

# POOL SCHEDULE/SWIMMING LESSONS



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

Open Lap Swim  
4 lanes  
7:00am-  
4:30pm

Open Lap Swim  
4 lanes  
9:00am-  
11:00pm

Open Lap Swim  
4 lanes  
9:00am-  
11:00pm

Open Lap Swim 2 Lanes  
4:30pm-6:30pm

Open Lap Swim  
3 lanes  
11:00am-  
12:30pm

Open Lap Swim  
3 lanes  
11:00am-  
12:30pm

Pre-School  
Level 1  
4:30 PM -  
5:00 PM  
Jayla

Youth  
Level 4  
4:30 PM -  
5:00 PM  
Andre

Parent & Child  
4:30 PM -  
5:00 PM  
Jayla

Pre-School  
Level 3  
4:30 PM -  
5:00 PM  
Andre

Youth  
Level 2  
4:30 PM - 5:00  
PM  
Jayla

Family Swim  
1 Lane  
11:00am-  
12:30pm

Family Swim  
1 Lane  
11:00am-  
12:30pm

Youth  
Level 1  
5:10 PM -  
5:40 PM  
Jayla

Pre-School  
Level 2  
5:10 PM -  
5:40 PM  
Andre

Youth  
Level 2  
4:30 PM -  
5:00 PM  
Andre

Youth  
Level 3  
5:10 PM - 5:40  
PM  
Andre

Pre-School  
Level 1  
5:10 PM - 5:40  
PM  
Jayla

Youth Level 3  
4:30 PM -  
5:00 PM  
Jarier

Adult  
Intermediate  
5:10 PM -  
5:40 PM  
Jarier

Youth  
Level 1  
5:10 PM -  
5:40 PM  
Jayla

Adult  
Beginner  
5:10 PM -  
5:40 PM  
Andre

Adult  
Beginner  
5:10 PM -  
5:40 PM  
Jarier

## Pricing:

### Members:

\$47

### Program

### Members:

\$89

## Lessons:

### Parent &

### Child :

Black

### Pre-School:

Blue

### Youth:

Magenta

### Adult :

Orange

### Open Lap

### Swim:

Green

### Family Swim:

Red

## CLASS DESCRIPTIONS

**SWIM STARTERS (Parent/Child classes, 6 months–3years):** Accompanied by a parent, infants and toddlers learn to be comfortable in the water and develop swim readiness skills through fun- and confidence-building experiences, while parents learn about water safety, drowning prevention, and the importance of supervision.

**LEVEL A—WATER DISCOVERY**— Parents accompany children in stage A, which introduces infants and toddlers to the aquatic environment through exploration and encourages them to enjoy themselves while learning about the water.

**LEVEL B—WATER EXPLORATION**— In stage B, parents work with their children to explore body positions, floating, blowing bubbles, and fundamental safety and aquatic skills.

**SWIM BASICS (3–5 years, 6–12 years):** Students learn personal water safety and achieve basic swimming competency by learning two benchmark skills: 1) Swim, float, swim— sequencing front glide, roll, back float, roll, front glide, and exit; 2) Jump, push, turn, grab

**LEVEL 1—WATER ACCLIMATION** – Students develop comfort with underwater exploration and learn to safely exit in the event of falling into a body of water in stage 1. This stage lays the foundation that allows for a student’s future progress in swimming.

**LEVEL 2—WATER MOVEMENT**— In stage 2, students focus on body position and control, directional change, and forward movement in the water while also continuing to practice how to safely exit in the event of falling into a body of water.

**LEVEL 3—WATER STAMINA**— In stage 3, students learn how to swim to safety from a longer distance than in previous stages in the event of falling into a body of water. This stage also introduces rhythmic breathing and integrated arm and leg action.

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**SWIM STROKES (6–12 years):** Having mastered the fundamentals, students learn additional water safety skills and build stroke technique, developing skills that prevent chronic disease, increase social-emotional and cognitive well-being, and foster a lifetime of physical activity.

**LEVEL 4—STROKE INTRODUCTION** – Students in stage 4 develop stroke technique in front crawl and back crawl and learn the breaststroke kick and butterfly kick. Water safety is reinforced through treading water and elementary backstroke.

**LEVEL 5—STROKE DEVELOPMENT** – Students in stage 5 work on stroke technique and learn all major competitive strokes. The emphasis on water safety continues through treading water and sidestroke.

**LEVEL 6—STROKE MECHANICS** – In stage 6, students refine stroke technique on all major competitive strokes, learn about competitive swimming, and discover how to incorporate swimming into a healthy lifestyle.

**TEEN/ADULT SWIM LESSONS (13+ years):** Beginner class for those with no or limited experience and comfortability in the water.

**ADAPTIVE SWIM LESSONS (Parent/Child classes, 6 months and older):** The Parent\Child Adaptive Swim Series provides an accessible program for parents and children with the opportunity to enhance mutual trust, identify unique ways to cooperate within an atmosphere of respect and pleasure in the parent\child