

## Summer 2010 Swim Lesson Schedule

**PARENT AND CHILD COURSES** American Red Cross Parent and Child familiarizes young children from age 6 months to about 3 years to the water and prepares them to learn to swim in American Red Cross Preschool Aquatics or learn to swim courses. It is not designed to teach children to become good swimmers or to survive in the water on their own. Parent and Child Aquatics gives parents safety information and teaches techniques to help orient their children to the water. It also provides direction regarding how to supervise in water activities in a responsible manner.

- All children must be accompanied by an adult.
- Children must wear a swim diaper (if applicable). They are available to rent or buy at the front desk.

### **Parent & Child Sessions**

Course	Session	Dates	Time	Days of the Week
<b>Level 1</b> 6-24 months	Session A	May 3-May 20	10:00- 10:30 a.m. or 10:45- 11:15a.m.	M/W or T/TH
	Session B	May 25-June 11	10:00- 10:30 a.m. or 10:45-11:15 a.m.	T/TH or W/F
	Session G	June 18-Aug. 13(no class July 9)	10:30-11:00 a.m. or 11:15-11:45 a.m.	Fridays Only
	Fall Session	Sept. 13-Sept. 30	10:00-10:30 a.m. or 10:45-11:15 a.m.	M/W
<b>Level 2</b> 18 months- 3 years	Session A	May 3-May 20	10:00- 10:30 a.m. or 10:45- 11:15 a.m.	M/W or T/TH
	Session B	May 25-June 11	10:00- 10:30 a.m. or 10:45-11:15 a.m.	T/TH or W/F
	Session G	June 18-Aug. 13(no class July 9)	10:30-11:00 a.m. or 11:15-11:45 a.m.	Fridays Only
	Fall Session	Sept. 13-Sept. 30	10:00-10:30 a.m. or 10:45-11:15 a.m.	M/W

### **PRESCHOOL AQUATICS: New this year due to learning differences in age groups.**

Preschool aquatics consists of three levels. The primary objective of Preschool Aquatics is to promote the developmentally appropriate learning of fundamental water safety and aquatic skills of young children from 3 to 6 years old.

- **All classes are 30 minutes.**
- Children must wear a swim diaper (if applicable). They are available to rent or buy at the front desk.
- Classes that are four times a week are designated by Roman numerals.
- Classes that are two times a week are designated by capital letters.

