

# 2010 Group Swim Lesson Descriptions and Information

## Infant & Toddler Programs:

**Aqua Babies 1:** (ages 9 to 24-months w/caregiver) You can introduce your baby to water safely and confidently. Songs and games help your child feel comfortable. Develops swimming readiness by bonding with your child and teaches them that the water can be safe and relaxing. \$32 for season pass holders/\$38 for non-season pass holders – swim diaper required. Limit 4 *Babies* per instructor.

**Aqua Babies 2:** (24 to 48-months w/caregiver) Class continues water exploration with a caregiver. Beginner skills are taught: entering and exiting the water safely, submerging the head, blowing bubbles and floating with support. \$32 for season pass holders/\$38 for non-season pass holders – swim diaper required. Limit 4 *Babies* per instructor.



### Schedule for All Aqua Babies:

Session 1: June 29 – July 9 (Tue. – Fri.), 11:30 a.m. – 12:00 p.m.

Session 2: June 29 – July 9 (Tue. – Fri.), 7 – 7:30 p.m.

Session 3: July 13 – July 23 (Tue. – Fri.), 11:30 a.m. – 12:00 p.m.

Session 4: July 13 – July 23 (Tue. – Fri.), 7 – 7:30 p.m.

(Additional sessions will be scheduled if these classes are filled.)

## Preschool Programs:

**Aqua Tots 1:** (3 – 4 year olds) An introductory class for the non-swimmer exploring the water for the first time without an adult caregiver. Children learn to submerge their heads, blow bubbles, enter and exit water safely and begin floating with support. \$42 for season pass holders/\$48 for non-season pass holders. Limit 5 *Tots* per instructor.

**Aqua Tots 2:** (3 – 5 year olds) A slightly advanced pre-school swim class when participants begin exploring underwater swimming, work on floating without support and begin rudimentary stroke development. \$42 for season pass holders/\$48 for non-season pass holders. Limit 5 *Tots* per instructor.

**Aqua Tots 3:** (4 – 6 year olds) This course builds on the skills learned in Aqua Tots 1 and 2. Children learn to perform skills with less guidance and increase coordination and proficiency. \$42 for season pass holders/\$48 for non-season pass holders. Limit 6 *Tots* per instructor.

### Schedule for All Aqua Tots:

Session 1: June 14 – June 25 (Mon. – Fri.), 11:30 a.m. – 12:00 p.m.

Session 2: June 28 – July 9 (Mon. – Fri.), 11:30 a.m. – 12:00 p.m.

Session 3: July 12 – July 23 (Mon. – Fri.), 11:30 a.m. – 12:00 p.m.

Session 4: July 26 – August 6 (Mon. – Fri.), 11:30 a.m. – 12:00 p.m.

(Additional sessions will be scheduled if these classes are filled.)



**For Private Swim Lessons, Call 717-299-8215.**

## School Age Programs:

**Sea Squirts** (ages 5 & up): A beginner class for school aged children when swimmers focus on front and back floats, complete head submersion, supported kicking and water safety. \$42 for season pass holders/\$48 for non-season pass holders. Limit 6 *Squirts* per instructor.

**Sea Stars** (ages 6 & up): An advanced beginner class for school aged kids that focuses on breathing techniques and rudimentary stroke development. Includes an introduction to deeper water, underwater swimming and treading water. \$42 for season pass holders/\$48 for non-season pass holders. Limit 6 *Stars* per instructor.

**Sea Turtles** (ages 6 & up): An intermediate level class for school aged children who can swim the front crawl and backstroke. Swimmers develop rhythmic breathing skills and improve techniques for the front crawl, backstroke and breaststroke. \$42 for season pass holder/\$48 for non-season pass holders. Limit 7 *Turtles* per instructor.

**Sea Rockets 1** (ages 8 & up): An advanced intermediate class that focuses on formal stroke development. Participants advance at their own pace, focus on increased distance swimming, improving breathing skills, and correct form for all strokes. \$42 for season pass holders/\$48 for non-season pass holders. Limit 7 *Rockets* per instructor.

**Sea Rockets 2** (ages 8 & up): Pre-requisite: Students must have completed Sea Rockets 1 or have an instructor's recommendation. An advanced class that refines stroke performance, increases endurance and teaches flip turns and surface dives. \$42 for season pass holders/\$48 for non-season pass holders. Limit 7 *Rockets* per instructor.



### Schedule for Sea Squirts, Sea Stars, Sea Turtles & Sea Rockets 1 & 2:

Session 1: June 14 – June 25 (Mon. – Fri.), 11:30 a.m. – 12 p.m.

Session 2: June 28 – July 9 (Mon. – Fri.), 11:30 a.m. – 12 p.m.

Session 3: July 12 – July 23 (Mon. – Fri.), 11:30 a.m. – 12 p.m.

Session 4: July 26 – August 6 (Mon. – Fri.), 11:30 a.m. – 12 p.m.

(Additional sessions will be scheduled if these classes are filled.)

**GuardStart – Lifeguarding Tomorrow:** (11 – 15 year olds) An American Red Cross program appropriate for those who want to learn about the responsibilities and duties of a certified lifeguard. It is NOT a lifeguard certification program, but helps your child build a foundation of knowledge, attitudes and skills to become a future lifeguard. Participants receive instruction in prevention, fitness, response, leadership, professionalism, and swimming skill development. \$50 for season pass holders/\$60 for non-season pass holders (includes workbook). Limit 12 students per instructor.



### Schedule for GuardStart-Lifeguarding Tomorrow:

Session 1: June 14 – June 25 (Mon. – Fri.), 11 a.m. – 12 p.m.

Session 2: June 14 – June 25 (Mon. – Fri.), 7 – 8 p.m.

Session 3: July 12 – July 23 (Mon. – Fri.), 11 a.m. – 12 p.m.

Session 4: July 12 – July 23 (Mon. – Fri.), 7 – 8 p.m.

(Additional sessions will be scheduled if these classes are filled.)

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