LEARN TO SWIM CLASS SCHEDULE

SUMMER 2018	LEVEL		MORNING 1		MORNING 2		MORNING 3		EVENING 1		EVENING 2	
THE SPLASH	AGE		JUNE 18-28		JULY 9-19		JULY 23-AUG 2		JUNE 4-27		JULY 9-AUG 1	
CLASS DESCRIPTONS	LEVELS	AGE	TIME	ABBV	TIME	ABBV	TIME	ABBV	TIME	ABBV	TIME	ABBV
The child will become comfortable in the water with the parent/guardian in the water with them. Parents/Guardians will learn basic water safety practices.	PARENT CHILD	9 month - 3yrs.	11:00-11:30AM	PCM1	11:00-11:30AM	PCM2	11:00-11:30AM	PCM3	6:15-6:45PM 7:00-7:30PM	PCE1 PCE1LATE	6:15-6:45PM	PCE2
First time entry without a parent. Class topics focus on water adjustment, entry and exit from the water, floating on the front and back, arm and leg action, and breathe control.	PRESCHOOL 1	4 -5 YEARS	10:15-10:45AM 11:00-11:30AM	PRE1M1 PRE1M1LATE	9:30-10:00AM 11:00-11:30AM	PRE1M2 PRE1M2LATE	8:45-9:15AM 10:15-10:45AM	PRE1M3 PRE1M3LATE	6:15-6:45PM	PRE1E1	6:15-6:45PM	PRE1E2
Students begin using arm and leg action on their front and back. Class topics focus on floating on their front and back independently, and gliding with support. Students begin using arm and leg action on their front and back. Class topics focus on floating on their front and back independently, and gliding with support.	PRESCHOOL 2	4-5 YEARS	9:30-10:00AM 10:15-10:45AM	PRE2M1 PRE2M1LATE	8:45-9:15AM 10:15-10:45AM	PRE2M2 PRE2M2LATE	9:30-10:00AM 11:00-11:30AM	PRE2M3 PRE2M3LATE	6:15-6:45PM	PRE2E1	7:00-7:30PM	PRE2E2
Basic water safety skills are developed. Students begin using coordinated arm and leg effort.	1	6YRS & OLDER	9:30-10:15AM 10:30-11:15AM	L1M1 L1M1LATE	9:30-10:15AM 10:30-11:15AM	L1M2 L1M2LATE	8:30-9:15AM 9:30-10:15AM	L1M3 L1M3LATE	6:15- 7:00PM	L1E1	6:15-7:00PM 7:15-8:00PM	L1E2 L1E2LATE
Students will learn to float without support. Students develop their simultaneous and alternating arm and leg movement on their front and back.	2	6 YRS & OLDER	9:30-10:15AM 10:30-11:15AM	L2M1 L2M1LATE	8:30-9:15AM 10:30-11:15AM	L2M2 L2M2LATE	8:30-9:15AM 10:30-11:15AM	L2M3 L2M3LATE	7:15-8:00PM	L2E1	6:15-7:00PM 7:15-8:00PM	L2E2 L2E2LATE
Students' strokes will be refined for distance. Backstroke, Breastroke, and Sidestroke will be taught. Students will be Introduced to the Dolphin kick and diving.	3	6 YRS & OLDER	8:30-9:15AM	L3M1	9:30-10:15AM 10:30-11:15AM	L3M2 L3M2LATE	8:30-9:15AM	L3M3	7:15-8:00PM	L3E1	7:15-8:00PM	L3E2
Further development of the strokes for each student. Treading water will be mastered. Students will master open turns. The Butterfly stroke will be introduced.	4	6 YRS & OLDER	8:30-9:15AM 10:30-11:15AM	L4M1 L4M1LATE	8:30-9:15AM	L4M2	10:30-11:15AM	L4M3				
Students will increase strength and endurance for all strokes by refining and polishing their techniques. Flip Turns will be introduced in this class.	5	6 YRS & OLDER	8:30-9:15AM	L5M1	8:30-9:15AM	L5M2	9:30-10:15AM	L5M3				
Students' efficiency In all strokes will increase as forms and techniques are perfected. Students will retrieve objects from a depth of 10 ft. using Head first or Feet first surface dives. Students' efficiency In all strokes will increase as forms and techniques are perfected. Students will retrieve objects from a depth of 10 ft. using Head first or Feet first surface dives	6	6 YRS & OLDER	8:30-9:15AM	L6M1	8:30-9:15AM	L6M2	9:30-10:15AM	L6M3				
Learn to swim in a comfortable atmosphere with other adults. This class is for beginner and intermediate swimmers and will cover floating, rhythmic breathing, and crawl stroke.	ADULT	16YRS & OLDER									7:15-8:00PM	ADULTSWIM
Designed for kids ages 11-14, it helps build a foundation of knowledge, attitudes and skills for future lifeguards. Junior Lifeguarding has a strong focus on developing swimming skills to help participants meet the Lifeguarding course prerequisite, The course also introduces participants to lifesaving skills, such as In-water rescues, use of a rescue tube, and first aid, CPR and AED.	JR. LIFEGUARD	11-14 YEARS							6:15-8:00PM	JRLIFEE1	6:15-8:00PM	JRLIFEE2