September 26 - December 5  
4:30 pm

Friday September 27 - December 13  
4:30, 6:30, 7:30 pm

Saturday September 28 - December 14  
9:30, 10:30 am

Registration Fee: \$53.00

Mon/Tu/Wed/Th December 9 - 19  
7:00 pm

Registration Fee: \$42.40

## CHILDREN

### Level 1 (6 - 14 years)

This is an introductory class for students who are non-swimmers. The focus is on fundamental skills including submersions, front and back floats and glides.

Tues. & Thurs. September 24 - October 24  
October 29 - December 3  
4:30, 6:30, 7:00 pm

Thursday September 26 - December 5  
5:00 pm

Friday September 27 - December 13  
4:00, 6:00, 7:00, 8:00 pm

Saturday September 28 - December 14  
9:00, 10:00, 11:00 am

Registration Fee: \$53.00

Mon/Tu/Wed/Th December 9 - 19  
6:00 pm

Registration Fee: \$42.40

## PRIVATE LESSONS

### MORNINGS

Saturday

### EVENINGS

Wednesday  
Tuesday/Thursday  
Friday

Fee: \$30.70 per session

### Private lesson sets (5 sessions)

Available on Tuesday/Thursday evenings and Saturday mornings.



## Level 2 (6 - 14 years)

Students will learn a propulsive kick on both front and back glides and will learn to transfer their body weight from one glide to another. They will also be introduced to the front swim breathing position.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 4:30, 6:00, 6:30, 7:00, 7:30 pm
Thursday	September 26 - December 5 5:00 pm
Friday	September 27 - December 13 4:00, 6:00, 7:00, 8:00 pm
Saturday	September 28 - December 14 9:00, 10:00, 11:00 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - December 19  
6:00 pm

**Registration Fee: \$42.40**

## Level 3 (6 - 14 years)

Focus is on correct breathing position, breath control as well as correct timing and coordination of arm propulsion. Kick in back swim continues to be refined.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 3:30, 6:00, 7:00, 7:30 pm 8:00 pm
Thursday	September 26 - December 5 4:00 pm
Friday	September 27 - December 13 4:00, 6:00, 6:30, 7:00, 7:30, 8:00 pm
Saturday	September 28 - December 14 9:00, 10:00, 11:00 am October 29 - December 3

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
7:00 pm

**Registration Fee: \$42.40**

## Level 4 (6 - 14 years)

Students will learn over arm recovery for both front and back crawl and continue to increase propulsion in preparation for moving to the middle section in Level 5.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 3:30, 6:00, 6:30, 7:00, 7:30, 8:00 pm Thursday September 26 - December 5 4:00 pm
Friday	September 27 - December 13 4:00, 6:00, 6:30, 7:00, 8:00 pm
Saturday	September 28 - December 14 9:30, 10:00, 11:00 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
6:00, 7:30 pm

**Registration Fee: \$42.40**

## Level 5 (6 - 14 years)

Focus will be on coordinating the full front crawl with a correct arm extension. Back crawl will focus on timing the body roll and kick with over arm recovery.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 4:30, 6:30, 7:00, 7:30, 7:30 pm
Thursday	September 26 - December 5 4:00 pm
Friday	September 27 - December 13 3:30, 6:30, 7:00, 7:30 pm
Saturday	September 28 - December 14 9:00, 10:00, 10:30, 11:00 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
7:00 pm

**Registration Fee: \$42.40**

## Breast Stroke Workshop (6 - 14 years)

This five-day intensive workshop consists of 25-minute sessions designed for children struggling with breast stroke and whip kick. Each class is tailored to the needs of the learner. Participants must be in Level 9 or higher to enroll in this workshop. The purpose of this workshop is strictly for practicing stroke improvement and will not be evaluated.

<i>Tues. &amp; Thurs.</i>	September 24 - October 8 October 10 - October 24 October 29 - November 14 November 19 - December 3 6:00 pm
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**Registration Fee: \$28.00**

## Level 6 (6 - 14 years)

Strengthen your coordination of the front and back crawls with a focus on correct arm entries. Both strokes are challenged to maintain strong technique with progressive distances in preparation for moving to the deep end in Level 7.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 4:00, 6:30, 7:00, 8:00 pm
Thursday	September 26 - December 5 4:00 pm
Friday	September 27 - December 13 4:00, 6:30, 7:30 pm
Saturday	September 28 - December 14 9:30, 10:30, 11:00 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
7:30 pm

**Registration Fee: \$42.40**

## Level 7 (6 - 14 years)

Students will refine body rotation and arm extension in front and back crawl while maintaining stroke technique. Streamlining coordination through drill and whole stroke work will also be a priority in this level.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 3:30, 6:30, 7:00, 7:30 pm
Thursday	September 26 - December 5 4:30 pm
Friday	September 27 - December 13 4:30, 6:30, 7:00, 7:30 pm
Saturday	September 28 - December 14 9:00, 10:00, 10:30 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
6:30 pm

**Registration Fee: \$42.40**

## Level 8 (6 - 14 years)

Front and back crawl are further refined through minimizing resistance in arm recoveries and entry. Students will be introduced to the dolphin kick.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 3:30 pm 6:30 pm 7:30 pm
Thursday	September 26 - December 5 4:30 pm
Friday	September 27 - December 13 4:30 pm 6:30 pm 7:00 pm 7:30 pm
Saturday	September 28 - December 14 9:00 am 10:00 am 10:30 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - December 19  
6:30 pm

