

SWIMMING LESSONS

SUMMER 2021

LESSONS FOR ALL: 6 MONTHS TO ADULT

A young boy with dark, wavy hair is smiling broadly while in a swimming pool. He is the central focus of the image, with his head and shoulders above the water. The water is a vibrant blue, and there are ripples around him. In the background, another person is visible but out of focus, swimming in the pool. The overall atmosphere is bright and cheerful.

SPORTS CORE

SUMMER 2021 SWIMMING LESSONS

PARENT & CHILD SWIMMING LESSONS

Mondays & Wednesdays or Tuesdays & Thursdays

SESSIONS

June 14–July 8 • July 12–August 5 • August 9–September 2

PRESCHOOL & LEARN TO SWIM LESSONS

Monday–Thursday (2 weeks)

SESSIONS

June 14–June 24 • June 28–July 8 • July 12–22,
July 26–August 5 • August 9–19 • August 23–September 2

	2–2:30pm	2:45–3:15pm	3:15–3:45pm	4–4:30pm	4:30–5pm	5–5:30pm	5:30–6pm	6–6:30pm	6:30–7pm
Parent & Child I						•			
Parent & Child II							•		
Preschool I	•		•	•				•	
Preschool II	•		•	•				•	•
Preschool III		•	•	•	•				•
LTS 1	•	•	•	•	•	•	•	•	•
LTS 2	•			•	•	•	•	•	•
LTS 3		•			•	•	•		
	2–2:45pm	2:45–3:30pm	3:15–4pm	3:30–4:15pm	6–6:45pm	6:30–7:15pm			
LTS 4		•							•
LTS 5	•	•		•					•
LTS 6	•		•		•			•	

FEES FOR GROUP SWIMMING LESSONS

PARENT & CHILD LEVELS 1-3

(30 minutes)

Member: \$50
Nonmember: \$74

PRESCHOOL & LEARN TO SWIM LEVELS 1-3

(45 minutes)

Member: \$50
Nonmember: \$74

LEARN TO SWIM LEVELS 4-6

(45 minutes)

Member: \$60
Nonmember: \$80

PARENT & CHILD AQUATICS

American Red Cross Parent & Child Aquatics is designed for children between the ages of 6 months and approximately 3 years and their parents. The purpose of the course is to familiarize children with the water and teach swimming readiness skills. In addition, Red Cross Parent and Child Aquatics provides safety information for parents and teaches parents techniques they can use to help orient their children to the water.

PARENT & CHILD AQUATICS LEVEL 1

Level 1 introduces basic skills to parents and children. Parents learn how to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children receive an introduction to basic skills that lays a foundation for learning to swim. In addition, parents are introduced to several water-safety topics.

PARENT & CHILD AQUATICS LEVEL 2

Parent and Child Aquatics Level 2 builds on the skills introduced in Level 1. Participants improve on these skills and learn more advanced skills in Level 2. As with Level 1, water safety topics are included in this level.

PRESCHOOL AQUATICS

American Red Cross Preschool Aquatics is designed for children between 3 and 5 years of age. The purpose of the course is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills.

PRESCHOOL AQUATICS LEVEL 1

Level 1 introduces basic aquatic skills, which children continue to build on as they progress through Levels 2 and 3 of Preschool Aquatics and Learn to Swim. In addition, children start developing positive attitudes and safe practices around the water in Preschool Aquatics Level 1.

PRESCHOOL AQUATICS LEVEL 2

The objective of Level 2 are to further develop basic aquatic skills. Children begin to perform these skills at a slightly more advanced level (for example, for longer lengths of time, for longer distances, or in deeper water). Level 2 marks the beginning of independent aquatic locomotion skills. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain greater proficiency in preparation for performing strokes. Level 2 also builds on the water safety topics introduced.

PRESCHOOL AQUATICS LEVEL 3

The objective of Level 3 is to increase children's proficiency in performing previously learned skills. This is accomplished by providing additional guided practice and increasing repetitions, distances, times, or levels of refinement. The skills in Level 3 are performed independently. Children improve their coordination and control of combined simultaneous arm and leg actions and alternating arm and leg actions. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

Classes will not be held with fewer than 4 students. Families are welcome to request semiprivate or private lessons. Payment in full is required for registration. No refunds for missed classes.

LEARN TO SWIM (LTS)

The objectives of the American Red Cross Learn to Swim courses are to teach children and young teens to be safe in, on, and around the water, and to swim well. Aquatic and personal water safety skills are taught in a logical progression through six levels. As they progress through the levels, participants build on their basic skills to learn and refine various propulsive movements on the front, back, and side. Upon successful completion of Level 3, participants have achieved basic water competency in a pool environment. By the end of Level 6, participants have the prerequisite skills and have developed the necessary skill and fitness levels for entrance into advanced courses, such as Water Safety Instructor and Lifeguarding, or other aquatic activities such as competitive swimming and diving.

LEARN TO SWIM LEVEL 1—INTRODUCTION TO WATER SKILLS

Level 1 introduces basic aquatic skills, which participants continue to build on as they progress through Learn to Swim. In addition, participants start developing positive attitudes, effective swimming habits, and safe practices in and around the water. Learn to Swim Level 1 skills overlap with the Preschool Aquatics Levels 1 and 2 skills.