<b>Level 1</b> There are no prerequisites for this class. The primary Objective of Preschool Level 1 is to develop comfort in water and learn basic skills and safety for being in and around water.				
Course	Session	Dates	Time	Days of the Week
<b>Level 1</b>	Session A	May 3-May 20	10:00- 10:30 a.m. or 10:45-11:15 a.m.	M/W or T/TH
	Session B	May 25-June 11	10:00- 10:30 a.m. or 10:45-11:15 a.m.	T/TH or W/F
	Session I	June 14-June 24	9:15-9:45 or 11:30-12:00 noon	M-TH
	Session II	July 12-July 22	9:15-9:45 or 11:30-12:00 noon	M-TH
	Session III	July 26-Aug. 5	9:15-9:45 or 11:30-12:00 noon	M-TH
	Session IV	Aug. 9- Aug. 19	9:15-9:45 or 11:30-12:00 noon	M-TH
	Session E	June 14- July1	9:00-9:30 a.m.	M/W or T/TH
	Session F	July 12- July 29	9:00-9:30 a.m.	M/W or T/TH
	Fall Session	Sept. 13-Sept. 30	4:00-4:30 p.m.	M/W or T/TH
<b>Level 2</b> The objectives of this level are to continue to develop basic water skills, begin independent aquatic locomotion, and learn self help and basic water rescue skills.				
<b>Level 2</b>	Session A	May 3-May 20	10:00- 10:30 a.m. or 10:45-11:15 a.m.	M/W or T/TH
	Session B	May 25-June 11	10:00- 10:30 a.m. or 10:45-11:15 a.m.	T/TH or W/F
	Session I	June 14-June 24	9:15-9:45 or 11:30-12:00 noon	M-TH
	Session II	July 12-July 22	9:15-9:45 or 11:30-12:00 noon	M-TH
	Session III	July 26-Aug. 5	9:15-9:45 or 11:30-12:00 noon	M-TH
	Session IV	Aug. 9- Aug. 19	9:15-9:45 or 11:30-12:00 noon	M-TH
	Session E	June 14- July1	9:00-9:30 a.m.	M/W or T/TH
	Session F	July 12- July 29	9:00-9:30 a.m.	M/W or T/TH
	Fall Session	Sept. 13-Sept. 30	4:00-4:30 p.m.	M/W or T/TH
<b>Level 3:</b> The objectives of this level are to continue to develop basic water skills learned in level 1&2, work on becoming more independent in water and building on self rescue and a deeper understanding of safety in and around water.				
<b>Level 3</b>	Session A	May 3-May 20	10:00- 10:30 a.m. or 10:45-11:15 a.m.	M/W or T/TH
	Session B	May 25-June 11	10:00- 10:30 a.m. or 10:45-11:15 a.m.	T/TH or W/F
	Session I	June 14-June 24	10:00-10:30 or 10:45 -11:15 a.m.	M-TH
	Session II	July 12-July 22	10:00-10:30 or 10:45 -11:15 a.m.	M-TH
	Session III	July 26-Aug. 5	10:00-10:30 or 10:45 -11:15 a.m.	M-TH
	Session IV	Aug. 9- Aug. 19	10:00-10:30 or 10:45 -11:15 a.m.	M-TH
	Session E	June 14- July1	9:00-9:30 a.m.	M/W or T/TH
	Session F	July 12- July 29	9:00-9:30 a.m.	M/W or T/TH
	Fall Session	Sept. 13-Sept. 30	4:00-4:30 p.m.	M/W or T/TH

**LEARN –TO-SWIM COURSES LEVELS 1-5**

- Levels 1 & 2 are 30-minute lessons
- Levels 3, 4, & 5 are 45-minute lessons
- **Due to Memorial Day, Session B (May 25 –June 11) will meet on Tuesday and Thursday or Wednesday and Friday.**
- Classes that are four days a week are designated by Roman numerals
- Classes that are two days a week are designated by capital letters.
- All Learn-to-Swim Levels 1-5 are progressive by ability, not age.
- Participants must be able to demonstrate competency in all skills in the previous level to enroll in the next level.

