

Aquatics

Group Swim Lessons

Summer Mini-Session: July 20 to August 13

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.

Lesson Schedule

Waterbabies

Session 1	Monday	10:30-11:00AM
Session 2-	Wednesday	10:30-11:00AM

Gold Fish - Primary Skills

Session 1	Mon. & Wed.	3:30-4:00PM
Session 2	Tues. & Thurs.	3:30-4:00PM

Minnows- Water Exploration

Session 1	Mon. & Wed.	11:00-11:30AM
Session 2	Mon. & Wed.	3:00-3:30PM
Session 3	Tues. & Thur.	3:00-3:30PM

Dolphins - Stroke Readiness

Session 1	Mon. & Wed.	4:00-4:30PM
Session 2	Tues. & Thur.	4:00-4:30PM

Lesson Fees

Waterbabies	Member	\$73.00	Gold Fish	Member	\$135.00
	non-Member	\$90.00		non-Member	\$175.00
Minnows	Member	\$135.00	Dolphins	Member	\$135.00
	non-Member	\$175.00		non-Member	\$175.00

Tax is applied to fees.

For more information, contact Lyly Fernandez at extension 222 or via E-Mail at lfernandez@sportsplex-ct.com

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: House Charge:

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.

Swim caps must
be worn by all
swimmers

SPORTSPLEX

Group Swim Lessons

Swim Level descriptions

Waterbabies

A movement and adjustment experience in the water for children from 4 months to 2½ years. This class is designed to alleviate fears children have concerning the water and to provide a “First Stroke” in a safe aquatic environment.

Minnows- Water Exploration (Level 1)

Child must be at least 2½ years of age to participate in class. The objective of this class is to help the child feel comfortable in the water. Skills that will be introduced will be water adjustment, breath control, buoyancy, entering/exiting the water unassisted, front/back kicking with support, and using arms for short distances. Basic safety will be introduced as well.

Gold Fish - Primary Skills (Level 2)

Child must be able to accomplish all of the skills in level 1 to enter level 2. Class will learn how to fully submerge and retrieve objects, increase breath control, glide, float on front/back without support, and flutter kick on front/back.

Dolphins - Stroke Readiness (Level 3)

Child must be able to accomplish all skills in level 1 and level 2. The objective of this class is to build upon the skills learned in previous levels. The front and back crawl will be taught and practiced extensively. Introduction to elementary backstroke and fundamentals of treading water will also be covered.