

Youth Group Swim Lessons
Quarter 1, 2017
September 6th – October 22nd



Registration Begins Monday, August 7th

| | | Zesiger Pool Classes Building W-35, 120 Vassar St | | | | Prices | |
|-------------|-------------------------------------|---|----------------------------------|--|--|--|--|
| Age | Class | Tuesday (6 Classes) | Thursday (7 Classes) | Saturday (7 classes Shallow) No Skips (5 Classes Deep H2O) Deep H2O Classes End 10/7 | Sunday (7 Classes Shallow) No Skips (6 Classes Deep H2O) Skip 10/15 | Member | Non Member |
| 6-18 mo. | Parent Infant | 4:30pm (Combo) | 10:00am (Combo) | 10:00am, 12:45pm | 10:00am, 11:15am, 1:30pm | 7 Classes \$50 6 Classes \$43 | 7 Classes \$102 6 Classes \$88 |
| 18-36 mo. | Parent Toddler | 4:30pm (Combo) | 10:00 am (Combo) | 10:30am, 11:45am | 9:30am, 11:45am, 1:00pm | | |
| 2.5-4 years | Parent Beaver | --- | --- | 11:00am, 12:15pm | 10:30am, 12:15pm, 2:00pm | | |
| 3-5 years | Preschool 1 Beginning Beavers | 3:30pm | 10:30am (Combo) | 10:00am, 10:30am, 11:00am, 11:45am, 12:15pm, 12:45pm | 9:30am, 10:00am, 10:30am, 11:15am, 11:45am, 12:15pm, 1:30pm | 7 Classes \$59 6 Classes \$51 | 7 Classes \$116 6 Classes \$99 |
| | Preschool 2 Intermediate Beavers | 4:00pm | 10:30am (Combo) | 10:00am, 11:00am, 12:15pm | 9:30am, 10:30am, 11:45am, 1:00pm | | |
| | Preschool 3 Advanced Beavers | 4:30pm | --- | 10:30am, 11:45am, 12:45pm | 10:00am, 11:15am, 12:15pm, 2:00pm | | |
| 5+ years | Level 1 | 3:30 pm | --- | 10:00am | 10:15am, 1:00pm | 7 Classes \$64 6 Classes \$55 5 Classes \$45 | 7 Classes \$118 6 Classes \$101 5 Classes \$85 |
| | Level 2 | 4:15pm | --- | 10:45am, 12:30pm | 9:30am, 12:00pm, 1:45pm | | |
| | Level 3 | 3:30pm | --- | 10:00 am, 11:45am | 11:15am; 1:00pm | | |
| | Level 3 Deep | --- | --- | 10:00 am, 11:45am | 12:00pm; 1:45pm | | |
| | Level 4 | --- | --- | 10:45am | 11:15am | | |
| 6+ years | Level 5 | --- | --- | 10:45am | 1:00pm | 6 Classes \$61 5 Classes \$50 | 6 Classes \$106 5 Classes \$88 |
| | Tech Team | --- | --- | --- | 9:30am | 6 Classes \$78 | 6 Classes \$115 |

***Participants must meet minimum age requirements by first day of class.**

| Alumni Pool Classes Building 57, (behind Stata Center, 32 Vassar St.) | | | | Prices | |
|--|-------------------------------------|-------------------------------------|--------------------------|----------------------------------|-----------------------------------|
| Age | Class | Mondays (5 classes) Skip 10/9 | Thursdays (7 classes) | Member | Non-Member |
| 3-5 years | Preschool 1 Beginning Beavers | 4:45pm | 4:15pm | 7 Classes \$59 5 Classes \$42 | 7 Classes \$116 5 Classes \$83 |
| | Preschool 2 Intermediate Beavers | 3:45pm | 4:45pm | | |
| | Preschool 3 Advanced Beavers | 4:15pm | 3:45pm | | |
| 5+ years | Level 1 | 5:30pm | 4:30pm | 7 Classes \$64 5 Classes \$45 | 7 Classes \$118 5 Classes \$85 |
| | Level 2 | 6:15pm | 5:30pm | | |
| | Level 3 | 5:30pm | 6:15pm | | |
| | Level 3 Deep | 3:45pm | --- | | |
| | Level 4 | 4:30pm | --- | | |
| Alumni Pool Water Temperature ranges between 79-82 degrees. Swimmers susceptible to cooler temperatures should dress accordingly. | | | | | |

All classes have been hyperlinked to take you directly to the class's registration page. Simply click on the class you would like to register for and once registration opens you can register directly from this grid.

