

# Aquatics

## Group Swim Lessons

**Fall Session: September 13 to November 4**

The aquatic staff here at Sportsplex is very proud of the outstanding program we have established at our facility. Our student to teacher ratio of 1:4 in the group lessons is exclusive and unparalleled by the standards set by other competitive swimming programs. I'm sure that you will find that the experiences you and your children will have here at Sportsplex will only prove to be positive ones.

| Level   | Session   | Day                  | Time          | Member Fee              | Non-Member Fee |
|---|-----------|----------------------|---------------|-------------------------|----------------|
|   |           |                      |               | Tax is included in fees |                |
| <b>Water Babies (Level 1)</b><br>Water Exploration          | Session 1 | Mondays              | 11:30-12:00PM | \$169.60                | \$209.88       |
|   | Session 2 | Wednesdays           | 11:30-12:00PM |                         |                |
| <b>Minnows (Level 2)</b><br>Water Safety and Primary Skills | Session 1 | Mondays & Wednesdays | 11:00-11:30AM | \$296.80                | \$383.72       |
|   | Session 2 | Mondays & Wednesdays | 3:00-3:30PM   |                         |                |
|   | Session 3 | Tuesdays & Thursdays | 3:00-3:30PM   |                         |                |
| <b>Gold Fish (Level 3)</b><br>Stroke Readiness              | Session 1 | Mondays & Wednesdays | 3:30-4:00PM   | \$296.80                | \$383.72       |
|   | Session 2 | Tuesdays & Thursdays | 3:30-4:00PM   |                         |                |
| <b>Dolphins (Level 4)</b><br>Stroke Development             | Session 1 | Mondays              | 4:00-4:30PM   | \$186.56                | \$227.90       |
|   | Session 2 | Wednesdays           | 4:00-4:30PM   |                         |                |
| <b>Sharks (Level 5)</b><br>Stroke Development               | Session 1 | Tuesday              | 4:00-4:30PM   | \$186.56                | \$227.90       |
|   | Session 2 | Thursday             | 4:00-4:30PM   |                         |                |
| <b>Whales (Level 6)</b><br>Stroke Proficiency               | Session 1 | Mondays              | 4:30-5:00PM   | \$186.56                | \$227.90       |
|   | Session 2 | Tuesday              | 4:30-5:00PM   |                         |                |
|   | Session 3 | Wednesdays           | 4:30-5:00PM   |                         |                |
|   | Session 4 | Thursdays            | 4:30-5:00PM   |                         |                |

### Group Swim Lessons Registration Form

Name: \_\_\_\_\_ Member #: \_\_\_\_\_

Child's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Home Phone # \_\_\_\_\_ Other Phone # \_\_\_\_\_

Level Number: \_\_\_\_\_ Session # \_\_\_\_\_

E-Mail Address: \_\_\_\_\_ Non-Member:

Cash:  Check:  Credit Card:  # \_\_\_\_\_ Exp Date \_\_\_\_\_

**PLEASE NOTE:**

- Member fees will be billed to Sportsplex account.
- Non-members must pre-pay prior to start of program to insure a spot in class.
- Classes will be filled on a first come-first serve basis.
- No refunds will be given after the second class.

**SPORTSPLEX**

# Group Swim Lessons

## Swim Level descriptions

### **Water Babies (Level 1)** Water Exploration

A movement and adjustment experience in the water for children ranging from 4 months to 2 years old. This class is designed to expose infants and toddlers to the water. Focus on floating, submerging, and kicking. Parents/caregivers must be in the water.

### **Minnows (Level 2)** Water Safety and Primary Skills

Child must be at least 2 years of age to participate in class. The objective of this class is to help the child feel comfortable in the water and water safety. Skills introduced will be water adjustment, buoyancy, unassisted floating, entering/exiting the water, front/back kicking, and using arms for short distances. Parents/caregivers not permitted in the water.

### **Gold Fish (Level 3)** Stroke Readiness

Child must be able to accomplish all of the skills in level 2 to enter this group. This class will teach basic freestyle (breathing to the side), backstroke, water treading, full submersion, and to retrieve objects under the water.

### **Dolphins (Level 4)** Stroke Development

Child must be able to accomplish all skills in level 3. This class is designed to perfect the freestyle and backstroke. The breaststroke is introduced and practiced extensively.

### **Sharks (Level 5)** Stroke Development

Child must be able to accomplish all skills in level 4. This class will perfect the freestyle, backstroke, and breaststroke. The butterfly is introduced and practiced extensively.

### **Whales (Level 6)** Stroke Proficiency

The objective of this class is to coordinate all of the skills and refine all swim strokes. All of the corresponding flip turns will be taught and perfected. All strokes will be perfected to achieve swim efficiency and smoothness over greater distances.