



# Swim Lessons



Summer 2010

What kind of exercises are best for a swimmer?\*\*\*

Monday June 14 - August 16		
11:45-12:25 pm	Level 4A+B S	Peg
12:30-1:00 pm	Level 3P W	Peg
1:00-1:30 pm	Level 1P W	Peg
1:30-2:00 pm	Level 2P W	Peg
2:05-2:45 pm	Level 5 L	Peg
Tuesday June 15 - August 17		
10:30-11:00 am	Parent/Child O/W	Kathy
4:00-4:40 pm	Level 4A+B S	Jennifer
4:00-4:30 pm	Level 2P W	Carolyn
4:30-5:00 pm	Level 1P W	Carolyn
4:40-5:20 pm	Level 5 L	Jennifer
5:00-5:30 pm	Level 3P W	Carolyn
5:15-5:45 pm	Level 2 W	Jane
5:20-6:00 pm	Level 6 L	Jennifer
5:45-6:15 pm	Level 1 W	Jane
6:15-6:45 pm	Level 3 W	Jane
6:50-7:30 pm	Level 4B S	Jane
7:30-8:10 pm	Adult Beginner S	Jane
Super Tuesday & Thursday Session 1: June 15 - July 6 Session 2: July 8 - July 29 Session 3: Aug 3 - Aug 24 7 Classes!		
10:00-10:30 am	Level 4A+B O/W	Kathy
10:30-11:00 am	Level 1 O/W	Gina1,2/TBA3
11:00-11:30 am	Level 2 O/W	Gina1,2/TBA3
11:30-12:00 pm	Level 3 O/W	Gina1,2/TBA3

Wednesday June 16 - August 18		
12:00-12:30 pm	Level 1 W	Ashley
12:30-1:00 pm	Level 2 W	Ashley
1:00-1:30 pm	Level 3 W	Ashley
Thursday June 17 - August 19		
10:30-11:00 am	Parent/Child O/W	Kathy
4:15-4:55 pm	Level 4B L	Ashley
4:30-5:00 pm	Level 3 W	Carolyn
5:00-5:30 pm	Level 1 W	Carolyn
5:00-5:30 pm	Level 4A W	Ashley
5:30-6:00 pm	Parent/Child W	Ashley
5:30-6:00 pm	Level 2 W	Carolyn
6:00-6:30 pm	Level 3 W	Ashley
Saturday June 19 - August 21		
10:15-10:45 am	Level 1 W	Marie
10:45-11:15 am	Level 2 W	Marie
11:15-11:45 am	Level 3 W	Marie
11:45-12:15 pm	Level 4A W	Marie



The Warm Pool & Lap Pool are Saltwater!

Pool Location	
S	Sport Pool
W	Warm Water Pool
L	Lap Pool
O	Outdoor Pool

Refunds and credits will not be given once the classes have started. To receive a full refund you must cancel one week prior to the session starting. Harbor does not offer make up lessons if a class is missed.

## Jump into the Swim of Things with Harbor's Swim Lesson Schedule!

HAC offers American Red Cross Swim Lessons all year round. Each of our teachers is certified as a Water Safety Instructor. The 90 degree warm pool is used for most lessons from September thru May. During the summer months, we utilize all of the pools at Harbor. A list of class descriptions is on the next page of this document to help you place your child in the appropriate level. If a class is full please add your name to the waiting list. We will add classes whenever possible.

The Fall swim lesson sign up will be available August 8th.

Fall classes will start Sept 7th.

\*\* Pool-ups!

Group Lesson Fees	7x30 Min	10x30 Min	10x40 Min
Members	\$60	\$85	\$105
Children of Members	\$75	\$105	\$135
Non Members	\$95	\$135	\$175

### PARENT AND CHILD AQUATICS

This program builds swimming readiness by emphasizing fun in the water. Parents and children participate in guided class sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. Adult accompaniment in the water is required. The maximum class size is 10. Suggested age 6 months to 3 years.