Youth Group Swim Class Descriptions

Participants must meet minimum age requirements before first day of class.

| AGE* | CLASS | CLASS DESCRIPTION | REQUIREMENTS/PRE-REQUISITES |
|--------------|----------------------|--|--|
| 6-18 Months | Parent Infant | The main focus the Infant class is on water adjustment. Parents will learn how to safely support and hold their swimmer while learning to enjoy the water. Songs and games will be used to build a sense of comfort while having fun! | Infants must be at least 6 months on the first day of class. A parent/guardian must accompany the infant into the water. Infants must wear tight fitting plastic cover over a swim diaper. |
| 18-35 Months | Parent Toddler | The main focus of the Toddler class is on building swimming readiness by emphasizing fun in the water. Parents and toddlers will be lead in songs and games as toddlers learn basic swimming movements and skills that will be expanded upon once he/she enters the Learn to Swim Levels. | Toddlers must be at least 18 months on the first day of class. A parent/guardian must accompany the Toddler into the water. Toddlers not fully toilet trained must wear tight fitting plastic cover over a swim diaper. |
| 2½ -4 years | Parent-Beaver | This class requires a parent to accompany the toddler into the water and is designed to build swimming readiness while beginning to build your toddler's confidence and independence in preparation for classes without the parent in the water. Parents and toddlers will be lead in fun activities designed to work on the basic skills needed for successful transition into the Beaver Swim Program. | Toddlers must be at least 2.5 years old on the first day of class. A parent/guardian must accompany the Toddler into the water. Toddlers not fully toilet trained must wear tight fitting plastic cover over a swim diaper. |
| 3-5 years | Beginning Beavers | This class begins the child's on-their-own experiences in the water. Swimmers will learn basic swimming readiness such as bubble blowing, floating on front and back with assistance and underwater exploration. This class is taught on a platform in the water so that students can stand and begin to develop independent skills. Class size is 4 students per instructor. | Swimmers entering this class must be at least 3 years old on the first day of class. Swimmers not fully toilet trained must wear tight fitting plastic cover over a swim diaper. |
| | Intermediate Beavers | This class will continue to develop the swimming readiness skills of airway control and floating and introduce gliding and supported kicks and arm movements. Swimmers will begin to attempt some skills with minimal support from the instructor in preparation for independent swimming. Class size is 4 students per instructor. | Swimmers entering this level must be at least 3 years old on the first day of class, should be willing to put their face in the water and/or fully submerge their head with minimal assistance. They should also be willing to float on their back with ears in the water with support. Swimmers not fully toilet trained must wear tight fitting plastic cover over a swim diaper. |
| | Advanced Beavers | This class begins the independent use of the swim skills developed in previous classes. Swimmers will work on floating, gliding and swimming with decreasing support from the instructor as they improve coordination and control of arm and leg actions. Class size is 4 students per instructor. | Swimmers entering this level must be at least 3 years old on the first day of class, should be comfortable putting their face in the water and fully submerging <u>without</u> assistance. Swimmers should be able to float with minimal assistance on their front with their face in the water and on their back with their ears in the water and should be ready to attempt these skills without assistance. Swimmers not fully toilet trained must wear tight fitting plastic cover over a swim diaper. |
| 5+ years | Level 1 | Level 1 will help students feel comfortable in the water and learn basic swimming and safety skills that they will build on as they progress through the Learn to Swim program. Topics covered at this level include: airway control, floating with support on front and back, underwater exploration, kicking with support, entering and exiting the water safely and changing body positions in the water. | Swimmers entering this class must be at least 5 years old on the first day of class. |
| | Level 2 | Level 2 will expand on and further develop fundamental skills and marks the beginning of true locomotion skills. Topics covered at this level include: floating without support and recovery to a vertical position, underwater exploration, gliding, swimming on front and back, and treading water. | Swimmers entering this level should be comfortable putting their face in the water and fully submerging underwater without assistance. Swimmers should be able to float with minimal assistance on front with face in the water and on back with ears in the water and be ready to attempt these skills without support. |
