

LifeStyles Swimming Lessons



Registration Begins July 8

LifeStyles Green Lessons: July 22 – 31

All lead instructors are American Red Cross Certified • Lifeguard always on duty

NO make up for missed sessions

SUMMER EXPRESS CLASS SCHEDULE

	Class	Day	Start Time	End Time	Family Member Code	Guest Code
	Swimming Express July 22 - 31		*3 days a week			
	Preschool 1	Monday - Wednesday	12:30 PM	1:00 PM	\$40 (#331)	\$70 (#332)
	Preschool 2	Monday - Wednesday	12:00 PM	12:30 PM	\$40 (#331)	\$70 (#332)
	Level 1	Monday - Wednesday	11:30 AM	12:00 PM	\$40 (#331)	\$70 (#332)
	Level 2	Monday - Wednesday	11:00 AM	11:30 AM	\$40 (#331)	\$70 (#332)
	Level 3	Monday - Wednesday	10:00 AM	10:50 AM	\$45 (#300)	\$75 (#320)
	Level 4/5	Monday - Wednesday	9:00 AM	9:50 AM	\$45 (#300)	\$75 (#320)

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

Questions? Call the Aquatic Office at 330.896.5007.

Basic Class Descriptions*

Classes are held three times a week for two weeks. Please let your instructor know if you plan to miss a lesson.

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

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. **5 years and up**

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. **5 years and up**

Level 3: Continue improvement on the front crawl. Introduction of elementary backstroke, dolphin, scissors, and breaststroke kicks. Rotary breathing, treading water, diving and survival floats are also included in this level. **5 years and up**

Level 4: Students 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. **5 years and up**

Level 5: Continue and refine 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. **5 years and up**

Cancellations Policy:

- **Cancellations 3 or more days before class will be refunded in full.**
- **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.**

Program Registration:

Don't forget to fill out a program registration form prior to each session, found at the front desk.

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