



Cleveland Clinic

Akron General
LifeStyles

AQUATICS

Swim Lessons

Cleveland Clinic Akron General Health & Wellness Center, Stow

Swim Lesson Dates: Monday 7/8/24 – Sunday 8/18/24
Summer Express: M,Tu,W classes (3 days/week for 2 weeks)
will be held July 8-17, July 22-31, August 5-14!

Member Registration Begins 6/8/24; Guest Registration Begins 6/16/24

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

Next swim session begins the week of September 9, 2024



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Please refer to the back of this flyer for important information & descriptions.

Class	Day	Start Time	End Time	Family Member Fees	Guest Fees
Morning Classes! Three days per week for 2 weeks (6 total classes)					
Classes held M, Tu, W Mornings for 2 weeks! Dates: 7/8 - 7/17; 7/22 - 7/31; 8/5 - 8/14!					
Parent/Child	M, Tu, & W	10:15 AM	10:45 AM	\$45	\$80
Preschool	M, Tu, & W	10:50 AM	11:20 AM	\$45	\$80
Youth 1	M, Tu, & W	11:25 AM	11:55 AM	\$45	\$80
Youth 2	M, Tu, & W	12:00 PM	12:45 PM	\$50	\$85
Wednesday Evening Classes					
Parent/Child	Wednesday	4:30 PM	5:00 PM	\$45	\$80
Preschool	Wednesday	5:05 PM	5:35 PM	\$45	\$80
Youth 1	Wednesday	5:40 PM	6:10 PM	\$45	\$80
Youth 2	Wednesday	6:15 PM	7:00 PM	\$50	\$85
Youth 3	Wednesday	7:05 PM	7:50 PM	\$50	\$85
Sunday Afternoon Classes					
Parent/Child	Sunday	3:35 PM	4:05 PM	\$45	\$80
Preschool	Sunday	4:10 PM	4:40 PM	\$45	\$80
Youth 1	Sunday	3:00 PM	3:30 PM	\$45	\$80
Youth 2	Sunday	2:10 PM	2:55 PM	\$50	\$85
Youth 3	Sunday	1:20 PM	2:05 PM	\$50	\$85
Youth 4	Sunday	12:30 PM	1:15 PM	\$50	\$85
Adult Swim Lessons (Age 13+)					
Beginner	Monday	7:45 PM	8:30 PM	\$50	\$85
Intermediate/Advanced	Wednesday	7:45 PM	8:30 PM	\$50	\$85
SEALS (Swimming Elite At LifeStyles)					
One Day	Choose Tu or Th	6:00 PM	6:55 PM	\$70	\$98
Two Days	Tu & Th	6:00 PM	6:55 PM	\$105	\$145

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

***Swim Clinics:** Swim clinics will be conducted by our Masters Swim Coach and held on various dates throughout the year. Clinics will be offered for advanced youth and adult swimmers and will focus on a variety of strokes, starts, turns, etc. The main agenda for each clinic will be announced ahead of time, and updates will be posted on the bulletin board in the pool area. All participants must pre-register. Please call the Aquatics office if you would like to be put on our interest list. Leave your name, phone number, and email so we can send an announcement!

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: For children who are ready to be without parents. General Youth Level 1 and Youth Level 2 skills are presented, with individual abilities considered. Call for more information.

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

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 is continued improvement on the front crawl and elementary backstroke and to learn the butterfly kick, scissor kick, & breaststroke kick. Rotary breathing and survival floats are also included in this level. 6 years and up

Youth Level 4: The objective is for students to improve the front crawl and to learn the back crawl, breaststroke, sidestroke, and butterfly. 6 years and up

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

Youth Level 6: The objective 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 (and have graduated from Youth Level 4) 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).

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.**

Program Registration: Will now be completed through the Cleveland Clinic registration and calendar online.

Late Registration fee:

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

*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 330.945.3131