

# SWIMMING LESSONS

## WINTER I SESSION

January 2 - February 19, 2012

**Open Registration: Going on now!**

*NEW MEMBERS CAN JOIN CLASS AT ANY TIME!*

**PLEASE REGISTER IN THE POOL OFFICE**

AMERICAN RED CROSS LEARN TO SWIM PROGRAM: AGES 1 to 5 years Sign up for one class. Maximum of five Preschoolers to a class.						
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Parent & Tot	10:00-10:30					
Preschool I		4:30 - 5:00			10:15-10:45	11:00-11:30
Advanced Preschool		5:00 - 5:30				11:30-12:00
AMERICAN RED CROSS LEARN TO SWIM PROGRAM: AGES 5-18 years Sign up for one class per week						
Level 1		5:00 - 5:30				11:00-11:30
Level 2		5:00 - 5:30				11:00-11:30
Level 3		5:30 - 6:00				11:30-12:00
Level 4		6:00 - 6:30				12:00-12:30
Level 5		6:00 - 6:30				12:00-12:30
Level 6		6:30 - 7:00				
WATER EXERCISE SCHEDULE						
Water Exercise	9:00-10:00 Aquacize	5:30-6:30 Deep Water	9:00-10:00 Water Walking		9:00-10:00 Aquacize	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. A \$5 fee will be charged to your account if your child misses more than one class.**

### Pool Hours

**Monday – Friday 6:00am – 8:00pm**  
**Wednesday 6:00am – 9:00pm**  
**Saturday 7:30am – 5:30pm**  
**Sunday 9:00am – 7:30pm**

### Piranha Swim Team

Winter team has begun but it's not too late to join!  
 See Jane at the pool with questions or if interested in joining the team!

### Private Swim Lessons

**Private Swim Lesson Fees:** \$12.00/half hour  
**Semi-Private Lesson Fees:**  
 \$10.00/person/½ hr  
 Please call Ext. 228 to schedule.

### Pool Parties

1 hour of games and fun for most age groups.  
 Fee: \$40 up to 12 kids, \$50 more than 12 kids  
**Call Jane Mitchell at ext. 228 for additional details or to schedule a party.**

# SWIMMING CLASS DESCRIPTIONS

## PARENT & TOT

This class is geared for a parent along with a tot 6 months and older. It includes adjustment to the water with the use of toys and flotation objects. The parent is in the water with the tot guided by the instructor. Children 2 ½ to 4 years old are able to work with an instructor.

## 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. This preschool class is for ages 2 to 4 and kindergarten age children.

## ADVANCED PRESCHOOL

Advanced Preschoolers will continue to work on floats without support. They will progress to learning strokes on their front and back. They will also be getting acclimated to the deep end. Sit dives and treading will be introduced. This preschool class is for ages 2 to 4 years and kindergarten age children.

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## 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.

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## 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 bouancy devices. Swimming skills not necessary, but must be comfortable in deep water. All levels welcome.

## WATER WALKING

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

## \*\*LEVEL 1 TO 6 ARE DESIGNED FOR CHILDREN 5 YEARS & OLDER.

### 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

### 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
- \* Personal Water Safety

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## ADULT SWIM CLASS

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