**Learn–to–Swim Courses**

<p><b>Level 1 – Introduction to Water: These lessons are 30 minutes.</b>                  There are no prerequisites for this course. The objective of Level 1 is to help students feel comfortable in the water and enjoy the water safely. 9:15-9:45 or 11:00-11:30 a.m.</p>			
<b><u>Level 1</u></b>	Session B May 25-June 11 Session I June 14-June 24 Session II July 12-July 22 Session III July 26- Aug. 5 Session IV Aug. 9- Aug. 19 Session E June 14- July 1 Session F July 12- July 29 Fall Session Sept. 13-Sept. 30	9:45-10:15 or 11:30-12:00 noon 9:15-9:45 or 11:00-11:30 a.m. 9:15-9:45 or 11:00-11:30 a.m. 9:15-9:45 or 11:00-11:30 a.m. 9:15-9:45 or 11:00-11:30 a.m. 9:45-10:15 a.m. 9:45-10:15 a.m. 4:00-4:30 p.m.	T/TH or W/F M-TH M-TH M-TH M-TH M/W or T/TH M/W or T/TH M/W or T/TH
<p><b>Level 2 – Fundamental Aquatic Skills: These lessons are 30 minutes.</b>                  Participants must have completed Level 1 or Preschool Level 3 or demonstrate skill required in Level 1. Participants learn to float without support and recover to a vertical position, explore simultaneous arm and leg actions on the front and back in order to lay a foundation for future strokes. This level marks the beginning of true independent locomotion skills.</p>			
<b><u>Level 2</u></b>	Session B May 25-June 11 Session I June 14-June 24 Session II July 12-July 22 Session III July 26- Aug. 5 Session IV Aug. 9- Aug. 19 Session E June 14- July 1 Session F July 12- July 29 Fall Session Sept. 13-Sept. 30	9:45-10:15 or 11:30-12:00 noon 9:15-9:45 or 11:00-11:30 a.m. 9:15-9:45 or 11:00-11:30 a.m. 9:15-9:45 or 11:00-11:30 a.m. 9:15-9:45 or 11:00-11:30 a.m. 9:45-10:15 a.m. 9:45- 10:15 a.m. 4:00-4:30 p.m.	T/TH or W/F M-TH M-TH M-TH M-TH M/W or T/TH M/W or T/TH M/W or T/TH
<p><b>Level 3- Stroke Development: These lessons are 45 minutes.</b>                  Participants must have completed Level 2 or be able to demonstrate skill requirements for Level 2. The objectives of Level 3 are to master front and back glides, work on coordination of front and back crawl, rotary breathing, and introduction to butterfly and fundamentals of treading water.</p>			
<b><u>Level 3</u></b>	Session B May 25-June 11 Session I June 14-June 24 Session II July 12-July 22 Session III July 26- Aug. 5 Session IV Aug. 9- Aug. 19 Session E June 14- July 1 Session F July 12- July 29 Fall Session Sept. 13-Sept. 30	10:30-11:15 p.m. 10:00-10:45 or 11:00-11:45 a.m. 10:00-10:45 or 11:00-11:45 a.m. 10:00-10:45 or 11:00-11:45 a.m. 10:00-10:45 or 11:00-11:45 a.m. 10:30-11:15 a.m. 10:30-11:15 a.m. 4:00-5:00 p.m.	T/TH or W/F M-TH M-TH M-TH M-TH M/W or T/TH M/W or T/TH M/W or T/TH
<p><b>Level 4 - Stroke Improvement: These lessons are 45 minutes</b>                  Participants must have successfully completed Level 3 or be able to demonstrate all the skills required for Level 3. The objective of Level 4 is to develop confidence in the strokes learned thus far. Level 4 increases endurance by swimming front and back crawl, continues building on butterfly, and introduces elementary back stroke, breaststroke and elements of sidestroke and the basics of turning on the walls.</p>			
<b><u>Level 4</u></b>	Session B May 25-June 11 Session I June 14-June 24 Session II July 12-July 22 Session III July 26- Aug. 5 Session IV Aug. 9- Aug. 19 Session E June 14- July 1 Session F July 12- July 29 Fall Session Sept. 13-Sept. 30	10:30-11:15 p.m. 10:00-10:45 or 11:00-11:45 a.m. 10:00-10:45 or 11:00-11:45 a.m. 10:00-10:45 or 11:00-11:45 a.m. 10:00-10:45 or 11:00-11:45 a.m. 10:30 -11:15 a.m. 10:30-11:15 a.m. 4:00-5:00 p.m.	T/TH or W/F M-TH M-TH M-TH M-TH M/W or T/TH M/W or T/TH M/W or T/TH

<b>Level 5- Stroke Refinement : These lessons are 45 minutes.</b>				
Participants entering this course must have successfully completed Level 4 or be able to demonstrate the skill required in Level 4. The objective of Level 5 is coordination and refinement of all strokes and increase distances. Flip turns for the front and back crawl are also introduced.				
<b>Level 5</b>	Session B	May 25-June 11	11:30 a.m.-12:15 p.m.	T/TH or W/F
	Session I	June 14-June 24	10:00-10:45 or 11:00-11:45 a.m.	M-TH
	Session II	July 12-July 22	10:00-10:45 or 11:00-11:45 a.m.	M-TH
	Session III	July 26- Aug. 5	10:00-10:45 or 11:00-11:45 a.m.	M/-TH
	Session IV	Aug. 9- Aug. 19	10:00-10:45 or 11:00-11:45 a.m.	M-TH
	Session E	June 14- July 1	10:00-10:45 a.m.	M/W or T/TH
	Session F	July 12- July 29	10:00-10:45 a.m.	M/W or T/TH
	Fall Session	Sept. 13-Sept. 30	5:00- 6:00 p.m.	M/W or T/TH

**LEARN TO SWIM LEVEL 6: These lessons are one hour.**

- We will offer a LEVEL 6 class each session and will develop the course curriculum according to the goals of the participants.

