

# LEARN TO SWIM CLASSES

Spring 2011

**SHERWOOD TRAILS: MAY 2 - 26 \$86.00/child**

**Inclement Weather days held at LaQuinta.**

<b>CLASS:</b>	<b>AGE:</b>	<b>DAY:</b>	<b>TIMES:</b>
Level I/IIA	4-6 years	M/W	3:30-4:10 PM
Level IIB	5-8 years	M/W	4:15-4:55 PM
Level IIA/IIB	5-8 years	M/W	5:00-5:40 PM
Level III	6-9 years	M/W	5:45-6:25 PM
Level I/IIA	4-6 years	T/TH	3:30-4:10 PM
Level IIB/III	5-8 years	T/TH	4:15-4:55 PM
Waterbabies*	6 mo - 4 years	T/TH	5:00-5:30 PM
Adv. Waterbabies*	1 - 4 years	T/TH	5:30-6:00 PM

## **WALDEN COUNTRY CLUB: MAY 2 - 26**

**\$86.00/child Walden resident, \$98/child non-resident**

<b>CLASS:</b>	<b>AGE:</b>	<b>DAY:</b>	<b>TIMES:</b>
Waterbabies*	6 mo - 4 years	M/W	12:45-1:15 PM
Adv. Waterbabies*	1 - 4 years	M/W	1:20-1:50 PM
Level I/IIA	4-6 years	M/W	1:55-2:35 PM
Level II	5-8 years	M/W	2:40-3:20 PM
Level IIB/III	5-8 years	M/W	3:25-4:05 PM
Adv. WB/Swim Tots*	2 - 4 years	M/W	4:05-4:35 PM

\*All (non-trained) toddlers and infants must wear swim diapers when

taking swim lessons.

**CLASS DESCRIPTIONS:** The guidelines below are to help with class selection for your child. We reserve the right to move participants up or down in skill level so that success is achieved. Class size will be limited to 4 for lower levels and 6 for upper levels/parent-child classes.

**Waterbabies** w/Parent - Beginning Level.

**Adv. Waterbabies** w/Parent - Blows bubbles, face in water with no fear.

**Swimming Tots** w/Parent - Kicks to surface after jumping in water.

**Level I** - fearful or new to swim lessons.

**Level IIA** - comfortable in water, but not confident with back or front float.

**Level IIB** - comfortable in water, can front and back float without support, can swim 5 body lengths each freestyle and back stroke.

**Level III** - comfortable in water, can front and back float without support, can swim 10 yards freestyle and back stroke.

**Level IV-VI** - **This class will be offered in the Spring by request.**

All participants in this class must be able to swim the length of the pool with both freestyle and backstroke. We will work with stroke technique for all four strokes, water safety skills and training for distances to prepare for fitness swimming or competitive swimming in summer league or club.

*If a class you need is booked or you need to take a skill level not listed, please put your name on a waiting list. We will add to or expand existing classes as needed.*

*If you need to request specific days and times, please send or email us your name and phone number. We will accommodate as many people as we possibly can.*

*We also offer private and semi-private lessons.*

## **AQUATIC SOLUTIONS COOPERATIVE**

formerly instructors with the Kingwood Athletic Club.

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