

LEARN TO SWIM

AT RIVERSIDE AQUATICS SUMMER 2015



Private swim lessons for all skill and age levels are available. All private classes run in conjunction with group lesson time frames. Pricing is based per child per session. E1-E5 \$90 and all others \$100 for 6-30 minute classes.

Session One

June 23 - July 3

CLASS DAYS

All classes run Tuesday-Friday and make-ups are on either Saturday or Monday based on Instructor.

CLASS TIMES FOR 2015

AM Classes: 9-9:30, 09:40-10:10, 10:20-10:55

PM Classes: 5-5:30, 5:40-6:10, 6:20-6:50, 7-7:30

Session 1 Only Class Times- AM: 900-9:45,
9:55-10:35 **PM-** 5-5:45, 5:55-6:35, 6:45-7:30

COURSE FEES

E1-E5 **\$45** per child per class
All others **\$50** per child per session

ELIGIBLE PATRONS

Active Duty, Reservist and Retired Military,
DOD and their family members

Session Two

July 7 - July 24

Session Three

July 28 - August 14

REGISTRATION DATES

Friday, April 10: Military Only
(Active, Retired, Reserves)
9 am-5 pm

Saturday, April 11: Military & DoD
9 am-5 pm

April 18: Make up & Late Registration
9 am-5 pm

Registration will take place at the Adventure Zone April 10 & 11 and will resume on Memorial Day Weekend at the Riverside Aquatics Complex during normal hours of operation



CLASS SESSIONS

| SESSION 1: JUNE 23 - JULY 3 | | | |
|--------------------------------|--------------|--------------|--------------|
| CLASS TIME | INSTRUCTOR A | INSTRUCTOR B | INSTRUCTOR C |
| 9-945 | Level 2 | Level 3 | Level 4 |
| 955-1035 | PS 1/2 | Level 1 | Level 5/6 |
| 5-545 | PS 1/2 | Level 1 | |
| 555-635 | Level 2 | Level 3 | |
| 645-730 | Level 4 | Level 5/6 | |
| SESSION 2: JULY 7 - JULY 24 | | | |
| 9-930 | Level 2 | Level 4 | |
| 940-1010 | PS 1/2 Combo | Level 3 | |
| 1020-1055 | Level 1 | Level 5 | |
| 5-530 | Baby and Me | Level 1/2 | |
| 540-610 | PS 3 | Level 2 | |
| 620-650 | Level 1 | Level 6 | |
| 7-730 | Level 3 | Level 4 | |
| SESSION 3: JULY 28 - AUGUST 14 | | | |
| 9-930 | Level 3 | Level 5 | |
| 940-1010 | Level 2 | PS 1/2 Combo | |
| 1020-1055 | Level 1 | Level 4 | |
| 5-530 | Baby and Me | Level 3 | |
| 540-610 | PS 3 | Level 2 | |
| 620-650 | Level 1 | Level 5 | |
| 7-730 | Level 4 | Level 6 | |

CLASS DESCRIPTIONS

BABY AND ME: (6 months - 36 months)

A parent/child experience to familiarize infants with water. Work on getting in and out of water using cues and holds for the parents to use to establish trust and comfort. This class is a water familiarization class, in which a parent is required to be in the water throughout the class. The infant will NOT learn how to be "WATER PROOFED." Families will learn how to incorporate water in a SAFE and FUN environment.

*** Preschool is now divided into 3 levels to better suit your growing child's needs!**

PRESCHOOL: (3 - 5 yr. olds)

A parent or responsible young adult 16 or older is REQUIRED TO BE IN THE WATER at every class

STEP 1: Skills in Preschool 1 are those taught in Level 1, but in a manner so that the preschool child will have fun, be safe and learn at the same time. Games and activities are tailored to this special age group. This class is designed for children & parents who are being exposed to a water class for the first time-participants are typically 3 & 4 year olds.

STEP 2: Skills in Preschool 2 are those taught in Level 2, but in a manner so that the preschool child will have fun, be safe and learn at the same time. Games and activities are tailored to this special age group. This class is designed for children & parents who are continuing with their water adventures and have successfully completed PS1.

STEP 3: Skills in Preschool 3 are those taught in Level 3, but in a manner so that the preschool child will have fun, be safe and learn at the same time. Games and activities are tailored to this special age group. This class is designed for children & parents who are continuing with their water adventures and have successfully completed PS2.

****ALL PARTICIPANTS IN THESE LEVELS ARE REQUIRED TO BE 5 yrs of AGE by the start of their class****

LEVEL 1 WATER EXPLORATION:

Will teach elementary aquatic skills. The objective is to help children feel comfortable in the water and enjoy water safely.

LEVEL 2 PRIMARY SKILLS:

The objective is to learn how to float without support and recover into a standing position. Basic locomotive skills will be introduced and the basic rescue skills that were introduced in Level 1 will be built upon.

LEVEL 3 STROKE READINESS:

The objective is to build upon Level 2 skills. Coordination of front crawl as well as back crawl is taught. Elementary backstroke and the fundamentals of treading water are introduced. Safety skills are worked on as well.

LEVEL 4 STROKE DEVELOPMENT:

Develop confidence in strokes learned thus far. Increase endurance skills by swimming with familiar strokes. Breaststroke and sidestroke are introduced. Butterfly (dolphin kick) is introduced and treading water is focused on as a safety skill.

LEVEL 5 STROKE REFINEMENT:

Coordination and refinement of key strokes. Introduce open turns, feet first surface dive and diving from the side of the pool. Safety skills are taught as well.

LEVEL 6 FITNESS/GUARD START:

Student interest dictates individual focus.

FITNESS: Polish strokes so that the student is able to swim with more ease, power and efficiency.

GUARD START: Students interested in becoming a lifeguard at the age of 15.

CLASSES AVAILABLE UPON INTEREST

LIFEGUARD CLASS:

A pre-test is required for all participants and class is subject to a minimum of 6 students to take place. All participants will be certified in lifeguard, CPR for professionals, blood borne pathogen training and First Aid at course completion. Minimum age to participate is 15.

WATER SAFETY INSTRUCTOR:

Skills test required on first day of class. Class subject to cancellation due to lack of participants (6 student minimum) Minimum age of 16 to participate and must be a proficient swimmer and skilled at a minimum of Level 6 in Red Cross Learn to Swim program.