| | Level 3 | In Level 3 swimmers will continue putting previously learned skills together into full swim strokes. Topics covered in Level 3 include rotary breathing, Front and Back Crawl, Elementary Backstroke, Sidestroke and Butterfly kicks. | Swimmers entering this level should be comfortable under the water, be able to float on front and back without support for 10-15 seconds, be able to swim 5-10 yards on front and on back and be ready to begin attempting skills in deep water. Swimmers entering this class must be at least 5 years old on the first day of class. |
| | Level 3 Deep | Level 3 Deep is an advanced Level 3 class for swimmers who are comfortable in deep water, have participated in the Level 3 class and are working on completing the advanced Level 3 swim skills. This class will focus on improving Front and Back Crawl, Elementary Backstroke, Sidestroke and Butterfly kicks. | Swimmers entering this level should be comfortable swimming independently in deep water, be able to swim at least 10 yards on front with breathing, at least 10 yards on back with Backstroke and Elementary Backstroke and be able to tread water for 15-20 seconds. Swimmers entering this class must be at least 5 years old on the first day of class. |
| | Level 4 | Level 4 will give swimmers the opportunity to refine their Front Crawl, Backstroke, and Elementary Backstroke while improving skills in swimming underwater, treading water, Breast Stroke, Sidestroke and Butterfly. Swimmers will also learn open turns and standing dives. | Swimmers entering this level should be able to swim 15-20 yards each of Front Crawl with side breathing, Backstroke, Elementary Backstroke, and 5-10 yards of Breaststroke or Sidestroke. They should also be comfortable in deep water and able to tread or float in deep water for 1 minute. |
| | Level 5 | Level 5 will provide students with an opportunity to develop coordination, stroke refinement and endurance in all strokes while learning/improving turns and dives from the side and starting blocks. | Swimmers entering this level should be able to comfortably swim 25 yards of Front Crawl with side breathing, Backstroke and Elementary Backstroke. They should be able to swim 15-25 yards of Breaststroke, Sidestroke and Butterfly, be very comfortable in deep water and able to tread water for 2 minutes. |
| 6+ years | Tech Team | Tech Team will focus on improving technique, speed, and endurance. This program will work on starts, turns, endurance, as well as building strong sportsmanship | Swimmers must have passed the American Red Cross Level 5 or its equivalent, be able to swim 100 yards continuously, and be comfortable swimming all 4 competitive strokes. |
| | Youth Starts & Turns | This course will cover the basics of starts and turns for recreational and competitive swimming. Topics covered will include open turns, flip turns, and diving from the wall and starting blocks. | Swimmers entering this level should be familiar with the 4 competitive swim strokes, be able to swim at least 50 yards continuously of Front Crawl and Backstroke, be comfortable in deep water and be able to tread water for at least 45 seconds. Diving experience is not required. |
| | Intro to Diving | The Intro to Diving class will teach students the very basics for diving. The class will start with dives from the pool deck and progress to the starting blocks and/or to dives from the 1 meter springboard depending on participant interest and skill. | Participants must be comfortable in deep water and should be able to swim at least 25 yards without stopping. |
| | Intro to Springboard | In Introduction to Springboard Diving participants will learn the basics of springboard diving from the 1 meter board. Skills learned will include diving safety, springboard approach, and diving form for a variety of dive positions. Depending on participant interest and skill the class may progress to the 3 meter boards | Participants must be comfortable in deep water, be able to safely perform a headfirst entry from the side of the pool and be able to swim at least 15 yards. |
| | Youth Diving | The Youth Diving class will consist of 1 and 3 meter springboard, as well as 3 and 5 meter platform diving. This will start from the very basic entry in to the water, all the way up to multiple somersaults and twists in every direction. The class will also contain a strength and flexibility component intended to improve form for diving. | Participants should be able to swim 50 yards in deep water, to safety perform a headfirst entry from the side of the pool and be able to jump off a 3 meter board. |
| | Intro to Water Polo | In this class swimmers will learn the fundamentals of playing Water Polo including ball handling, basic passing, treading techniques, shooting techniques and teamwork all while getting a great workout and having fun! | Participants should be able to swim 75 yards (3 lengths) continuously and tread water for at least 5 minutes. This class takes place in the deep end and these pre-requisites are essential for swimmer safety and success. |

Note: Some classes may not be offered during all sessions.