



WINTER I 2012

Registration for ALL Aquatic Classes will take place January 2-8' 2012

Classes begin the Week of January 9th

CLASSES ARE HELD ONCE A WEEK

- Mondays: Jan 9, 16, 23, 30, Feb 6, 13, 20, 27** **Fee: Members \$15 Non-Members \$40**
SKIPS 9:30-10:00am
PERS 10:00-10:30am
- Tuesdays: Jan 10, 17, 24, 31, Feb 7, 14, 21, 28** **Fee: Members \$15 Non-Members \$40**
SKIPS 6:00-6:30pm
- Tuesdays: Jan 10, 17, 24, 31, Feb 7, 14, 21, 28** **Fee: Members \$18 Non-Members \$36**
Polliwogs 6:30-7:15pm
Guppy 6:30-7:15pm
Minnow 6:30-7:15pm
Fish 6:30-7:15pm
- Thursdays: Jan 12, 19, 26, Feb 2, 9, 16, 23, Mar 1** **Fee: Members \$15 Non-Members \$40**
PERS 6:00-6:30pm
- Thursdays: Jan 12, 19, 26, Feb 2, 9, 16, 23, Mar 1** **Fee: Members \$18 Non-Members \$36**
Polliwog 6:30-7:15pm
Guppy 6:30-7:15pm
Minnow 6:30-7:15pm
Flying fish/Shark 6:30-7:15pm
- Saturdays: Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 3** **Fee: Members \$15 Non-Members \$40**
SKIPS 9:00-9:30am
PERS 9:30-10:00am
- Saturdays: Jan 14, 21, 28, Feb 4, 11, 18, 25, Mar 3** **Fee: Members \$18 Non-Members \$36**
Polliwogs 10:00-10:45am OR 10:45-11:30am
Guppy 10:00-10:45am OR 10:45-11:30am
Minnow 10:00-10:45am OR 10:45-11:30am
Fish 10:45-11:30am
Flying Fish/Shark 10:00-10:45am



COURSE DESCRIPTIONS

SKIPPERS

SKIPS (for children 6 months-3 years of age). A Parent is required to be in the water with the child. These lessons teach comfort in the water for child and parent. Babies become aware of differences between moving through the water versus dry land, while parents help their child build confidence in the water. Children enjoy age-appropriate songs and games to begin learning basic water movements such as kicking and bubble blowing.

PERS (for children 3-4 years of age). Parent may not be in the water with the child. This beginning class provides an opportunity for children to be in the water without a parent and builds confidence. Fun in the water is emphasized while learning basic skills such as kicking, floating, paddling, and bubble blowing. A maximum of 10 participants may register for this class.

PROGRESSIVE LESSONS for children ages 5yrs and older

Polliwogs This introductory level utilizes flotation devices to aid in water exploration and beginning swimming skills in a fun and relaxed environment. Skills taught include: front and back floats, glides, kicking, paddle stroke, rhythmic breathing, and front crawl. Pool rules, individual safety, and danger recognition are also introduced.

Guppy This class develops locomotion without flotation aids. Strokes taught at this level include: front and back crawl, rotary breathing, and elementary backstroke. Confidence in deep water is encouraged using a variety of games and skills. Beginning diving is also taught.

Minnow This deep water class strengthens front and back crawl strokes and elementary backstroke. New skills taught are diving and the breaststroke. Safety skills include treading water and survival floating. This level encourages an understanding of teamwork and self-discipline.

Fish This deep water class increases stamina in front and back crawl strokes. Elementary backstroke and breaststroke are further refined. New skills introduced are turns and the dolphin kick.

Flying Fish/Shark This class improves and develops previous skills including front and back crawl, breaststroke, treading, and flip turns. New skills include the butterfly and the Individual medley. This class builds stamina with longer distance swimming in the different strokes. All strokes are enhanced and refined while building stamina through longer distance swimming. This class prepares swimmers for swim team if desired.