



Cleveland Clinic
Akron General
LifeStyles

AQUATICS

Swim Lessons

Cleveland Clinic Akron General Health & Wellness Center, Green

Lesson Dates: April 29 – June 10, 2024

Member Registration Begins 4.13.24; Guest Registration Begins 4.21.24

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

Next Swim Lesson Session Begins the week of June 24, 2024



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

Class	Day	Start Time	End Time	Family Member Fees	Guest Fees
5 and under classes					
Parent Child A	Saturday	9:30 AM	10:00 AM	\$45	\$80
Pre-1	Wednesday	5:00 PM	5:30 PM	\$45	\$80
Pre-1	Saturday	10:00 AM	10:30 AM	\$45	\$80
Pre-2	Wednesday	5:30 PM	6:00 PM	\$45	\$80
Pre-2	Saturday	9:00 AM	9:30 AM	\$45	\$80
Pre-3	Saturday	10:30 AM	11:00 AM	\$45	\$80
6 and older classes					
Level 1	Thursday	5:45 PM	6:15 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

Please Note: Due to our Lifeguard and Swimming Instructor shortage, there is a reduced number of classes offered on the schedule for Spring I Session.

You are welcome to check with our other two LifeStyles facilities for available classes.
Please check back Summer I session for available classes at LifeStyles Green.

*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.

****New Online Registration for Classes!** Look for the link to register for swim lessons on our website!
Or Use your mobile device to scan the QR code on this flier to complete your registration and payment!



Use this QR Code to access our secure online registration system

Registration will begin on the dates listed on the website. Classes are held once a week for six weeks. 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 missed class make-ups.

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 Swim II – 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.

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 day of class.

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