

# AQUATICS

## Parent/Child Classes:

- BOBBIN BABES (Ages 6 Months - 2 Years)**
- TINY TOTS (Age 2 - 5 Years)**
- BABES & TOTS (Ages 1 - 5 Years)**

Children will become familiarized with the water with an emphasis on fun, safety and gaining confidence and comfort in the water. Instructors will guide you through with songs, games and activities in the water. This class is not designed to teach children to become good swimmers or to survive in the water on their own. One adult must accompany each child in the pool. Child must be toilet trained or wear a swim diaper with snug fitting legs.

## Youth Swim Lessons

### PRESCHOOL AQUATICS (Ages 3 - 5)

Experience advanced water adjustment, propulsive swimming movements, floating, safety and swimming skills in preparation for Level 1. This class is not designed to teach children to become good swimmers or to survive in the water on their own.

(Ages 5 and up)

### LEVEL 1 - INTRODUCTION TO WATER SKILLS

Continue to learn basic personal water safety information and skills, to help you feel comfortable in the water safely. This class is not designed to teach children to become good swimmers or to survive in the water on their own.

### LEVEL 2 - FUNDAMENTAL AQUATIC SKILLS

Continue developing locomotion skills, simultaneous and alternating arm action on the front and back that will lay the foundation for future strokes.

### LEVEL 3 - STROKE DEVELOPMENT

Build on previously learned skills through additional guided practice, introduction of the scissors and dolphin kicks, build on the fundamentals of treading water, front crawl and elementary backstroke. Diving rules and headfirst entries from a sitting position will be introduced.

### LEVEL 4 - STROKE IMPROVEMENT

Develop confidence and endurance in strokes previously learned. Back crawl, breaststroke, and butterfly will also be introduced.

### LEVEL 5 - STROKE REFINEMENT

Continue refinement and endurance in all strokes. Introduction to flip turns on the front and back.

### LEVEL 6 - SWIMMING AND SKILL PROFICIENCY

Refine strokes to swim with more ease, efficiency, power and smoothness and greater distance. This class is designed to prepare participants for more advanced courses, such as the Water Safety Instructor course, or other aquatic activities, such as competitive swimming.

## Fall Swim Schedule

SOUTHSIDE COMMUNITY CENTER (HILL)

September 28 - December 8, 2009

Youth lessons meet 1 day/week for 8 weeks. Fee: \$32/Resident; \$37/Non-Resident  
For all other aquatic program fees and times see specific course descriptions.

### DAYTIME SCHEDULE

#### TUESDAYS:

9/29-12/3

135120F	Stretch & Flex	10:30-11:15
Open/Lap Swim		11:30-1:00

#### THURSDAYS:

10/1-12/3 (No swim 11/26)

135120F	Stretch & Flex	10:30-11:15
Open/Lap Swim		11:30-1:00

### EVENING SCHEDULE

#### MONDAYS:

9/28 - 12/7

Open/Lap Swim (thru 12/7)	4:30-7:30
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#### TUESDAYS:

9/29 - 11/17

Open/Lap Swim (thru 12/8)	4:30-5:30	
135010A	Level 1	5:30-6:00
135100A	Preschool	5:30-6:00
135020A	Level 2	6:10-6:55
135030A	Level 3	6:10-6:55
135110A	I Want Results	7:00-8:00
	(thru 12/8)	

#### WEDNESDAYS:

9/30 - 12/2 (NO SWIM 10/21, 11/25)

Open/Lap Swim	4:30-5:30	
135100B	Preschool	5:30-6:00
135010B	Level 1	5:30-6:00
135020B	Level 2	6:10-6:55
135030B	Level 3	6:10-6:55
135040B	Level 4	7:05-7:50
135050B	Level 5/6	7:05-7:50
Lap Swim	6:00-8:45	
Open/Lap Swim	7:50-8:45	

#### THURSDAYS:

10/1-12/3 (NO SWIM 10/8, 11/26)

Open/Lap Swim	4:30-5:30	
135070C	Bobbin Babes	5:30-6:00
135040C	Level 4	5:30-6:15
135100C	Preschool	6:10-6:40
135010C	Level 1	6:25-6:55
135080C	Tiny Tots	6:45-7:15
135110A	I Want Results	7:00-8:00

#### FRIDAYS:

10/2-12/4 (NO SWIM 11/20, 11/27)

Open/Lap Swim	4:30-5:30	
135080D	Tiny Tots	5:30-6:00
135030D	Level 3	5:30-6:15
135100D	Preschool	6:10-6:40
135010D	Level 1	6:25-6:55
135020D	Level 2	6:50-7:35
Open/Lap Swim	7:45-8:45	

#### SATURDAYS:

10/3-11/21

135010E	Level 1	9:30-10:00
135100E	Preschool	9:30-10:00
135020E	Level 2	10:10-10:55
135030E	Level 3	10:10-10:55
135050E	Level 5/6	11:05-11:50
135040E	Level 4	11:05-11:50
Open Swim		12:00-1:00

### PRIVATE & SEMI-PRIVATE SWIM LESSONS (All Ages)

Fee includes 4-half hour sessions where instruction is given one on one for private lessons and one instructor per two or three students for semi-privates. For more information or to schedule call 483-4292.

#### PRIVATES

Youth: \$56/Res; \$61/Non-Res  
Adults: \$56/Res; \$84/Non-Res

#### SEMI-PRIVATES

Youth: \$41/Res; \$46/Non-Res  
Adults: \$41/Res; \$61/Non-Res