LEARN TO SWIM LEVEL 2—FUNDAMENTAL AQUATIC SKILLS

The objective of Learn to Swim Level 2 is to give participants success with fundamental skills. Many of the skills taught in this level are the same skills taught in Preschool Aquatics Level 3. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes. New water safety topics are introduced, and previously acquired water safety knowledge and skills are reinforced.

LEARN TO SWIM LEVEL 3—STROKE DEVELOPMENT

The objectives of Learn to Swim Level 3 are to expand proficiency of previously learned skills by providing additional guided practice. Participants learn and practice survival floating and learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. The scissors and dolphin kicks are introduced, and the duration time for treading water is extended. Participants also learn rules for headfirst entries and begin to learn to enter the water headfirst from a seated position poolside (if the water is 9 feet deep or deeper). As in all levels, new and previously addressed water safety topics are included. Participants who successfully complete Level 3 have achieved basic water competency in a pool environment.

LEARN TO SWIM LEVEL 4—STROKE IMPROVEMENT

In Learn to Swim Level 4, participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (e.g., front crawl and elementary backstroke) for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.

LEARN TO SWIM LEVEL 5—STROKE REFINEMENT

In Level 5, participants refine their performance of all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke) and increase the distances that they swim. Participants also learn to perform flip turns on the front and back.

LEARN TO SWIM LEVEL 6—SWIMMING AND SKILL PROFICIENCY

The objective of this level is to refine strokes so participants swim with greater efficiency and effectiveness over longer distances. Level 6 offers three options to meet specific needs and interests—Personal Water Safety, Fundamentals of Diving, and Fitness Swimmer. These options focus on preparing participants for more advanced courses, such as the Water Safety Instructor course or other aquatic activities such as competitive swimming or diving. This level is customized to meet the objectives of the participants. For instance, you can promote the course for participants who want to enter competition or who want to achieve a higher level of fitness. Because of the variety this level offers, participants can repeat it to focus on different goals each time.

The ideal age to begin youth group swimming lessons (without a parent) is age 5. Children ages 3 and 4 can participate in the preschool group lessons if parental assistance is not needed. The level structure is designed for students to advance per year (vs. per session) with continuous instruction. Our levels are not designed with pass/fail outcomes. It is common for students to stay at a particular level for a year or longer. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Preschool Level 1, which has no prerequisite.

Each level of our swimming program includes training in basic water safety and helping a swimmer in distress.

Swim goggles and swim caps are recommended for Level 3 and up.

ADVANCED SWIMMING SUMMER CAMP

	Dates/Time	Member	Guest
Beyond Six	Mon., June 14–Thurs., June 24 3–3:45pm	\$80	\$95
Starts, Turns & Finishes	Tues., July 6–Thurs., July 8 3–4pm	\$70	\$90
Freestyle Form Clinic	Mon., July 19–Wed., July 21 3–4pm	\$70	\$90
Advanced Underwater Analysis	Mon., August 2–Wed., August 4 3–4pm	\$70	\$90
Stroke Clinic	Mon., August 16–Wed., August 18 3–4pm	\$70	\$90
Swimming Camp	Mon., August 23–Wed., August 25 3–4pm	\$100	\$120

BEYOND SIX

Swimmers who have completed all group swim levels and want to continue to develop their swimming skills. Emphasis will be on endurance and personal water safety.

STARTS, TURNS & FINISHES

Competitive training for starts, turns, and finishes.

FREESTYLE FORM CLINIC

Improve swimming form for the front crawl.

ADVANCED WATER ANALYSIS

Swimmers seeking to have their swimming strokes analyzed and evaluated, and a training plan will be designed.

STROKE CLINIC

Swimming stroke evaluation and corrective instruction to improve swimming efficiency.

SWIMMING CAMP

For competitive swimmers looking to experience a team training experience.

	COST FOR ALL 6 CAMPS	Multiple Child Rate
Member	\$350	\$325
Guest	\$425	\$400

A valid credit card must be on file to confirm your registration.

PRIVATE/SEMIPRIVATE SWIMMING LESSONS

Families seeking one-on-one or small group lessons for their children. All swim levels. Ages 6 months to 17 years.

ADULT SWIMMING LESSONS—BEGINNER

Adult with little or no swimming skills. Ages 18 and up.

ADULT SWIMMING LESSONS—INTERMEDIATE

Adult who want to be more proficient with their swimming skills. Ages 18 and up.

PRIVATE COACHING

Available for all ages and levels, as well as individualized lesson plans and workouts to meet your swimming goals. Ages 8–18.

SWIMMING FOR TRIATHLETES

For triathletes seeking individualized instruction to improve stroke proficiency and speed. For adults.

PRIVATE LESSONS	Single Lesson	8 Lessons
Member	\$19	\$152
Guest	\$32.25	\$258

SEMIPRIVATE LESSONS (2 or More Participants)

	Single Lesson	8 Lessons		
	Per Person	2 Students	3 Students	4 Students
Member	\$11	\$176	\$264	\$352
Guest	\$16	\$256	\$384	\$512

REGISTRATION

MEMBERS:

Register online at sc.clubautomation.com or at the Sports Core Reception Desk

GUESTS:

Stop by the Sports Core Reception Desk or call 920-457-4444

A valid credit card must be on file to confirm your registration.

SPORTS CORE