

Cleveland Clinic Akron General Health & Wellness Center, Green

**Lesson Dates: March 2 – April 12**

**NEW WAY TO REGISTER! Please scan the QR code →**

Member Registration Begins Sunday, February 16, 2025

Guest Registration Begins Sunday, February 23, 2025



- All lead instructors are American Red Cross Certified • Lifeguard always on duty
- **NO missed class make ups or adjustments**

Class	Day	Start Time	End Time	Family Member Fees	Guest Fees
<b>Monday</b>		<b>March 3 -April 7</b>		<b>6-Week Session</b>	
SEALS	Monday	6:30 PM	7:30 PM	\$70	\$98
<b>Tuesday</b>		<b>March 4 -April 8</b>		<b>6-Week Session</b>	
Level 1	Tuesday	5:00 PM	5:30 PM	\$45	\$80
Level 2	Tuesday	5:00 PM	5:45 PM	\$50	\$85
Level 3	Tuesday	5:45 PM	6:30 PM	\$50	\$85
Level 4	Tuesday	5:30 PM	6:15 PM	\$50	\$85
Level 5/6	Tuesday	6:15 PM	7:00 PM	\$50	\$85
<b>Wednesday</b>		<b>March 5 -April 9</b>		<b>6-Week Session</b>	
Pre-1	Wednesday	5:00 PM	5:30 PM	\$45	\$80
Pre-2	Wednesday	5:30 PM	6:00 PM	\$45	\$80
<b>Saturday</b>		<b>March 8 - April 12</b>		<b>6-Week Session</b>	
Parent Child A	Saturday	9:30 AM	10:00 AM	\$45	\$80
Pre-1	Saturday	10:00 AM	10:30 AM	\$45	\$80
Pre-2	Saturday	9:00 AM	9:30 AM	\$45	\$80
Pre-3	Saturday	10:30 AM	11:00 AM	\$45	\$80
Pre-3	Saturday	11:00 AM	11:30 AM	\$45	\$80
Level 2	Saturday	10:30 AM	11:15 AM	\$50	\$85
Level 3	Saturday	9:00 AM	9:45 AM	\$50	\$85
Level 4	Saturday	9:45 AM	10:30 AM	\$50	\$85
<b>Adult (13 &amp; up)</b>		<b>March 3 - April 7</b>		<b>6-Week Session</b>	
Adult Beginner	Monday	5:00 PM	5:45 PM	\$50	\$85
Adult Advanced	Monday	5:45 PM	6:30 PM	\$50	\$85

\*To ensure quality and cost-effective programming, the aquatic department reserves the right to combine, add, or cancel classes as necessary.

**Questions? Call the Aquatics Office at 330.896.5007.**

**Online Registration for Classes:** Use the QR Code on this flier or visit our website to register! Registration will begin on the dates listed on this flier and on our website. The price listed next to the class reflects an entire session. Prices are based on the length of class time. Please let your instructor know if you plan to miss a lesson.

There are no class make-ups.



Use this QR Code to access our secure online registration system

**Parent and Child Aquatics:** Typically for children **6 months - 4 years**. Parent must accompany child in the water. General water safety tips for parents and water adjustment for children. Group A is 6 months-36 months and Group B is 36 months- and up.

**Preschool Levels:** For children who are ready to be in a class without their parents. **3-4-5 years old**. Preschool Level Skills are introduced in the same format as General Youth Level 1, 2 and 3.

**Youth Level 1:** Water Adjustment for children (without parents). Enter and exit in shallow end, move comfortably through water, submerge face (3 seconds), and float with support on front and back. **6 years and up**

**Youth Level 2:** Independent float on front and back, open eyes under water and retrieve objects, rhythmic breathing or bobbing 10 times, kick on front and back, roll from back to front/front to back, front and back crawls arm action, combined stroke front and back. **6 years and up**

**Youth Level 3:** The objective of Level 3 is continued improvement on the front crawl. Introduction of elementary backstroke, dolphin, scissor, and breaststroke kicks. Rotary breathing, treading water, diving and survival floats are also included in this level. **6 years and up**

**Youth Level 4:** The objective of Level 4 is for students to develop confidence and improve on the front crawl, elementary backstroke while also being introduced to back crawl, butterfly, sidestroke and breaststroke. Diving rules and safety assists are also built upon in this level. **6 years and up**

**Youth Level 5:** The objective of Level 5 is to continually build upon the front crawl and elementary backstroke for better endurance and stroke mechanics, as well as improvement on the back crawl, butterfly, breaststroke and sidestroke. Swimming turns and surface dives are introduced in this level. **6 years and up**

**Youth Level 6:** The objective of Level 6 is to refine the strokes so participants can swim them with ease, efficiency, power and smoothness over greater distances. **6 years and up**

**SEALS:** For youth **6 years old & up** who are interested in developing their competitive swimming skills. Swimmers will learn drills to improve technique, increase speed and endurance. Emphasis will be placed on stroke refinement, starts, turns, warm-up, supplemental exercises, and FUN! (A minimum of Youth Level 4 is required for all participants).

**Adult (13 and Up) Adult Beginner** – Learning the Basics

**Adult Advanced** – Improving Skills and Swimming Strokes

**Cancellations Policy:**

- Cancellations 3 or more days before class will be refunded in full.
- Cancellations 1-2 days prior to the first class will be given a full refund, less a \$10 administration fee.
- Cancellation the day of or after will NOT be refunded.
- Any class cancelled by the Aquatics Department will be refunded in full.
- Please contact the Aquatics Department for cancellations.

**Late Registration fee:**

- An additional \$5.00 late fee will be added for registrations made on first day of class.

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