### NEW! PRESCHOOL AQUATIC PROGRAM NEW!

Red Cross preschool aquatics is designed to give young children a positive, developmentally appropriate aquatic learning experience. Harbor's recommended ages for children in preschool aquatics is 2 3/4 to 5 years old. Participation should not be determined by age alone. When determining if preschool aquatics is appropriate for a child, consider their developmental readiness, maturity, and experience in the water. For some preschool children Parent/Child aquatics still may be appropriate, while a few may be able to go directly into Learn to Swim.

**LEVEL 1P\*\*:** Children begin to learn elementary aquatic skills, such as blowing bubbles, personal water safety, and floating with assistance.

**LEVEL 2P\*\*:** This class builds on basic aquatic skills learned in Level 1P. Most skills in this level are performed with assistance. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back.

**LEVEL 3P\*\*:** This class builds on the skills learned in levels 1 and 2 by providing additional guided practice of aquatic skills at more proficient performance levels and greater distances and times. Skills in this level are performed independently. Children work on improving coordination of combined simultaneous arm and leg actions and alternating arm and leg actions.

### LEARN TO SWIM PROGRAM

**LEVEL 1: INTRODUCTION TO WATER SKILLS\*\*** (suggested age 5 years & up)

**Objective:** To learn basic personal water safety to help participants feel comfortable in the water. **Skills:** Submerging nose and mouth, opening eyes underwater and picking up submerged object, floating on front and back, swimming on front and back using arm and leg actions.

**LEVEL 2: FUNDAMENTAL AQUATIC SKILLS\*\***

**Objective:** To give students success with fundamental skills. **Skills:** Floating without support, recovering from a float to a vertical position, develop simultaneous and alternating arm and leg actions on the front and back.

**LEVEL 3: STROKE DEVELOPMENT**

**Objective:** Build on skills in Level 2 by providing additional guided practice. **Skills:** Submerging and retrieving object, front crawl, elementary backstroke, rotary breathing, butterfly kick, scissors kick, and survival float.

**LEVEL 4A & 4B: STROKE IMPROVEMENT**

**Objective:** Develop confidence in the strokes learned and improve aquatic skills. **Skills:** Improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances; add the arms to scissors kick for sidestroke; learn the back crawl, breaststroke, and butterfly and the basics of turning at a wall. Level 4A is appropriate for first timers in level 4 or for those who need more practice on the new skills introduced in level 4. Level 4B is designed for kids who are continuing in level 4 who have a solid base from Level 4A but need to refine already learned strokes and build endurance.

**LEVEL 5: STROKE REFINEMENT**

**Objective:** Provide further coordination and refinement of strokes. **Skills:** Survival swimming, refine performance of all the strokes (front and back crawl, elementary backstroke, butterfly, breaststroke, sidestroke) and increase their distances, front flip turn and backstroke flip turn.

**LEVEL 6: SWIMMING AND SKILL PROFICIENCY**

**Objective:** Refine the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. This class is designed with "menu" options. We will be teaching the Fitness Swimmer option.

### SPECIALTY PROGRAMS

**STROKE TECHNIQUE:** This class is geared for competitive level swimmers to perfect stroke mechanics and turns. Appropriate for ages 6-11. **Prerequisite must have passed American Red Cross Level 4. (returns fall 2010)**

**PRIVATE LESSONS:** One on one instruction for all ages and ability levels. To enroll in private lessons please fill out an intake form at the front desk or go to [www.harborathletic.com/interest](http://www.harborathletic.com/interest) and fill it out online.

**ADULT BEGINNER:** This class is for adults who have always wanted to learn to swim...time to get your feet wet. This class will cover everything from floating, to breathing, to basic stroke development.

\*\*Reduced class sizes. No more than 5 kids per class.

[www.harborathletic.com](http://www.harborathletic.com)

Private Swim Fees*	Members	Non Members	Additional Person*	* Extra charge for each additional person
1/2 hour	\$35	\$50	\$10	
5 x 1/2 hours	\$120	\$150	\$25	
10 x 1/2 hours (5x1 hr)	\$225	\$285	\$50	