

## Water Tot with Parent (ages 6 mo–36 mo)

This program is intended to acquaint the child with water by having fun with familiar songs and people. In an effort to do this, we use the child's parent (or guardian) to expose them to this new atmosphere.

**Skills covered:** circle time activities and songs; introduction to bubble blowing; Kicking and floating skills supported by parent; acquainting parents with swim holds for infant and toddlers

## Preschool (ages 3–5)

This program is intended for a first-time swim lesson participant or timid child with little or no knowledge of basic arm and leg movements. The goal of this class is for the child to become comfortable submerging in water and learn the foundations of swim skills.

**Skills covered:** safety rules; blowing bubbles; face submersion; kicking, floating, freestyle arm stroke and backstroke skills supported by instructor

## Beginner (ages 4–6)

This program is intended for the child who may have some experience in the water but who needs further reinforcement with basic skills. The child should be comfortable submerging their face in the water.

## Beginner for the Older Child (ages 6–10)

Requirements are the same as the beginner level, with a focus on the older child. This class is designed to deal with an older child that may have had little or no experience in the water and may not feel comfortable with our typical beginner class ages 4–6.

**Skills covered for both levels:** freestyle and backstroke fundamentals; face submersion and front and back glides; introduction to rhythmic breathing; introduction of whip kick; retrieving toys from underwater

**Goals:** swim 5–10 yards, float independently and comfortable with the freestyle stroke

## Advanced Beginner

The child should be comfortable swimming freestyle and breaststroke, 5–10 yards, without instructor support. Stroke technique and breathing coordination will be the focus of this class.

**Strokes covered:** freestyle with breathing; breaststroke with breathing and kick; elementary backstroke with whip kick; backstroke with coordination of arms and legs

**Skills covered:** treading water; floating techniques; safety skills

**Goals:** basic stroke technique for freestyle, backstroke, and breaststroke; feel comfortable swimming half-lengths of pool

## Intermediate

The child should be able to swim half-lengths of the pool consistently with proper techniques.

**Skills covered:** bilateral breathing; scissors kick; side and butterfly stroke

**Goals:** correct stroke technique for freestyle, backstroke and breaststroke; general coordination of butterfly; build endurance to swim laps for most of the 30-min class

## Stroke and Turn

The child should have the skill and stamina to consistently swim freestyle, backstroke and breaststroke laps and be comfortable swimming underwater.

**Skills covered:** refinement of stroke techniques with correct breathing and kicks; bilateral breathing; introduction to open turns and flip turns

**Goals:** increased endurance; conditioning for swim competition

## Twice a week options (Mon/Wed or Tues/Thurs)

<b>Session 1</b>	June 29 – July 16
<b>Session 2</b>	July 20 – August 6
<b>Session 3</b>	August 10 – August 27

<b>Cost (6 lessons)</b>	<b>30 min</b>	<b>45 min</b>
Member	\$108	\$135
Nonmember	\$126	\$158
Kids Member	\$102	\$128

## Once a week options (Friday – Sunday)

<b>Session 4*</b>	July 3 – August 2 (5 classes)
<b>Cost</b>	<b>30 min</b> <b>45 min</b>
Member	\$90    \$113
Nonmember	\$105    \$131
Kids Member	\$85    \$106

<b>Session 5</b>	August 7 – August 30 (4 classes)
<b>Cost</b>	<b>30 min</b> <b>45 min</b>
Member	\$72    \$91
Nonmember	\$84    \$105
Kids Member	\$68    \$85

\*There will be no classes Saturday, July 4. Classes will be prorated.

## Private and semi private lessons

Private lessons provide individualized attention to students allowing them to learn at their own pace. Our trained instructors work one-on-one with the student to help them achieve various swim skills. Private lessons are available for beginner through competitive swimmers. Lessons are 30-minutes and are sold in packages of four, eight and sixteen.

<b>Private lessons</b>	<b>4</b>	<b>8</b>	<b>16</b>
Member	\$41	\$37	\$35
Nonmember	\$50	\$46	\$44
Kids Member	\$39	\$35	\$33

## Semi-Private

Add \$20 per child, per lesson

	Summer 1, 2 and 3 (twice a week)		Summer 4 & 5 (once a week)		
	Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
Water Tot with Parent	10:30am		10:30am	10:30am	
Preschool	9:00am	10:00am	9:00am	9:00am	10:00am
	1:00pm	3:30pm	10:00am	10:00am	
	3:30pm	4:30pm		1:00pm	
	4:30pm				
Beginner	10:00am	9:00am	9:30am	9:30am	10:30am
	1:30pm	4:00pm	10:30am	10:30am	
	4:00pm	5:00pm		1:30pm	
	5:00pm				
Beginner Older Child	10:30am	9:30am	10:00am	10:00am	11:00am
	4:30pm	4:30pm		11:00am	
Advanced Beginner	11:00am	10:30am	10:30am	9:00am	11:30am
	5:00pm	5:00pm		10:00am	
	6:00pm	6:00pm			
Intermediate	11:30am	11:00am	11:00am	11:00am	12:00pm
	5:30pm	5:30pm		12:00pm	
Stroke & Turn	12:00pm	5:30pm	11:30am	11:30am	
	5:30pm				
Swim Team Conditioning					

**Refund/Credit Policy:** All program sales are final. There are no refunds. Credit is not given for missed classes. Credit toward another Sports Clubs for Kids program will only be given for a physician-verified injury or illness. Program credit is valid only for Sports Clubs for Kids programs and must be used within one year from the date of issue. **Inclement Weather Policy:** Parents should call the facility one hour before the scheduled class time to inquire if a class is canceled. Make-ups are offered for classes that are canceled due to inclement weather. **Make-up Policy:** One unexcused make-up per session is permitted based on availability. A class must be missed before a make-up can be scheduled. Once a make-up is scheduled it may not be rescheduled. More than one make-up requires a doctor's note, which must be presented at the time of scheduling. All make-ups must be scheduled within one week from the end of the session of the missed class.