



Cleveland Clinic

Akron General
LifeStyles

AQUATICS

Swim Lessons

Cleveland Clinic Akron General Health & Wellness Center, Stow

Summer Swim Lesson Dates:

***Express: June 13 - June 23; July 11 - July 21**

Weekday & Saturdays: June 20 – July 30, 2022

Member Registration Begins 6/4/22; Guest Registration Begins 6/4/22

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

• NO missed class make ups

| Class | Day | Start Time | End Time | Family Member Fees | Guest Fees |
|---|-----------|------------|----------|-------------------------------|------------|
| Summer Express: M, W, & F Morning Classes (2 different sessions) | | | | June 13-23; July 11-21 | |
| Parent & Child | M, W, & F | 10:30 AM | 11:00 AM | \$45 | \$80 |
| Preschool | M, W, & F | 11:00 AM | 11:30 AM | \$45 | \$80 |
| Youth 1 | M, W, & F | 11:00 AM | 11:30 AM | \$45 | \$80 |
| Youth 2 | M, W, & F | 11:30 AM | 12:15 PM | \$50 | \$85 |

| Wednesday Evening Classes | | | | June 22 – July 27 | |
|----------------------------------|-----------|---------|---------|--------------------------|------|
| Parent/Child | Wednesday | 5:05 PM | 5:35 PM | \$45 | \$80 |
| Preschool | Wednesday | 4:00 PM | 4:30 PM | \$45 | \$80 |
| Youth 1 | Wednesday | 4:30 PM | 5:00 PM | \$45 | \$80 |
| Youth 2 | Wednesday | 5:40 PM | 6:25 PM | \$50 | \$85 |
| Youth 3 | Wednesday | 6:30 PM | 7:15 PM | \$50 | \$85 |

| Saturday Morning Classes | | | | June 25 – July 30 | |
|---------------------------------|----------|----------|----------|--------------------------|------|
| Parent & Child | Saturday | 9:55 AM | 10:25 AM | \$45 | \$80 |
| Preschool | Saturday | 10:30 AM | 11:00 AM | \$45 | \$80 |
| Preschool | Saturday | 12:30 PM | 1:00 PM | \$45 | \$80 |
| Youth 1 | Saturday | 9:20 AM | 9:50 AM | \$45 | \$80 |
| Youth 1 | Saturday | 11:55 AM | 12:25 PM | \$45 | \$80 |
| Youth 2 | Saturday | 8:30 AM | 9:15 AM | \$50 | \$85 |
| Youth 2 | Saturday | 11:05 AM | 11:50 AM | \$50 | \$85 |
| Youth 3 | Saturday | 9:40 AM | 10:25 AM | \$50 | \$85 |
| Youth 4 | Saturday | 8:50 AM | 9:35 AM | \$50 | \$85 |
| Youth 5/6 Combined | Saturday | 8:00 AM | 8:45 AM | \$50 | \$85 |

| Adult Swim Lessons (Age 13+) | | | | June 20 – July 27 | |
|-------------------------------------|-----------|---------|---------|--------------------------|--------------|
| Beginner | Monday | 8:00 PM | 8:45 PM | \$45 (#4410) | \$75 (#4411) |
| Intermediate/Advanced | Wednesday | 8:00 PM | 8:45 PM | | |

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

NEW for 2022: Online Registration for Classes!!! The link to register for swim lessons is located on our website! Registration will begin on the dates listed on the 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.

***EXPRESS LESSONS:** Express lessons are held three days per week for two weeks. Two sessions are available this summer: June 13-23, and July 11-21. These lessons give children an opportunity for repetition and exposure and facilitate faster learning opportunities.

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: Don't forget to fill out a program registration form prior to each session, found at the front desk or in the lobby flyer racks.

Late Registration fee:

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