

LEARN TO SWIM

AT NAVY RECREATION CENTER SOLOMONS
SUMMER 2012

Session One
June 19 - July 6

Session Two
July 10 - July 27

Session Three
July 31 - August 17

NEW FOR 2012
Private swim lessons for all skill and age levels. 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.



CLASS DAYS

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

CLASS TIMES FOR 2012

AM Classes: 0900-0930, 0940-1010, 1020-1055

PM Classes: 5-530, 540-610, 620-650, 7-730

COURSE FEES

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

ELIGIBLE PATRONS

Active, Retired, Reservist Military,
DOD and their dependents

REGISTRATION DATE

Friday, April 13th: Military Only
(active, retired, reserves)
9 am-5 pm

Saturday, April 14th: Military and DoD
9 am-5 pm

Sunday, April 15th: Military and DoD
9 am-5 pm

Registration will take place at the Adventure Zone April 13-15 and will resume on Saturday of the Memorial Day Weekend at the Riverside Aquatics Complex during normal hours of operation.

CLASS SESSIONS

SESSION 1: JUNE 19 - JULY 6 *no classes on July 4th*

CLASS TIME	INSTRUCTOR A	INSTRUCTOR B	INSTRUCTOR C	INSTRUCTOR D
9-930	Level 3	Level 4	Level 6	
940-1010	Level 2	Level 3	Level 5	
1020-1055	PS 3	Level 1	Level 2	
5-530	Baby and Me	PS 1/2 COMBO		
540-610	PS 3	Level 4		
620-650	Level 1	Level 5		
7-730	Level 3	Level 6		

SESSION 2: JULY 10 - JULY 27

9-930	PS 1/2 COMBO	Level 4	Level 5	Level 6
940-1010	Baby and Me	Level 2	Level 3	Level 4
1020-1055	PS 3	Level 1	Level 2	Level 3
5-530	Baby and Me	PS 1/2 COMBO		
540-612	PS 3	Level 3		
620-650	Level 1	Level 6		
7-730	Level 4	Level 5		

SESSION 3: JULY 31 - AUGUST 17

9-930	PS 3	Level 3	Level 4	Level 6
940-1010	Baby and Me	PS 1/2 COMBO	Level 2	Level 4
1020-1055	Level 1	Level 2	Level 3	Level 5
5-530	Baby and Me	PS 1/2 COMBO		
540-612	PS 3	Level 1		
620-650	Level 2	Level 5		
7-730	Level 3/4 COMBO	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.