

Child & Youth Aquatics Programs— *Revised for 2010

Learn-to-Swim - American Red Cross (r.09)

The goal of our Aquatics programs is to help students feel comfortable in the water and to enjoy the water safely. We offer classes for ages six months and up. Swim lessons are included at no additional cost for those members whose children are on their membership.

- ◆ These are progressive Learn-to-Swim classes.
- ◆ Lessons are once a week for 40 minutes, except for Parent/Child and Pre-School lessons, which are for 30 minutes.
- ◆ For Baby Bubblers and Puddlejumpers classes, it is required for at least **one parent or guardian to participate in the water with each child** registered.
- ◆ **Once the class has started**, we cannot add additional children to that class, especially if instructor to student ratios have already been met.
- ◆ Parents with children 7 years or older may leave the aquatics area when your child is in the water with the instructor. Parents must remain within the facility during swimming lessons.
- ◆ If parents remain on the deck during the lesson we ask that you sit on the patio furniture located at both ends of the pool.
- ◆ Swim diapers are required for those children not potty trained.
- ◆ Children must be at least **3 yrs old** to enroll in Rootin' Tootin' Toddlers, at least **4 yrs old** to enroll in Preschool Paddlers, and at least **6 yrs old** to enroll in Level 2 and 3, at least **7 yrs old** for Level 4, and at least **8 yrs old** for Level 5.
- ◆ We require each member that comes to Family Wellness to

Main Pool Closed:

To ensure the quality of our Aquatics programs, sections of the Aquatics Center will be closed due to swimming lessons. Please check with Aquatics Center Staff for closure information on:

- ◆ Mondays from 4:30pm - 5:30pm
- ◆ Tuesdays from 9:00am - 10:30am & 5:00pm - 7:30pm
- ◆ Wednesday from 4:45pm - 6:30pm
- ◆ Thursdays from 5:00pm - 6:30pm
- ◆ Saturday from 9:00am - 10:30am

The Whirlpool, Sauna, and Steam room will remain open during these times.

Registration:

- ◆ Verification and registration for the Spring 2010 Session begins Saturday, March 13th, 2010 from 7:30am to 9:30am. Enrollment is based on a first come, first served system.
- ◆ The registration deadline is Monday, March 15th at 9:45pm.
- ◆ If a class is full, you will be placed on a waiting list. You will be notified **before the first class** if an opening becomes available. If placed on a waiting list and no opening becomes available, the **first three members** on the waiting list will be automatically enrolled in the same class for the Summer 2010 session beginning 6/14/10. Times for these classes may vary.

present their ID card at Member Services to gain access to the facility.

Enrollment:

Each class must have five children to offer the class.

- ◆ Parent –Child class ratios are 1:8
- ◆ Toddlers and Pre-School ratios are 1:6
- ◆ Level II - III ratios are 1:8
- ◆ Level IV - Level V ratios are 1:9

Attendance:

Attendance is a very important part of the learning process.

- ◆ Spring 2010 Session is a six week session - you will be allowed to **miss one class only!** Must repeat session if requirements are not met.

Photo Time:

We invite parents on the last day of class to bring their camera and take some photos.

Make-ups:

We realize that schedules change and opportunities arise that may cause you or your child to miss classes. However, Family Wellness **does not allow make-ups** for missed classes.

All classes are held in accordance with American Red Cross guidelines. Students must be able to demonstrate all of the skills at a given level in order to advance to the next level. Please retain your child's certificate of completion for verification during registration session.

- ◆ Instructors reserve the right to **move children to another level** if child **lacks or exceeds** the requirements for that level.

If you are not sure what level to enroll your child in, please contact **Scott L. at (605) 323-6964**.

Which class should I register my child in?

2010 Swim Lessons - Class Descriptions

Parent/Child Classes

Baby Bubblers Age(s) 6 - 18 months

This level is designed with an emphasis on safety, skills, comfort, fun, and parent participation. Additional instruction will be given on basic water skills that develop coordination and confidence in the water.

It is required for **at least one parent to participate in the water** with each child registered. Progression to the next level is determined by age.

Puddlejumpers Age(s) 19 - 36 months

This level will offer instruction on water exploration, bobbing, floating, gliding, and basic water skills. The main goal in this class is to instruct parent and guardians in effective ways to work with toddlers in the water.

It is required for **at least one parent to participate in the water** with each child registered. Progression to the next level is determined by age.

Preschool Classes

Rootin' Tootin Toddlers Age(s) 3 - 4 years

The goal of this level will build on water exploration and basic water skills. Bobbing, floating, gliding, and locomotion in the water.

The child should feel comfortable participating without the support of the parent. Progression to the next level is determined by age.

Preschool Paddlers Age(s) 4 - 5 years

This class is designed for students who have completed at least one session of beginning preschool classes or who is comfortable in the water. Progression to the next level is determined by **age and skill**.

- ◆ Submerge mouth, nose, and eyes
- ◆ Exhale underwater through mouth and nose
- ◆ Open eyes underwater, pick up submerged object
- ◆ Change direction while walking or paddling
- ◆ Roll over from front to back and back to front without support
- ◆ Explore floating on front and back without support
- ◆ Explore swimming on front and back using arm and leg actions without support

Learn to Swim Level Descriptions

Listed next are the **highlights** for each level. Please read carefully to help place your child in the appropriate level. Parents are encouraged to keep your child's **Certificate of Completion** to assist you in your next swim lesson session enrollment. Aquatics staff reserves the right to move children to another level if child lacks or exceeds the requirements for the level enrolled in.

