

## Course Descriptions and Requirements

### Water Babies

**Entry Level Requirement (Ages 6 months - 3 years):** Little or no swimming experience is necessary. This level is designed to introduce the inexperienced or fearful child to the water. Parents participate in this class by teaching the skills shown by the instructor. The objective of Water Babies is to help parents and children safely enjoy and feel comfortable in the water. Parents and children will learn how to safely enter and exit the pool, hold their breath, blow bubbles, and put their face in the water.

### Water Adaptive

**Entry Level Requirement (Ages 3-5):** Little or no swimming experience is necessary. This level is designed to introduce the inexperienced or fearful child to the water. The objective of Water Adaptive is to help children safely enjoy and feel comfortable in the water. Participants will learn how to enter and exit the pool safely, hold their breath, blow bubbles, and put their face in the water.

### Beginner

**Entry Level Requirement (Ages 5-12):** Little swimming experience is necessary. Child must be able to bob 5 times unassisted with bubbles. The objectives of this level are for the swimmer to build confidence and achieve water independence. Participants will learn to experience buoyancy and loss of support with comfort. Proper kicking and body position is introduced. This level marks the beginning of true locomotion skills. Participants will learn to swim independently and breath rhythmically, moving through the water with a basic paddle stroke.

### Advanced Beginner

**Entry Level Requirement (Ages 5-12):** Child must be able to paddle stroke 25 yards unassisted with face in the water and repeatedly blow bubbles and come up for air. Child must be able to retrieve a toy from a depth of 5 ft. and return to the side. This level marks the introduction of true strokes. Participants will learn the components of freestyle, backstroke and rotary breathing. Participants will develop confidence and competency in strokes and begin personal safety techniques. Participants will become confident on their back and learn elementary backstroke. Treading water and recovery to a swimming position is mastered. Participants will become comfortable with distance and deep-water swimming. Diving is introduced.

### Intermediate

**Entry Level Requirement (Ages 8-12):** Child must demonstrate the proper form while swimming 25 yards using the freestyle, elementary backstroke and backstroke. Child must be able to tread water for 1 minute and swim back to side unassisted. The objective of this level is to develop coordination, confidence, and endurance in competitive strokes. Participants will learn to coordinate arms and legs in the breaststroke. Sound watermanship and complete independence is achieved in this level.

### Swimmer

**Entry Level Requirement (Ages 10-12):** Child must demonstrate the proper form while swimming 100 yards using the freestyle, backstroke, breaststroke and sidestroke. Child must be able to swim under water for 15 yards, tread water for 2 minutes, retrieve a toy from a depth of 10-12 ft. and return to the side. Participants will polish strokes so they can swim them with more ease, efficiency, power and smoothness over greater distances. Considerable endurance is achieved in this level. Freestyle, backstroke, breaststroke, and sidestroke are mastered. Participants will learn flip turns, diving board entry and be introduced to the butterfly stroke and springboard diving.

### Adult Swim Lessons

This class is specifically designed for older youth and adults who have little or no swimming experience to gain confidence in the water.

### Jr. Lifeguard

**Entry Level Requirement (Ages 12-16):** Child must be able to swim 200 yards of each stroke: freestyle, backstroke, breaststroke, and sidestroke while demonstrating proper form. Child must be able to swim under water for 15 yards, tread water for five minutes and retrieve 10-pound brick from 8-10 ft. depth and return to side. Jr. Lifeguard program is a fun, challenging program that offers participants an opportunity to learn from professional lifeguards. Jr. Lifeguards will advance through and gain a variety of skills and knowledge in pool area familiarity, CPR & First Aid, water rescue techniques, customer service, and water safety skills. This valuable experience builds self-confidence and helps participants prepare to be future lifeguards.

### Lap Swim Passes

6/15-8/7 M-F 12:05-12:55 p.m.  
 Daily Pass: \$2 per person  
 Individual Summer Pass: \$40 per person

### Other Aquatics Activities

0500.105  
 0501.105

### Recreational Swim

6/15-8/7 M-F 1:30-3:15 p.m. Sat 12:00-2:30 p.m.  
 Daily Pass: \$2 per person 0502.105  
 Individual Summer Pass: \$35 per person 0503.105  
 Family Summer Pass (Up to 5 people): \$70 0504.105

### Pool Parties

6/13-8/1 Sat 3:00-4:30 p.m.  
 Sat 4:45-6:15 p.m.  
 \$100 for a maximum of 50 people.  
 \$20 for every additional 25 guests.



