

LESSON SCHEDULE

Members pay an inexpensive flat rate for each lesson set.

Learn to swim, Preschool classes (30 mins)

7 week lesson set = \$7.00 • 8 week lesson set = \$8.00

Star 1 - Star Masters, Adult 1-3 classes (45 mins)

7 week lesson set = \$8.75 • 8 week lesson set = \$10.00

Lessons NOW AVAILABLE to Non Members!

Learn to swim, Preschool classes (30 mins)

7 week lesson set = \$31.50 • 8 week lesson set = \$36.00

Star 1 - Star Masters, Adult 1-3 classes (45 mins)

7 week lesson set = \$33.25 • 8 week lesson set = \$38.00

	MON	TUES	WED	THUR	FRI	SAT
PARENT & TOT (1 - 3 years)						
Splashers & Bubbblers		10:00 - 10:30 am			10:00 - 10:30 am	
L'IL DIPPERS (3 - 5 years)						
Bobbers (3 - 5 years)	4:30 - 5:00 pm	10:30 - 11:00 am 4:30 - 5:00 pm	11:00 - 11:30 am 4:00 - 4:30 pm	4:30 - 5:00 pm	11:00 - 11:30 am	10:30 - 11:00 am
Floater (3 - 5 years)	10:30 - 11:00 am	11:00 - 11:30 am 5:00 - 5:30 pm	4:30 - 5:00 pm	10:30 - 11:00 am 11:30 am - 12:00 pm 5:30 - 6:00 pm	10:30 - 11:00 am	11:00 - 11:30 am
Gliders & Divers (3 - 5 years)	11:00-11:30 am 5:00 - 5:30 pm	5:30 - 6:00 pm	4:00 - 4:30 pm 5:00 - 5:30 pm			
Surfers & Dippers (4 - 5 years)		6:00 - 6:30 pm		5:00 - 5:30 pm		9:30 - 10:00 am
LEARN TO SWIM (6 - 12 years)						
Otters	3:00 - 4:30 pm 4:30 - 5:00 pm	5:00 - 5:30 pm	4:00 - 4:30 pm	5:00 - 5:30 pm		9:30 - 10:00 am
Seals	3:30 - 4:00 pm	5:30 - 6:00 pm	4:30 - 5:00 pm 5:00 - 5:30 pm	6:00 - 6:30 pm		10:00 - 10:30 am 11:00 - 11:30 am
Dolphins	4:00 - 4:30 pm	4:30 - 5:00 pm	4:30 - 5:00 pm	4:30 - 5:00 pm 5:30 - 6:00 pm		10:30 - 11:00 am
Swimmers	4:00 - 4:30 pm		5:00 - 5:30 pm	6:00 - 6:30 pm		10:00 - 10:30 am
STAR PROGRAM (6+ years)						
Star 1 & 2	3:30 - 4:15 pm		4:15 - 5:00 pm	4:30 - 5:15 pm 5:15 - 6:00 pm		1:45 - 2:30 pm
Star 3 & 4	4:15 - 5:00 pm		3:30 - 4:15 pm			1:00 - 1:45 pm
Star 5 & 6		4:30 - 5:15 pm				
Star Masters		5:15 - 6:00 pm				
ADULT LESSONS (13+ years)						
Adult 1 & 2		7:00 - 7:45 am	7:00 - 7:45 pm			
Adult 3	7:45 - 8:30 pm			7:00 - 7:45 am		

Lesson Set	Member Pre-Registration Starts	Non-Member Registration Starts
1. January 4 - February 27	December 14	December 21
2. March 1 - April 30	February 8	February 15

Classes may change due to low registration.

We build strong kids, strong families, strong communities.

- We reserve the right to change schedules.
- Fees subject to applicable taxes.

LESSON DESCRIPTION

PARENT & TOT (12 months - 3 years)

Splashers (Aquatots/Starfish)

Parent assisted. Introduction to entering and exiting the water, getting face wet, and various movements through the water.

Bubblers (Aquatots/Duck)

Parent assisted. The child will become acquainted with breath control, floats, surface support and various movements through the water.

L'IL DIPPERS (3 - 5 years)

Bobbers (Aquaquest 1/Seaturtle)

The child will be introduced to the water, bobbing and assisted front and back floats.

Floaters (Aquaquest 2/Salamander / Sunfish)

The child will be introduced to front and back floats, front and back glide, 3 m swim on front and back.

Gliders (Aquaquest 3/Crocodile)

The child will be introduced to side kicking and build endurance for front and back flutter kick.

Divers (Aquaquest 4/Whale)

The child will be introduced to front swim using arms and legs (10m), deep water, and surface support.

Surfers (Aquaquest 5)

The child will be introduced to diving into deep water and front and back crawl, 15m swim.

Dippers (Aquaquest 6)

The child will continue to work on advanced skills in deep water, surface support, 25m swim on front and back crawl.

LEARN TO SWIM (6+ years)

Otters (Aquaquest 1,2,3/Swim Kids 1+2)

Water animation, submersion, front and back floats, front glide and kick, and 5m swim.

Seals (Aquaquest 4/Swim Kids 3)

Introduction to front swim, side kicking, deep water orientation, surface support, breath control, back glide with kick, 10m swim on front and back.

Dolphins (Aquaquest 5/Swim Kids 4)

Front crawl, back crawl, treading water, 25m swim.

Swimmers (Aquaquest 6/Swim Kids 5)

Front crawl, back crawl, deep water skills, treading water, 50m swim.



STAR PROGRAM (6+ years)

Star 1 (Aquaquest 7/Swim Kids 6)

Front Crawl, back crawl, treading water, stride jump, underwater swim, front somersault and 75m swim.

Star 2 (Aquaquest 8/Swim Kids 7)

Shallow dive, sculling and 150m swim. Continue to develop front & back crawl, intro to whip kick.

Star 3 (Aquaquest 9/Swim Kids 8)

Backstroke, backstroke turn, foot first surface dive, foot first sculling and 300m swim.

Star 4 (Aquaquest 10/Swim Kids 9)

Sidestroke, eggbeater kick, head first surface dive, breaststroke start and turn, and 400m swim.

Star 5 (Aquaquest 11/Swim Kids 10)

Lifesaving kick, synchro skills, freestyle turn and 500m swim.

Star 6 (Aquaquest 12)

Butterfly, synchro and water polo skills, proficiency strokes, 600m swim.

Star Master Swimmer

Increase knowledge and performance of rescues including removal of unconscious victims, further develop proficiency of swimming strokes, endurance swim 700m, assist with teaching swimming to others.

ADULT LESSONS

Adult Level 1

Introduction to movement through water, submersion, floating, gliding and kicking on both front and back.

Adult Level 2

Introduction to front crawl and back crawl, deep water, treading water, 25m endurance swim.

Adult Level 3

Developing endurance for front and back crawl, introduction to breaststroke and butterfly, 100m endurance swims.



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