

Swim Academy Schedule

Spring 2016

1: March 28 - May 8 | 2: May 9 - June 19



Group Swim Lessons

6-Week Session Rates
30 mins 45 mins

Member	\$144	\$174
Nonmember	\$163	\$199

**No classes on Monday, May 30th*

CREATE YOUR OWN CLASS: Need a specific day or time? We will gladly work with you to create a class.

Private and Semi-Private Lessons

Private lessons provide individualized attention to students allowing them to learn at their own pace. Private lessons are available for children and adults. Lessons are 30-minutes and sold in packages of 5 and 10.

	5	10	Semi-Private rates for each additional child per lesson
Member	\$244	\$417	\$31
Nonmember	\$299	\$510	\$36

mon	tue	wed	thu	fri	sat	sun
WATER BABIES (with parent) Ages 6 months - 18 months 30-minute class 12:1 ratio Babies become more comfortable in the water while bonding with a parent. Bubble blowing, kicking and floating, familiar songs, and acquainting parents with swim holds are all part of the fun.						
						9:30am
WATER TOTS (with parent) Ages 18 months - 36 months 30-minute class 8:1 ratio Tots learn swim skills in the secure arms of mom or dad. Circle time activities and songs make it fun as tots blow bubbles, kick and float. Confidence improves with the ability to separate from parent.						
					9:30am	
PRESCHOOL Ages 3 - 5 30-minute class 4:1 ratio First-timers or kids who are timid around water will feel safe and comfortable as they learn basic kicking, arm strokes and how to submerge their faces. Safety rules, glides, freestyle arm stroke, backstroke and floating (supported by instructor) are covered.						
5:00pm	2:30pm 3:00pm 4:30pm	4:00pm	3:30pm	3:00pm 4:00pm	10:00am 10:30am 11:30am	9:30am 10:00am
BEGINNER Ages 4 - 6 30-minute class 4:1 ratio Ideal for swimmers with some experience, but who could benefit from going over the basics. Students who can submerge their faces may take this class. Safety rules, unsupported glides/floating, rhythmic breathing, retrieving toys, 10-yard freestyle, 5-yard underwater swim 5-yard freestyle with face in water and elementary backstroke are covered.						
3:30pm 4:00pm 4:30pm	3:30pm	5:00pm		4:30pm	9:30am 10:00am 10:30am	9:00am 9:30am 11:30am
BEGINNER OLDER CHILD Ages 6 - 10 30-minute class 4:1 ratio Same as Beginner but designed for older children requiring the basics.						

mon	tue	wed	thu	fri	sat	sun
ADVANCED BEGINNER Ages 6 - 8 30-minute class 4:1 ratio Kids comfortable swimming 5-10 yards will learn to coordinate stroke, kick and breathing techniques. Rotary breathing, treading water, breaststroke, stroke endurance, and basic whip kick are covered.						
3:00pm 3:30pm 4:00pm	4:00pm 4:30pm	4:30pm	5:00pm	3:30pm	10:00am 10:30am	10:00am 10:30am 11:30am
INTERMEDIATE No age requirement 30-minute class 5:1 ratio Kids able to swim half-lengths of the pool with good technique will learn advanced skills such as bilateral breathing. Safety skills, development of breaststroke, further development of freestyle and backstroke, introduction to dolphin kick, stroke coordination and stroke endurance for 25 yards are covered.						
	3:30pm	3:30pm	4:00pm 5:30pm	5:00pm	9:30am 10:00am	9:00am 11:00am 11:30am
ADVANCED INTERMEDIATE No age requirement 45-minute class 5:1 ratio Students should be able to do the breaststroke and swim full lengths of the pool using proper freestyle and backstroke techniques to take this class. The focus is on advanced freestyle, back, breast, butterfly and side strokes. Stroke endurance and coordination are the focus.						
					11:00am	
STROKE AND TURN No age requirement 45-minute class 6:1 ratio This class teaches advanced techniques and builds endurance for competition. Flip turns, backstroke count, 50-yard butterfly, 100-yard individual medley, stroke efficiency, increased speed, and ability to work off of a pace clock are covered.						
		5:00pm				
SWIM TEAM CONDITIONING No age requirement 45-minute class 8:1 ratio This class is structured like a swim team practice. It strengthens advanced techniques and builds endurance for competition. Competitive skills and development of stroke efficiency, speed and strength are the goals.						

Refund Policy: All program sales are final. There are no refunds or credits. **Inclement Weather Policy:** Parents should call the facility one hour before the scheduled class time to inquire if a class is canceled. If we cancel a class due to inclement weather or pool closure, we will accommodate a make-up for that class by the end of the session. **Make-up Policy:** We will endeavor, but cannot guarantee, make-ups for missed classes. We do not grant make-ups in the case of a no show or no notice. Make-up classes are based on availability and may not be the same time, day, or instructor. Once a make-up class is scheduled, it may not be rescheduled. **Registration Policy:** There will be a \$25.00 registration fee for group swim purchases that occur after the start of the session. Fees are subject to change periodically, but all attempts are made to ensure the fees listed are current. Group swim lessons are valid 180 days from date of purchase. Private and semi-private lessons are valid 90 days from date of purchase (for five packs) and 180 days from date of purchase (for ten packs).



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