



Aquatic Adventures



Swimming Lessons Program Schedule

January Lessons (January 5th - January 31st)

Swim Lesson Description

Aquatic Adventures offers a variety of children's swimming lesson options in order to meet each child's needs. Classes begin for children as young as six months of age and all 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 no more than eight participants per instructor and typically five participants per class. Classes are designed to teach basic swimming strokes, water safety, and snorkeling skills. Little Fish sessions consist of four 45 minute classes. Big Fish & Advanced sessions consist of four 55 minute classes. Details of each individual class are listed below.

Baby Fish Swim Classes (ratio 8:1)

Age 6-36 months

Jellyfish (half-hour classes)

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.

Blenny (half-hour classes)

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.

Little Fish Swim Classes (ratio 5:1)

Ages 3 years through 5 years

Angel Fish

This class is designed for the children who have very little, if any, swimming experience. These children will learn to be comfortable putting their face in the water, blowing bubbles, paddling on their front and back, and laying on their front and back with support.

Clown Fish

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 will learn to move more independently through the water. They will learn to swim independently on their front and back for a short distance. They will also learn to maintain the front and back float positions without support.

Puffer Fish

This class is designed for children who have quite a bit of recreational swimming experience, but are interested in learning to swim 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. Children in this class will learn proper stroke technique for Freestyle and Backstroke. They will also be introduced to diving and the concept of gliding.

Big Fish Swim Classes (ratio 6:1)

Ages 6 years and older

Swordfish

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 children will learn to be comfortable putting their face in the water, rhythmic breathing, paddling on their front and back, and lying on their front and back with support.

Baby Fish

Jellyfish	Blenny
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



Little Fish

Angel Fish	Clown Fish	Puffer Fish
9:00a - 9:45a M	9:00a - 9:45a T	9:00a - 9:45a TH
9:30a - 10:15a W	9:30a - 10:15a F	10:00a - 10:45a T
10:00a - 10:45a TH	10:00a - 10:45a M	2:00p - 2:45p TH
10:15a - 11:00a F	10:15a - 11:00a W	5:00p - 5:45p W
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		



Big Fish

Swordfish	Manta Ray	Lionfish
5:00p - 5:55p M	5:00p - 5:55p TH	5:00p - 5:55p M
6:00p - 6:55p TH	5:00p - 5:55p F	5:00p - 5:55p T
10:00a - 10:55a S	6:00p - 6:55p T	6:00p - 6:55p W
	9:00a - 9:55a S	

Advanced

Barracuda	Pre-Comp
6:00p - 6:55p F	11:15a - 12:10p S
11:15a - 12:10p S	

Private & Semi-Private Lessons

Aquatic Adventures offers a private and semi-private swim lesson program as a substitute for group lessons. Private lessons are sold in a 4 class package and vary in length. Private lessons offer you one-on-one interaction with the instructor. Semi-private lessons are conducted with two participants, of similar swimming abilities, with one instructor. We also offer private lessons for special needs. Lessons can be scheduled to fit just about any schedule, depending on pool availability. Please call or stop by the front desk for more information.

Class Details

Private Lessons Fee:

- 3 - 5 years old: 150/Participant (4 forty five minute classes)
- 6 years and older: \$200/Participant (4 fifty five minute classes)

Semi-Private Lessons Fee:

- 3 - 5 years old: 100/Participant (4 forty five minute classes)
- 6 years and older: \$150/Participant (4 fifty five minute classes)



Manta Ray

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 will learn to move more independently through the water. They will learn to swim independently on their front and back for a short distance. They will also learn to maintain the front and back float positions without support.

Lionfish

This class is designed for children who have quite a bit of recreational swimming experience, but are interested in learning to swim 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. Children in this class will learn proper stroke technique for Freestyle and Backstroke. They will also be introduced to the Elementary Back Stroke, diving, and the concept of streamlining.

Advanced Swim Classes (ratio 8:1)

Barracuda

Barracuda level is designed for swimmers who are interested in learning more about competitive swimming. Participants must be able to properly swim Freestyle and Backstroke for at least 15 yards. Students in this class will learn to further improve their Freestyle and Backstroke so that they may swim longer distances. They will also be introduced to Butterfly and Breaststroke.

Pre-Competative

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.

Baby Fish Classes: \$30

Little Fish Classes: \$50

Big Fish & Advanced Classes: \$65

www.aquaticadventuresohio.com

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