**Learn- to- Swim Level 6:**

<b>Level 6- Swimming and Skill Proficiency</b>				
Participants must have successfully completed Level 5 or be able to demonstrate the skills necessary to complete Level 5. The objective of Level 6 is to refine strokes so students swim with more ease, efficiency, power, and smoothness over greater distances. Other activities introduced are Personal Water Safety, Fitness Swimming, and Fundamentals of Diving.				
<b>LEVEL 6</b>	Session B	May 25-June 11	10:00 a.m. – 11:00 a.m.	T/TH or W/F
	Session I	June 14-June 24	10:00 a.m. – 11:00 a.m.	M-TH
	Session II	July 12-July 22	10:00 a.m. – 11:00 a.m.	M-TH
	Session III	July 26- Aug. 5	10:00 a.m. – 11:00 a.m.	M-TH
	Session IV	Aug. 9- Aug. 19	10:00 a.m. - 11:00 a.m.	M/W or T/TH
	Session E	June 14- July 1	11:00 a.m.– 12:00 noon	M/W or T/TH
	Session F	July 12- July 29	11:00 a.m.– 12:00 noon	M/W or T/TH

**Guard Start and Water Safety Aide: New this year!**

- This course is designed for swimmers 12 years old and older who are hoping to work as Jr. Guards and Water Safety aides.
- This course does not guarantee employment. Participants must apply and go through an interview process following this course in order to be employed at Old Town Hot Springs.
- Participants must have successfully completed Level 5 or be able to demonstrate the skills necessary to complete Level 5.
- This year only:** Participants who have already completed one portion of the class may take the other half. This class will be offered as one class from now on.
- Please inquire in the aquatics office for further information regarding employment opportunities. You must successfully complete this course prior to employment as a Junior Life Guard or Water Safety Aide.

Water Safety Aide And Guard Start	June 7-June 11	9:00 a.m.- 4:00 p.m. (Participants will be given a one- hour lunch break each day)	Monday-Friday
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**Adult Swim lessons**

- If you interested in adult swim lessons please contact the Aquatics Office for options available to you.  
**Stop by or call 870-1828, ext. 313 or 311**

**Please be Aware:** Refunds will not be given for missed lessons, weather conditions, or scheduling conflicts.

- We have alternate activities planned for days that we are not allowed in the pool due to lightning therefore we will have class every scheduled day.
- Scholarships are available. Please inquire in the aquatics office for more information.
- Some classes may be cancelled due to lack of enrollment.
- Registration forms are available on our website: [www.oldtownhotsprings.org](http://www.oldtownhotsprings.org)
- Private and Semi-private lessons are available. Please pick up information near the aquatics bulletin board in the lobby.
- Classes will meet on the upper deck on the first day of class. Please be sure to bring shoes because the deck can be very HOT!
- Don't forget sunscreen and goggles.
- Children with long hair may also need a hair tie or swim cap
- An email will be sent to you the week prior to the beginning of each session to confirm the times of your child's lesson.**

**Session E& F:** Due to the success of the classes that were offered two days a week, we are offering a session in June and July this summer. They will be offered on Monday and Wednesday or Tuesday and Thursday. The lessons will last for three weeks.

**Shallow pool Closures:** Watch for shallow pool closures during the spring and summer for cleaning and swim program uses.

**New this year:** We will be offering a new program called Swim Club this Summer. Watch the newsletter and the website for more information.