Level 2: Fundamental Aquatic Skills Age(s) 6 yrs & up

- ◆ Blow bubbles submerging head in a rhythmic pattern (bobbing)
- ◆ Open eyes underwater, pick up a submerged object in shallow water
- ◆ Float on front and back without support
- ◆ Change direction on front or back without support
- ◆ Roll over from front to back, back to front without support
- ◆ Tread water
- ◆ Swim on front, back, and side using combined arm and leg actions without support

Level 3: Stroke Development Age(s) 6 yrs & up

- ◆ Jump into deep water from the side
- ◆ Submerge and retrieve an object in chest deep water
- ◆ Bob with head fully submerged
- ◆ Rotary breathing in horizontal position
- ◆ Perform front and back glide without support
- ◆ Float on front and back in deep water without support
- ◆ Change from horizontal to vertical position on front and back
- ◆ Tread water using hand and leg movements
- ◆ Perform front and back crawl with scissor kick without support
- ◆ Perform the dolphin - kick
- ◆ Perform elementary back stroke

Level 4: Stroke Improvement Age(s) 7 yrs & up

- ◆ Swim underwater
- ◆ Perform feet first surface dive
- ◆ Tread water using sculling arm motions and with different kicks
- ◆ Swim on side using scissors kick
- ◆ Front and back crawl
- ◆ Breaststroke
- ◆ Butterfly
- ◆ Elementary backstroke
- ◆ Perform open turns

Level 5: Stroke Refinement Age(s) 8 yrs & up

This level will NOT include diving.

- ◆ Will work on increasing distance swimming
 - ◆ Front and Back Crawl
 - ◆ Breaststroke
 - ◆ Butterfly
- ◆ Side stroke - arms and legs
- ◆ Survival swimming
- ◆ Work on flip turns



Family Wellness Aquatics Programs *Revised for 2010

Learn to Swim Programs - April 5 - May 15, 2010

(6 week session)

Class Names	Ages	Min/Max	Time	Location	Day	Member Fee
Water Play Time	3 - 5 years	5/10	5:45pm - 6:30pm	Pool	M	N/C
Water Play Time	3 - 5 years	5/10	5:45pm - 6:30pm	Pool	W	N/C
Baby Bubblers	6-18 months	4/8	9:50am 10:20am	Pool	T	N/C
Baby Bubblers	6-18 months	4/8	5:50pm - 6:20pm	Pool	TH	N/C
Puddlejumpers	19-36 months	4/8	9:50am - 10:20am	Pool	T	N/C
Puddlejumpers	19-36 months	4/8	6:40pm - 7:10pm	Pool	T	N/C
Rootin' Tootin' Toddlers	3-4 years	5/6	4:45pm - 5:15pm	Pool	M	N/C
Rootin' Tootin' Toddlers	3-4 years	5/6	9:15am - 9:45am	Pool	T	N/C
Rootin' Tootin' Toddlers	3-4 years	5/6	5:00pm - 5:30pm	Pool	T	N/C
Rootin' Tootin' Toddlers	3-4 years	5/6	5:50pm - 6:20pm	Pool	T	N/C
Rootin' Tootin' Toddlers	3-4 years	5/6	4:45pm - 5:15pm	Pool	W	N/C
Rootin' Tootin' Toddlers	3-4 years	5/6	5:00pm - 5:30pm	Pool	TH	N/C
Rootin' Tootin' Toddlers	3-4 years	5/6	9:00am - 9:30am	Pool	Sat	N/C
Preschool Paddlers	4-5 years	5/6	5:00pm - 5:30pm	Pool	T	N/C
Preschool Paddlers	4-5 years	5/6	5:50pm - 6:20pm	Pool	T	N/C
Preschool Paddlers	4-5 years	5/6	6:40pm - 7:10pm	Pool	T	N/C
Preschool Paddlers	4-5 years	5/6	5:00pm - 5:30pm	Pool	TH	N/C
Preschool Paddlers	4-5 years	5/6	5:50pm - 6:20pm	Pool	TH	N/C
Preschool Paddlers	4-5 years	5/6	9:50am - 10:20am	Pool	Sat	N/C
Level II	6 & up	6/8	4:45pm - 5:25pm	Pool	M	N/C
Level II	6 & up	6/8	5:00pm - 5:40pm	Pool	T	N/C
Level II	6 & up	6/8	6:40pm - 7:20pm	Pool	T	N/C
Level II	6 & up	6/8	5:00pm - 5:40pm	Pool	TH	N/C
Level II	6 & up	6/8	9:00am - 9:40am	Pool	Sat	N/C
Level III	6 & up	6/8	5:50pm - 6:30pm	Pool	T	N/C
Level III	6 & up	6/8	6:40pm - 7:20pm	Pool	T	N/C
Level III	6 & up	6/8	4:45pm - 5:25pm	Pool	W	N/C
Level III	6 & up	6/8	5:50pm - 6:30pm	Pool	TH	N/C
Level III	6 & up	6/8	9:50am - 10:30am	Pool	Sat	N/C
Level IV	7 & up	6/9	5:00pm - 5:40pm	Pool	T	N/C
Level IV	7 & up	6/9	5:50pm - 6:30pm	Pool	TH	N/C
Level IV	7 & up	6/9	9:00am - 9:40am	Pool	Sat	N/C
Level V	8 & up	6/9	5:50pm - 6:30pm	Pool	T	N/C
Level V	8 & up	6/9	5:00pm - 5:40pm	Pool	TH	N/C
Level V	8 & up	6/9	9:50am - 10:30am	Pool	Sat	N/C