

SATURDAY SWIM SCHOOL WINTER SESSION

Registration for Winter Session begins December 15, 2008

No Class: Jan. 17, 24, Feb. 21, Feb. 28**PARENT-CHILD PROGRAMS**

Parent-Child “A” Program: (6 months – 2 years): This is a water adjustment program. While in the security of a parent’s arms the child will be introduced to the skills of kicking, breath control and submersion along with arm and leg movements and floating on the front and the back. **Infants must wear either cloth diaper or training pants with rubber pants, “Swim Diapers” are also acceptable. The water temperature is approximately 80 – 82 degrees; the children may wear a tight fitting plain white t-shirt for warmth.**

Code	Course Dates	Time	Resident Fee	Non-Resident Fee
AQW-25	Saturdays, January 10 – March 21	8:30am - 9:00am	\$ 90	\$ 140
AQW-26	Saturdays, January 10 – March 21	9:15am - 9:45am	\$ 90	\$ 140
AQW-27	Saturdays, January 10 – March 21	10:00am - 10:30am	\$ 90	\$ 140

Parent-Child “B” Program: (3 – 4 years): This is a water adjustment program where you will build on the basics learned in Parent/Child “A”. While in the security of a parent’s arms the child will be introduced to the skills of flutter kicking, increasing breath control and lengthening submersion time along with the arm and leg movements of the beginner strokes and floating on the front and the back with less parental support than in the “A” program. **If your child still does not have bowel/bladder control then they must wear either a cloth diaper or training pants with rubber pants, “Swim Diapers” are also acceptable. The water temperature is approximately 80 – 82 degrees; the children may wear a tight fitting plain white t-shirt for warmth.**

AQW-29	Saturdays, January 10 – March 21	8:30am - 9:00am	\$ 90	\$ 140
AQW-30	Saturdays, January 10 – March 21	9:15am - 9:45am	\$ 90	\$ 140
AQW-31	Saturdays, January 10 – March 21	10:00am - 10:30am	\$ 90	\$ 140

AMERICAN RED CROSS LEARN TO SWIM PROGRAM: (5 years of age and older)

Level I: Introduction to Water Skills: This class is for younger children who are having their first experience in the water without a parent. The children will be introduced to entries, breath control, underwater swimming along with floating, gliding, kicking, and arm movements on the front and back and rolling over. The child must be willing to take instruction from someone other than a parent or guardian. If they exhibit separation anxiety in this class we will be moving them back to the Parent-Child “B” Program so you can work with your child together with the instructor to prepare him/her for reintroduction to this level.

Code	Course Dates	Time	Resident Fee	Non-Resident Fee
AQW-33	Saturdays, January 10 – March 21	8:30am - 9:00am	\$ 90	\$ 140
AQW-34	Saturdays, January 10 – March 21	9:15am - 9:45am	\$ 90	\$ 140
AQW-35	Saturdays, January 10 – March 21	10:00am - 10:30am	\$ 90	\$ 140

Level II: Fundamental Aquatic Skills: Students who have successfully completed Level I. Additional skills developed will include front and back crawl, finning and skulling, and treading water along with an introduction to the dolphin and scissor kicks.

AQW-37	Saturdays, January 10 – March 21	8:30am - 9:10am	\$ 126	\$ 176
AQW-38	Saturdays, January 10 – March 21	9:15am - 9:55am	\$ 126	\$ 176
AQW-39	Saturdays, January 10 – March 21	10:00am - 10:40am	\$ 126	\$ 176

Level III: Stroke Development: This class is for students who have successfully completed Level II. Skills improved upon at this level will include front and back crawl. The whip kick will be worked on along with treading water, jumping in and diving from the side of the pool, with the additions of scissors kick and the dolphin kick.

AQW-41	Saturdays, January 10 – March 21	8:30am - 9:10am	\$ 126	\$ 176
AQW-42	Saturdays, January 10 – March 21	9:15am - 9:55am	\$ 126	\$ 176
AQW-43	Saturdays, January 10 – March 21	10:00am - 10:40am	\$ 126	\$ 176

Level IV: Stroke Improvement: This class is for those who have completed Level III. Mastery of stroke skills for front and back crawl, breaststroke, butterfly, and elementary backstroke will be taught along with an introduction to sidestroke. Strength and endurance will also be stressed at this level.

AQW-45	Saturdays, January 10 – March 21	8:30am - 9:10am	\$ 126	\$ 176
AQW-46	Saturdays, January 10 – March 21	10:00am - 10:40am	\$ 126	\$ 176

Level V: Stroke Refinement: This class is for those who have completed Level IV. At this level surface dives, competitive stroke turns and starts along with improvement of all previously learned strokes are taught including sidestroke. There is also a focus on developing endurance, and introducing personal water safety skills at this level.

AQW-47	Saturdays, January 10 – March 21	9:15am - 9:55am	\$ 126	\$ 176
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