

SWIMMING LESSONS

SUMMER SESSION 2010

I June 13 to July 10, 2010

II July 11 to August 7, 2010

American Red Cross Learn to Swim Program

PLEASE REGISTER IN THE POOL OFFICE

Classes are geared for ages 1 to 4 years old. Classes meet once per week.						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY		
Parent & Tot			11:30 - 12:00 pm			
Preschool	10:30 - 11:00 am	4:30 - 5:00 pm	10:30 - 11:00 am			
Advanced Preschool	11:00 - 11:30 am	5:00 - 5:30 pm	11:00 - 11:30 am			
Classes are geared for ages 5 & older Classes meet twice per week.						
	MONDAY & WEDNESDAY	TUESDAY & THURSDAY				
Level 1	10:30 am - 11:00 am	4:30 - 5:00 pm				
Level 2	10:30 am - 11:00 am	4:30 - 5:00 pm				
Level 3	11:00 - 11:30 am	5:00 - 5:30 pm				
Level 4	11:00 - 11:30 am	5:30 - 6:00 pm				
Level 5	11:30 - 12:00 pm					
Level 6	*New* Fundamentals of Diving & Fitness swimming	Thursdays 6:00 - 7:00 pm				
OTHER AQUATIC PROGRAMS						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Water Exercise	9:30 - 10:30 Water Fitness	5:30 - 6:30 Deep Water	9:30 - 10:30 Water Walking		9:30 - 10:30 Water Fitness	10:00 - 11:00 Deep Water

Please be aware that when enrolling for a class attendance is expected. Our instructors are here and prepared to teach the entire class. Therefore, a \$5 fee will be charged to your account if your child misses more than one class.

Private Swim Lesson Fees: \$12.00/half hour.
Semi-Private Lesson Fees: \$10.00/person/half hour
Please call Ext. 228 to schedule.

PIRANHAS SUMMER SWIM TEAM

The indoor pool will be closed for any home swim meets. The season starts May 3rd-July 24th.
Accepting new swimmers thru June 9th.

POOL HOURS

	<u>INDOOR</u>	<u>OUTDOOR</u>
Mon – Fri	6 am - 8:00 pm	10:30 am - 8 pm
Wednesday	6 am – 9:00pm	10:30 am – 8pm
Saturday	7:30 am - 5:30 pm	10:30 am - 5:30 pm
Sunday	9 am - 7:30 pm	10:30 am - 7:30 pm

POOL PARTIES

Organized pool games with Jane
\$40 for an hour
Call Jane Mitchell at ext. 228

SWIMMING CLASS DESCRIPTIONS

PARENT & TOT

This class is geared for a parent along with a tot. It includes adjustment to the water with the use of toys and flotation objects. Any age preschoolers welcome.

1's & 2's

This class covers physical & mental adjustments to the water. The skills taught include climbing in & out of the pool, blowing bubbles, breath holding, floating with support, kicking, and jumping into shallow & deep water. A parent may come in their swim attire.

PRESCHOOL I

Preschool I covers physical and mental adjustments to the water. The student learns to climb in and out of the pool, blow bubbles, float with a support in the supine and prone positions, and to jump in shallow and deep water. A parent must be present in the pool area.

PRESCHOOL II

The Preschool II student continues with his/her adjustment to the water. The student will be floating without supports, kicking, arm stroking and putting face in the water. Intro to front & back crawl & treading.

PIRANHAS SWIM TEAM

Washington Court offers an Age Group swim team. The Age Group swim team "The Piranhas" has two separate seasons: one in the fall/winter (Nov. thru April) and one in the summer (June & July).

Swim Team information will be in the monthly Newsletter prior to each season, or inquire in the pool office any time during the year.

AQUACIZE

An exhilarating water workout with conditioning segments, enhanced by the resistance of the water. All levels welcome.

DEEP WATER

A workout in deep water using buoyancy devices. Swimming skills not necessary, but must be comfortable in deep water. All levels welcome.

WATER WALKING

This class involves various walking and running pattern through the shallow water combined by muscle conditioning and stretches. A challenging workout that is easy to follow.

ARTHRITIS/WALKING

Gentle movements and walking to help lesson the pain and increase range of motion.

LEVEL 1 - INTRODUCTION TO WATER SKILLS

Level I orients the participant to the aquatic environment and teaches elementary skills such as fully submerging the face, blowing bubbles, floats, swim on front & back using arm and leg action and other basic skills. This class is for the timid swimmer.

LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

This level builds on the fundamental aquatic locomotion. Students will begin to learn the front crawl and backstroke. They will work on bobs, glides, floats, treading & safety skills.

LEVEL 3 - STROKE DEVELOPMENT

The student will build on skills learned in Level 2. New skills taught are:

- * Front and back crawl
- * Rotary breathing
- * Deep water bobs, treading
- * Kneeling dive
- * Butterfly kick & body motion
- * Survival front

LEVEL 4 - STROKE IMPROVEMENT

The student will build up their endurance & improve all strokes. New skills taught are:

- * Butterfly, breast stroke & elementary back
- * Scissors kick
- * Feet-first surface dive

LEVEL 5 - STROKE REFINEMENT

The student will continue to work on their endurance and refine their strokes. New skills taught are:

- * Sidestroke
- * Survival swimming
- * Standing dive, surface dives

NEW LEVEL 6 – SWIMMING & SKILL PROFICIENCY

The student will work on refining strokes even more than Level 5. Level 6 will introduce options. This will be incorporated into the class. New options are:

- * Fundamentals of Diving
- * Fitness Swimming – Thursdays only during session I
- * Personal Water Safety

ADULT SWIM CLASS

The class will be individualized to each participant including beginners to lap swimmers.