

## Pool Programs

### American Red Cross Learn to Swim Program

Students are evaluated on the first day of class and placed in appropriate levels. Keep in mind that correct placement is important to your child and class progression as a whole. We reserve the right to reassign a child to a class that better suits his/her ability or aptitude. We offer the following classes:

#### **Infant & Toddler** (with parent or responsible adult)

Parents and children swim and learn together laying the groundwork for future aquatic programs.

Tuesdays & Thursdays	10:00 - 10:30 am
Tuesdays & Thursdays	12:30 - 1:00 pm
Mondays & Wednesdays	5:55 - 6:25 pm
Saturdays	10:10 - 10:40 am

#### **Pre-School Swimming Lessons**

Designed for 3-5 year old children who will enter in the water without the assistance of a parent or adult. A 3-5 year old needing adult assistance should enroll in the

Infant/Toddler class.

Tuesdays & Thursdays	10:30 - 11:00 am
Tuesdays & Thursdays	1:00 - 1:30 pm
Mondays & Wednesdays	5:55 - 6:25 pm
Saturdays	10:10 - 10:40 am

#### **Sessions and Fees:**

Session I:	Jan. 14 <sup>th</sup> - Feb. 21 <sup>st</sup>	6 weeks (Now registering)
Session II:	March 4 <sup>th</sup> - April 11 <sup>th</sup>	6 weeks (Registration begins 2/4)
Session III:	April 29 <sup>th</sup> - June 10 <sup>th</sup>	6 weeks (Registration begins 4/8)
Sat. Sessions:	Jan 19 <sup>th</sup> - Feb 23 <sup>rd</sup>	6 weeks (Now registering)
	March 9 <sup>th</sup> - April 13 <sup>th</sup>	6 weeks (Registration begins 2/4)
	May 4 <sup>th</sup> - June 15 <sup>th</sup>	6 weeks (Registration begins 4/8)

**No class May 25<sup>th</sup>**

Fees: \$35 Saturday classes  
\$70 for six week session (twice a week)

#### **Homeschool Swim Lessons**

Homeschool children will learn the basics of swimming, or improve upon the techniques they have already developed, through technique and endurance instruction. All lessons taught by Water Safety instructors and students will be broken up into levels on the first day of the class.

Tuesdays	1:45 or 2:30
Thursdays	1:45, 2:30, or 3:15

Sessions follow Feast class schedule  
Fees: \$35 Tuesday or Thursday classes

#### **American Red Cross Lifeguard Training Course:**

Participants must be 15 years old or older by the end of the class and pass the pretest before taking the course. Passing students will receive Lifeguard, CPR/PR and First Aid certifications upon completion. Registration begins now and runs through March 22<sup>nd</sup>. Call 754-0225 to register. Cost: \$275 includes books, CPR mask and certification fees.

#### **Two separate class sessions.**

##### **Session I:**

Dates: March 23<sup>rd</sup> - March 27<sup>th</sup>  
Saturday & Sunday: 10:00 am until 6:00 pm  
Monday - Wednesday: 5:00 - 9:00 pm  
Registration runs from now until March 11<sup>th</sup>

##### **Session II:**

Dates: April 27<sup>th</sup> - May 1<sup>st</sup>  
Saturday & Sunday: 10:00 am until 6:00 pm  
Monday - Wednesday: 5:00 - 9:00 pm  
Registration runs from now until April 15<sup>th</sup>

## American Red Cross Youth Lesson Levels:

### Beginner Levels I - III

In these levels, students will learn basic water skills, practice to improve aquatic abilities necessary for independent locomotion and stroke development. Students are tested on the first day of class and placed in the appropriate level. All classes emphasize safety while teaching basic water adjustment skills.

### Advanced Levels IV - VI

Swimmers who can complete a length of front crawl with rhythmic breathing and elementary backstroke will be placed in these advanced levels. Swimmers will learn and improve breaststroke, side stroke, butterfly, surface dives, flip turns and endurance. Basic water rescue skills will be introduced.

#### Beginner Levels I - III:

Mondays & Wednesdays 5:05 - 5:50 pm  
Saturdays 10:45 - 11:30 am

#### Advanced Levels IV - VI:

Mondays & Wednesdays 6:30 - 7:15 pm  
Saturdays 11:35 am - 12:20 pm

#### Sessions and Fees:

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### PRIVATE / SEMI-PRIVATE LESSONS

Our experienced and dedicated swim instructors will develop a program based on the needs and goals of each individual swimmer in a one-on-one or two-on-one environment. Private and Semi-Private lessons are offered for children, adults and individuals who seek additional attention. Depending on the student's skill level, they will progress from learning the basics of putting their face in the water all the way to refining their stroke technique. Lessons are scheduled around the participant's schedule allowing flexibility.

#### Private Swim Lessons

##### Private - 1/2 hour

	Member	Non-Member
12 Lessons	\$180	\$240
6 Lessons	\$96	\$126
3 Lessons	\$51	\$66
1 Lesson	\$18	\$23

#### Semi Private Lessons

##### 2 People - 1/2 hour

	Member	Non-Member
12 Lessons	\$276	\$372
6 Lessons	\$144	\$192
3 Lessons	\$75	\$99
1 Lesson	\$26	\$34

**Class registration forms need to be completed for all participants prior to the first class.**