**Registration Fee: \$42.40**

## Level 9 (6 - 14 years)

Strengthening dolphin kick is continued and learning the mechanics of breast stroke pull. Drill work for front and back crawl will focus on maximizing propulsion in the arm pull.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 4:30, 6:30, 7:00, 7:30 pm
Thursday	September 26 - December 5 4:00 pm
Friday	September 27 - December 13 4:00, 6:30, 7:00, 7:30 pm
Saturday	September 28 - December 14 9:30, 10:30 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
6:30 pm

**Registration Fee: \$42.40**

## Level 10 (6 - 14 years)

Strengthening the mechanics of breast stroke pull and developing a strong isolated breast stroke kick. Will continue to develop back and front crawl.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 4:30, 6:30, 7:00, 7:30 pm
Thursday	September 26 - December 5 4:00 pm
Friday	September 27 - December 13 4:00, 6:30, 7:00, 7:30 pm
Saturday	September 28 - December 14 10:00, 10:30 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
6:30 pm

**Registration Fee: \$42.40**

## Level 11 (6 - 14 years)

The focus is on developing a coordinated breast stroke. Butterfly stroke is introduced. Advanced front and back drills focus on strength and endurance.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 3:00, 7:00, 7:30 pm
Thursday	September 26 - December 5 4:30 pm
Friday	September 27 - December 13 3:30, 6:30, 7:30 pm
Saturday	September 28 - December 14 9:30, 10:30 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - December 19  
7:30 pm

**Registration Fee: \$42.40**

## Level 12 (6 - 14 years)

Butterfly is introduced. All strokes are evaluated to competitive level proficiency. Students will be introduced to an I.M. (individual medley).

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 3:30, 7:00, 7:30 pm
Thursday	September 26 - December 5 4:30 pm
Friday	September 27 - December 13 3:30, 6:30, 7:30 pm
Saturday	September 28 - December 14 9:30 am 10:30 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
7:30 pm

**Registration Fee: \$42.40**

## Moderate Training Swimfit for Children (6 - 14 years)

This class is designed to increase endurance and introduce knowledge of swim workouts and Bronze Medallion and Bronze Cross timed swims.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 4:00, 6:30, 7:30 pm
Friday	September 27 - December 13 3:30, 7:00 pm
Saturday	September 28 - December 14 9:30, 11:00 am

**Registration Fee: \$53.00**

*Mon/Tu/Wed/Th* December 9 - 19  
7:30 pm

**Registration Fee: \$42.40**

## Dive 1 (6 - 14 years)

Introduction to fundamental diving skills. Prerequisite completion of Level 5 is needed.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 6:30, 7:30 pm
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**Registration Fee: \$53.00**

## Dive 2 (6 - 14 years)

Builds on skills developed in Dive 1 with the addition of forward approaches and advanced back dives.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 7:00 pm
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**Registration Fee: \$53.00**

### PLEASE NOTE:

**All lessons are 25 minutes.**

## ADULT

### Adult Level 1/2 Women's Only Class (15 + years)

This women's only class is taught by a female instructor in shallow water. The focus is on water orientation skills including front/ back floats and glides

*Saturday* September 28 - December 14  
8:30 am

**Registration Fee: \$59.00**

### Adult Level 1 (15+ years)

For adults with little or no swimming experience. Lessons are taught in shallow water and focus on water orientation, floats glides and breath control.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 10:30 am, 6:00, 8:00 pm
Friday	September 27 - December 13 8:00 pm
Saturday	September 28 - December 14 8.30 am

**Registration Fee: \$59.00**

*Mon/Tu/Wed/Th* December 9 - December 19  
7:00 pm

**Registration Fee: \$47.20**

### Adult Level 2 (15+ years)

For adults who can glide and kick on both front and back. Lessons are taught in the shallow or middle sections and focus on adding propulsion to both front and back swims.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 10:30, 8:00 pm
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*Friday* October 12 - December 14  
8:00 pm

*Saturday* September 28 - December 14  
8:30 am

**Registration Fee: \$59.00**

*Mon/Tu/Wed/Th* December 9 - 19  
7:00 pm

**Registration Fee: \$47.20**

### Adult Level 3 (15+ years)

Over arm recovery is introduced for both front and back crawl with a focus on coordinating both strokes. Lessons are taught in the middle section.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 7:00 pm
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*Friday* September 27 - December 13  
8:00 pm

*Saturday* September 28 - December 14  
9:00 am

**Registration Fee: \$59.00**

### Adult Level 4 (15+ years)

The focus of this level is to refine both front and back crawl and increase propulsion for both strokes. Lessons are taught in the deep end. Classes are

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 8:00 pm
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*Friday* September 27 - December 13  
7:00 pm **25233**

*Saturday* September 28 - December 14  
9:00 am

**Registration Fee: \$59.00**

### Moderate Training Swimfit (M.T.S) for Adults

(15+ years)

Designed to increase endurance in front and back crawl and introduce knowledge of swim workouts.

<i>Tues. &amp; Thurs.</i>	September 24 - October 24 October 29 - December 3 8:00 pm
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*Friday* September 27 - December 13  
7:00 pm

*Saturday* September 28 - December 14  
9:00 am

**Registration Fee: \$59.00**

### Adult Swim Camp (15+ years)

Designed to be paired with independent training. Learn front crawl stroke proficiency paired with technique drills. Students must have a basic front crawl stroke and be able to swim 100 m in deep water.

*Sunday*, 8:00 am - 9:30 am  
*October 20 - December 1*

**Registration Fee: \$89.25**

**25216**