

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)

Session 1	June 29 – July 16
Session 2	July 20 – August 6
Session 3	August 10 – August 27

Cost (6 lessons)	30 min	45 min
Member	\$108	\$135
Nonmember	\$138	\$173

Once a week options (Friday – Sunday)

Session 4*	July 3 – August 2 (5 classes)
Cost	30 min 45 min
Member	\$90 \$113
Nonmember	\$115 \$144

Session 5	August 7 – August 30 (4 classes)
Cost	30 min 45 min
Member	\$72 \$90
Nonmember	\$92 \$115

*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.

Private lessons	4	8	16
Member	\$39	\$35	\$33
Nonmember	\$47	\$43	\$41

Semi-Private

Add \$15 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	10:00am		10:30am	10:30am	
Preschool	9:30am 10:00am 11:00am 12:30pm 4:00pm 5:00pm	9:30am 10:00am 10:30am 12:30pm 4:00pm 5:00pm		10:00am 11:00am 12:00pm 4:30pm 5:00pm	10:00am 10:30am 11:00am	
Beginner	10:00am 10:30am 11:30am 12:00pm 4:30pm 5:30pm	10:00am 10:30am 11:30am 12:00pm 4:00pm 5:00pm		10:30am 11:00am 4:00pm 4:30pm	9:30am 10:00am 10:30am	
Beginner Older Child	9:30am 11:30am 5:30pm	10:30am 11:00am 5:00pm		10:00am 11:30am 5:00pm	10:00am 10:30am	
Advanced Beginner	11:00am 11:30am 12:30pm 4:30pm 5:00pm	11:00am 11:30am 12:00pm 4:30pm 5:00pm		10:00am 10:30am 4:00pm 5:00pm	9:30am 10:00am 11:00am	
Intermediate	5:00pm	5:30pm		11:30am 5:30pm	9:30am 11:30am	
Stroke & Turn	11:30am	11:30am			11:30am	
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.