

February Swim Lessons (February 2nd - February 28th)

Swim Lesson Overview

Aquatic Adventures offers a variety of swimming lesson options in order to meet every child's needs. Classes begin at six months of age and classes are designed to fit each respective age group and skill level. Our class sizes are kept small to maximize the amount of personal attention each student receives, with participant to instructor ratios kept at 5:1, 6:1 or 8:1 depending on the age group. Details of each individual class are listed below. Instructors are certified Water Safety Instructors through the American Red Cross.

Parent and Child Aquatics (ratio 8:1)

Age 6-36 months (30 minute classes)

Parent and Child Aquatics Level 1

Age 6-18 months

Parent and child are taught to be comfortable in the water through activities, songs and games based on the developmental abilities of the child.

Parent and Child Aquatics Level 2

Age 18-36 months

Children in this level are typically more comfortable in the water and seek a little independence. Parents are taught to give their child more freedom in the water.

Preschool Aquatics (ratio 5:1)

Ages 3 years through 5 years (45 minute classes)

Level 1 - Introduction to Water Skills

This class is designed for the children who have very little, if any, swimming experience. They are most likely still afraid of the deep end of the pool. These students will start to develop good attitudes and safe practices around the water. These children will learn to be comfortable putting their face in the water, paddling and kicking on their front and back with little support, and floating on their front and back with little support.

Level 2 - Fundamental Aquatic Skills

This class is for children who have some swimming experience. Participants must be able to fully submerge their face in the water, paddle and kick on their front and back at least 5 feet with little support, and lie comfortably on their front and back with support. In this class, students learn to float without support and to recover to a vertical position. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

Level 3 - Stroke Development

This class is designed for children who have quite a bit of recreational swimming experience, but are interested in learning to develop proper strokes. Participants in this class must be able to swim at least 15 feet and float at least 5 seconds independently on their front and back. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Students learn to coordinate the front and back crawl. Students will also be introduced to elements of the butterfly and the fundamentals of treading water. Students will also learn rules for head-first entries and begin to learn to enter the water headfirst from the side of the pool.

School Age Aquatics (ratio 6:1)

Ages 6 years and older (55 minute classes)

Level 1 - Introduction to Water Skills

This class is designed for the children who have very little, if any, swimming experience. They are most likely still afraid of the deep end of the pool. These students will start to develop good attitudes and safe practices around the water. These children will learn to be comfortable putting their face in the water, paddling and kicking on their front and back with little support, and floating on their front and back with little support.

Level 2 - Fundamental Aquatic Skills

This class is for children who have some swimming experience. Participants must be able to fully submerge their face in the water, paddle and kick on their front and back at least 5 feet with little support, and lie comfortably on their front and back with support. In this class, students learn to float without support and to recover to a vertical position. Students explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

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This class is designed for children who have quite a bit of recreational swimming experience, but are interested in learning to develop proper strokes. Participants in this class must be able to swim at least 15 feet and float at least 5 seconds independently on their front and back. The objective of Level 3 is to build on the skills in Level 2 by providing additional guided practice. Students learn to coordinate the front and back crawl. Students will also be introduced to elements of the butterfly and the fundamentals of treading water. Students will also learn rules for head-first entries and begin to learn to enter the water headfirst from the side of the pool.

Level 4 - Stroke Improvement (ratio 8:1)

Level 4 is designed for swimmers who are interested in learning more about competitive swimming. Participants must be able to properly swim front crawl and back crawl for at least 15 yards. The objective of Level 4 is to develop confidence in the strokes learned thus far and to improve other aquatic skills. Students will improve their skills and increase their endurance by swimming familiar strokes (front crawl and back crawl) for greater distances. Students will continue to build on the butterfly and be introduced to elementary backstroke, breast stroke and elements of the side stroke.

Advanced Swim Classes (ratio 8:1)

Pre-Competitive (non-Red Cross)

This level is designed for swimmers who want to improve their stroke performance and learn to swim at a competitive level. Swimmers must be able to swim 25 yards without stopping and show basic knowledge of Freestyle, Backstroke, Breaststroke, and Butterfly. In this class they will learn to swim these four stroke at the competitive level by using flip-turns, open turns and competitive starts.

Parent Child Aquatics	
Level 1	Level 2
9:00a - 9:30a W	9:00a - 9:30a F
6:30p - 7:00p W	6:30p - 7:00p T
9:00a - 9:30a S	8:30a - 9:00a S



Preschool Aquatics			School Age Aquatics				Advanced
Level 1	Level 2	Level 3	Level 1	Level 2	Level 3	Level 4	Pre-Comp
9:00a - 9:45a M	9:00a - 9:45a T	9:00a - 9:45a TH	5:00p - 5:55p M	5:00p - 5:55p TH	5:00p - 5:55p M	6:00p - 6:55p F	11:15a - 12:10p S
9:30a - 10:15a W	9:30a - 10:15a F	10:00a - 10:45a T	6:00p - 6:55p TH	5:00p - 5:55p F	5:00p - 5:55p T	11:15a - 12:10p S	
10:00a - 10:45a TH	10:00a - 10:45a M	2:00p - 2:45p TH		6:00p - 6:55p T	6:00p - 6:55p W		
10:15a - 11:00a F	10:15a - 11:00a W	5:00p - 5:45p W		9:00a - 9:55a S	10:00a - 10:55a S		
1:00p - 1:45p TH	1:00p - 1:45p T	5:00p - 5:45p F					
2:00p - 2:45p T	5:00p - 5:45p T						
5:00p - 5:45p TH	5:45p - 6:30p W						
5:00p - 5:45p W	6:00p - 6:45p M						
5:45p - 6:30p T	6:00p - 6:45p TH						
6:00p - 6:45p M	10:15a - 11:00a S						
6:00p - 6:45p F							
9:30a - 10:15a S							

Group Lesson Rates	Private Lesson Rates
Parent Child Aquatics: \$40	4 forty-five minute Private Lessons: \$150
Preschool Aquatics: \$55	4 fifty-five minute Private Lessons: \$200
School Age & Advanced Classes: \$70	4 forty-five minute Semi-Private Lessons: \$100/participant
	4 fifty-five minute Semi-Private Lessons: \$150/participant