



# Recreation Swimming Program

## Open Swim

Saturdays 12pm-5pm

\$5 per person

Children 3 & under free with adult



## Fitness Swim

Schedule		Cost	
Mon - Fri:	6:30am - 8:30am	Resident	\$15/month
Mon & Wed:	6:30pm - 8:30pm	Non Resident	\$20/month
Saturday:	10:00am - 11:30am	Drop-In Fee	\$3/day

## Water Aerobics

Schedule		Cost	
Mon - Fri:	9:00am - 10:00am	Mon-Fri:	\$30/month
Mon - Thurs:	5:30pm - 6:15pm	Mon-Thurs:	\$25/month
Saturday:	9:00am - 10:00am	Saturday:	\$12/month

## Swim Lessons

Parent & Tot: Mon & Wed  
5:30pm-6:15pm \$30/session

Level 1: Tues & Thurs  
5:30pm-6:15pm \$30/session

Level 3: Tues & Thurs  
6:30pm-7:15pm \$30/session

Semi Private Adult: Mon & Wed  
5:30pm-6:15pm \$50/session

Level 2: Tues & Thurs  
5:30pm-6:15pm \$30/session

**+** All lessons are taught by American Red Cross certified instructors.

## Jr. Swim Team & City Swim Team



Jr. Swim Team: (grades 3rd-4th)  
Tues & Thurs: 4:30pm-5:30pm

City Swim Team: (grades 5th-6th)  
Mon & Wed: 4:30pm-5:30pm

Begins October 1, 2012





## Choosing Your Child's Level

The Red Cross Learn to Swim program progresses from complete beginner to swim team or lifeguard / swim instructor ability. Most levels require more than one session to complete. Choose a class level from the descriptions below. Instructors will assess the skill level of each student and may move students within class levels.

### Level 1: Introduction to Water Skills / Fundamental Water Skills

(3years-6years) Instructors focus on encouraging students to be comfortable in the water and teach skills which are fundamental to the swimming process such as supported floating and kick on front and back,, alternate arm action and water safety rules and skills. Students must have some water adjustment and be able to stand up in 3 1/2 feet of water by him/her self and be comfortable putting their face in the water.

Course	Day	Weeks	Time	Start Day	Cost
	T, Th	2	5:30-6:15pm	9/4/2012	\$30.00
	T, Th	2	5:30-6:15pm	9/18/2012	\$30.00
	T, Th	2	5:30-6:15pm	10/2/2012	\$30.00

\*Participants must meet requirements for all skills to advance to the next level. Some participants may need further training before advancing to higher levels.

### Level 2: Stroke Development / Stroke Improvement

Students will learn to coordinate breathing within the stroke for increased comfort and ability to swim greater distances. Skills include elementary backstroke, treading water, butterfly kick and body motion, front and back crawl and water safety skills.

Choose this class if your child can glide through the water on their front or back and use some sort of arm and leg action. Stroke Improvement focuses on introducing new strokes including breaststroke and sidestroke.

Course	Day	Weeks	Time	Start Day	Cost
	T, Th	2	5:30-6:15pm	9/4/2012	\$30.00
	T, Th	2	5:30-6:15pm	9/18/2012	\$30.00
	T, Th	2	5:30-6:15pm	10/2/2012	\$30.00

\*Participants must meet requirements for all skills to advance to the next level. Some participants may need further training before advancing to higher levels.

### Level 3: Stroke Refinement / Diving and Fitness Swimming

Skills covered include: alternate breathing, underwater swimming, butterfly, open turns, diving safety, front flip turn and backstroke flip turn, lifeguard readiness, personal water safety and becoming a fitness swimmer for life.

Course	Day	Weeks	Time	Start Day	Cost
	T, Th	2	5:30-6:15pm	9/4/2012	\$30.00
	T, Th	2	5:30-6:15pm	9/18/2012	\$30.00
	T, Th	2	5:30-6:15pm	10/2/2012	\$30.00

\*Participants must meet requirements for all skills to advance to the next level. Some participants may need further training before advancing to higher levels.

### Semi-Private Adult Lessons

It's never too late to learn to swim! Swim lessons for adults focus on water safety skills, basic swimming strokes and stroke refinement.

Course	Day	Weeks	Time	Start Day	Cost
	M, W	2	5:30-6:15pm	9/5/2012	\$30.00
	M, W	2	5:30-6:15pm	9/17/2012	\$30.00
	M, W	2	5:30-6:15pm	10/1/2012	\$30.00

### Parent & Tot Aquatic Classes

(6months-35months) Parent or guardian is required to be in the water with child. Parents will receive information / techniques to help them orient their child to the water in a safe and comfortable manner and supervise water activities. Water adjustment is the goal. Swim skills covered include: holding positions, bubble blowing, supported front & back movement, underwater exploration and rolling over.

Course	Day	Weeks	Time	Start Day	Cost
	M, W	2	5:30-6:15pm	9/5/2012	\$30.00
	M, W	2	5:30-6:15pm	9/17/2012	\$30.00
	M, W	2	5:30-6:15pm	10/1/2012	\$30.00

### Jr. Swim Team

For participants in grades 3rd-4th, focuses on coaching and development of the four basic swim strokes (front crawl, breaststroke, butterfly and backstroke).

Course	Day	Weeks	Time	Start Day	Cost
	T, Th	8	4:30-5:30pm	10/2/2012	\$50.00

### City Swim Team

For participants in grades 5th-6th, focuses on coaching and development of the four basic swim strokes (front crawl, breaststroke, butterfly and backstroke). Participants will have the opportunity to compete in various swim meets. Participants must be able to swim at least one length of the pool to be on the city swim team

Course	Day	Weeks	Time	Start Day	Cost
	M,W	8	4:30-5:30pm	10/1/2012	\$50.00