**Pool will be closed  
 on Saturday, July 4**

# AQUATICS PROGRAM

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| Swimming Lessons   |            |     |     |                       |  | Session 1<br>6/15-6/26<br>6/5 | Session 2<br>6/29-7/10<br>6/19 | Session 3<br>7/13-7/24<br>7/3 | Session 4<br>7/27-8/7<br>7/17 |
|--------------------|------------|-----|-----|-----------------------|--|-------------------------------|--------------------------------|-------------------------------|-------------------------------|
| Class              | Enrollment |     | Day | Time                  | Registration Deadlines<br>Fee<br>Res./Non-res. |                               |                                |                               |                               |
|                    | *Min       | Max |     |                       |  |                               |                                |                               |                               |
| Beginners          | 4          | 16  | M-F | 9:20-10:00 a.m.       | \$65/\$71                                      | 0500.101                      | 0500.102                       | 0500.103                      | 0500.104                      |
| Adv. Beginners     | 4          | 16  | M-F | 9:20-10:00 a.m.       | \$65/\$71                                      | 0501.101                      | 0501.102                       | 0501.103                      | 0501.104                      |
| Intermediate       | 5          | 10  | M-F | 9:20-10:00 a.m.       | \$65/\$71                                      | 0502.101                      | 0502.102                       | 0502.103                      | 0502.104                      |
| Swimmers           | 3          | 10  | M-F | 9:20-10:00 a.m.       | \$65/\$71                                      | 0503.101                      | 0503.102                       | 0503.103                      | 0503.104                      |
| Beginners          | 4          | 16  | M-F | 10:05-10:45 a.m.      | \$65/\$71                                      | 0504.101                      | 0504.102                       | 0504.103                      | 0504.104                      |
| Adv. Beginners     | 4          | 16  | M-F | 10:05-10:45 a.m.      | \$65/\$71                                      | 0505.101                      | 0505.102                       | 0505.103                      | 0505.104                      |
| Intermediate       | 5          | 10  | M-F | 10:05-10:45 a.m.      | \$65/\$71                                      | 0506.101                      | 0506.102                       | 0506.103                      | 0506.104                      |
| Swimmers           | 3          | 10  | M-F | 10:05-10:45 a.m.      | \$65/\$71                                      | 0507.101                      | 0507.102                       | 0507.103                      | 0507.104                      |
| Beginners          | 4          | 16  | M-F | 11:00-11:40 a.m.      | \$65/\$71                                      | 0508.101                      | 0508.102                       | 0508.103                      | 0508.104                      |
| Adv. Beginners     | 4          | 16  | M-F | 11:00-11:40 a.m.      | \$65/\$71                                      | 0509.101                      | 0509.102                       | 0509.103                      | 0509.104                      |
| Intermediate       | 5          | 10  | M-F | 11:00-11:40 a.m.      | \$65/\$71                                      | 0510.101                      | 0510.102                       | 0510.103                      | 0510.104                      |
| Swimmers           | 3          | 10  | M-F | 11:00-11:40 a.m.      | \$65/\$71                                      | 0511.101                      | 0511.102                       | 0511.103                      | 0511.104                      |
| **Water Babies     | 4          | 15  | M-F | 11:45 a.m.-12:15 p.m. | \$55/\$61                                      | 0512.101                      | 0512.102                       | 0512.103                      | 0512.104                      |
| **Water Adaptive   | 2          | 14  | M-F | 11:45 a.m.-12:15 p.m. | \$60/\$66                                      | 0513.101                      | 0513.102                       | 0513.103                      | 0513.104                      |
| **Water Babies     | 4          | 15  | M-F | 12:20-12:50 p.m.      | \$55/\$61                                      | 0514.101                      | 0514.102                       | 0514.103                      | 0514.104                      |
| **Water Adaptive   | 2          | 14  | M-F | 12:20-12:50 p.m.      | \$60/\$66                                      | 0515.101                      | 0515.102                       | 0515.103                      | 0515.104                      |
