



SUMMER 2016 COMMUNITY PROGRAMS

Youth Aquatics and Swim Program

Location:	Riesenberg Gymnasium Pool
Instructor:	Jim Downey
Class Sessions:	Mondays: July 11,18,25, August 1,8, 2016
Registration Deadline:	Wednesday, June 29, 2015

PARENT-CHILD CLASSES

AQUA BABIES (5 - 18 months)

- Cost \$87.50 / 5-Week Session

Aqua Babies Session: 9:00am-9:30am

Join us for fun activities that teach infants to feel comfortable in the water. Parents will learn to hold and support infants properly while their child explores breath control, floating, and changing body position while "moving" through the water.

TOTS 1 (18 - 30 months)

- Cost \$87.50/ 5-Week Session

Tots 1 Session: 9:30am-10:00am

Great experiences and exciting activities encourage young swimmers to feel safe in the water. Techniques using parental assistance teach children water safety, safe entry, kicking, and arm movements. Swimmers build on breath control, floating, and changing body position while "moving" through the water. Parents join children in the water for this class.

TOTS 2 (2.5- 4 years)

- Cost \$87.50 / 5-Week Session

Tots 2 Session: 10:00am-10:30am

The Tots 2 class are designed for children with no prior swim experience, as well as for those that are not comfortable being on their own in the water. Each class is filled with engaging and challenging games and activities that will motivate your child to swim.

LEARN-TO-SWIM CLASSES

LEVEL 1- INTRO TO WATER SKILLS (5-7 YEARS) CLOSED AS OF 6/24/16

- Cost \$87.50 / 5-Week Session

Level 1A: 10:30am-11:00am

No prerequisites needed. Basic personal water safety information and skills are taught to help participants feel comfortable in the water and to enjoy the water safely. Elementary aquatic skills that are the foundation for future skills are introduced. Swimmers explore movement in the water-bobbing, floating, and gliding.

LEVEL 1B- INTRO TO WATER SKILLS (5-7 YEARS) CLOSED AS OF 6/24/16

- Cost \$87.50 / 5-Week Session

Level 1: 10:30am-11:00am

No prerequisites needed. Basic personal water safety information and skills are taught to help participants feel comfortable in the water and to enjoy the water safely. Elementary aquatic skills that are the foundation for future skills are introduced. Swimmers explore movement in the water-bobbing, floating, and gliding.

LEVEL 2- FUNDAMENTAL AQUATIC SKILLS (6-8 YEARS)

- Cost \$87.50 / 5-Week Session

Level 2: 3:00pm-3:30pm

Swimmers entering Level 2 must be able to demonstrate all the completion requirements in Level 1. Participants learn to float without support and explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

LEVEL 3- STROKE DEVELOPMENT (8-10 YEARS)

- Cost \$87.50 / 5-Week Session

Level 3: 3:30pm-4:00pm

Swimmers entering Level 3 must be able to demonstrate all the completion requirements in Level 2. Participants learn to coordinate the front crawl and elementary backstroke. Swimmers are introduced to the scissor and dolphin kicks, the fundamentals of treading water and diving.

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