| Swimmers           | 3          | 10  | M-F | 12:05-12:45 p.m.      | \$65/\$71                                      | *****                         | 0516.102                       | *****                         | 0516.104                      |
| Adult Swim Lessons | 3          | 7   | M-F | 12:05-12:45 p.m.      | \$65/\$71                                      | 0516.101                      | *****                          | 0516.103                      | *****                         |
| Beginners          | 4          | 16  | M-F | 3:45-4:25 p.m.        | \$65/\$71                                      | 0517.101                      | 0517.102                       | 0517.103                      | 0517.104                      |
| Adv. Beginners     | 4          | 16  | M-F | 3:45-4:25 p.m.        | \$65/\$71                                      | 0518.101                      | 0518.102                       | 0518.103                      | 0518.104                      |
| Intermediate       | 5          | 10  | M-F | 3:45-4:25 p.m.        | \$65/\$71                                      | 0519.101                      | 0519.102                       | 0519.103                      | 0519.104                      |
| Swimmers           | 3          | 10  | M-F | 3:45-4:25 p.m.        | \$65/\$71                                      | 0520.101                      | 0520.102                       | 0520.103                      | 0520.104                      |
| Beginners          | 4          | 16  | M-F | 4:30-5:10 p.m.        | \$65/\$71                                      | 0521.101                      | 0521.102                       | 0521.103                      | 0521.104                      |
| Adv. Beginners     | 4          | 16  | M-F | 4:30-5:10 p.m.        | \$65/\$71                                      | 0522.101                      | 0522.102                       | 0522.103                      | 0522.104                      |
| Intermediate       | 5          | 10  | M-F | 4:30-5:10 p.m.        | \$65/\$71                                      | 0523.101                      | 0523.102                       | 0523.103                      | 0523.104                      |
| Swimmers           | 3          | 10  | M-F | 4:30-5:10 p.m.        | \$65/\$71                                      | 0524.101                      | 0524.102                       | 0524.103                      | 0524.104                      |
| Beginners          | 4          | 16  | M-F | 5:15-5:55 p.m.        | \$65/\$71                                      | 0525.101                      | 0525.102                       | 0525.103                      | 0525.104                      |
| Adv. Beginners     | 4          | 16  | M-F | 5:15-5:55 p.m.        | \$65/\$71                                      | 0526.101                      | 0526.102                       | 0526.103                      | 0526.104                      |
| Intermediate       | 5          | 10  | M-F | 5:15-5:55 p.m.        | \$65/\$71                                      | *****                         | 0527.102                       | 0527.103                      | 0527.104                      |
| Swimmers           | 3          | 10  | M-F | 5:15-5:55 p.m.        | \$65/\$71                                      | *****                         | 0528.102                       | 0528.103                      | 0528.104                      |
| Adult Swim Lessons | 3          | 7   | M-F | 5:15-5:55 p.m.        | \$65/\$71                                      | 0529.101                      | 0529.102                       | *****                         | 0529.104                      |
| Jr. Life Guard     | 6          | 12  | M-F | 5:15-6:30 p.m.        | \$70/\$76                                      | *****                         | *****                          | 0530.103                      | 0530.104                      |

## New this Summer - Saturday Classes!

One, 8-week session  
6/13 - 8/8

**Pool will be closed  
on Saturday, July 4**

|                |   |    |     |                  |           |          |
|----------------|---|----|-----|------------------|-----------|----------|
| Beginners      | 4 | 16 | Sat | 11:15-11:55 a.m. | \$67/\$73 | 0500.100 |
| Adv. Beginners | 4 | 16 | Sat | 11:15-11:55 a.m. | \$67/\$73 | 0501.100 |
| Intermediate   | 5 | 10 | Sat | 11:15-11:55 a.m. | \$67/\$73 | 0502.100 |
| Swimmers       | 3 | 10 | Sat | 11:15-11:55 a.m. | \$67/\$73 | 503.100  |

\*Due to staffing requirements, no exceptions will be made to the minimum/maximum enrollment amounts.

\*\*Children 3 years of age and under are required to wear waterproof swim diapers.

