

Swim Lessons

Water Tots "Flamingos"

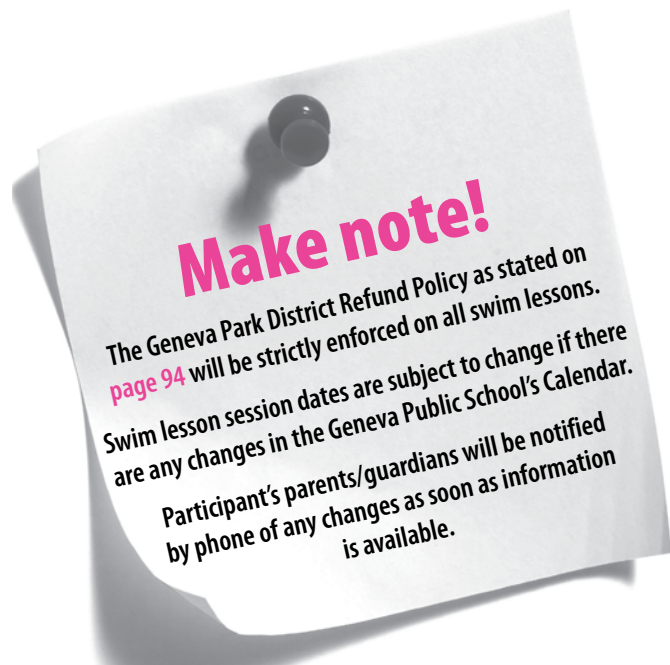
Ages 18 months - 3 yrs.

6-8 Classes

This class will help children adjust to a large body of water. The lessons will be game-based with an emphasis on water safety, floating and breath control. **Please note: children must wear swim diapers and plastic pants, there are no exceptions. A parent or guardian must accompany their child in the water and take part in his/her learning process. (MB)**

\$41 (N/R \$61)

Sunset Pool



Water Tots "Flamingos"

Monday - Friday					
Monday - Wednesday Lesson Time	Session I 6/8-6/17	Session II 6/20-6/29	Session III 7/5-7/14*	Session IV 7/18-7/27	Session V 8/1-8/10
8:30 - 9:00 am	74482	74487	74492	74497	74505
9:05 - 9:35 am	74483	74488	74493	74498	74506
9:40 - 10:10 am	74484	74489	74494	74499	74507
10:15 - 10:45 am	74485	74490	74495	74500	74508
10:50 - 11:20 am	74486	74491	74496	74501	74509

*Session III Class begins Tuesday, July 5.

Saturday Lesson Time	Session I 6/11-7/23 <i>No Class 7/2</i>
9:00 - 9:40 am	74502
9:45 - 10:25 am	74503
10:30 - 11:10 am	74504



Swim lesson plans, daily schedules and parent handbooks will be available for pickup at the Geneva Community Center, Stephen Persinger Recreation Center, online, or at the time of your registration beginning **March 8**. Swim lesson plans, daily schedules and parent handbooks will also be e-mailed to all participants' main contacts no later than one week prior to the first day of your child's swim lesson program.

On the first day of each session, staff will explain lesson plans, schedules, cancellation policies as well as introductions of instructors. During the first lesson of each session, children are tested and placed in a level according to their ability. On the last day of lessons, children receive a lesson report card with staff's recommendations of skills to improve upon and the level they are at.

Swim lesson staff will also be available at all times which swim lessons are in session to discuss your child's progress as well as hear any comments or concerns that you may have. **Please note: in order to avoid parent coaching and to encourage progress with swimming ability, parents are not allowed to be at pool's edge during swim lesson programs. Parents may observe their child's lessons from the north pool deck.**

Introduction to Swimming

Ages 3-5

6-8 Classes

This will be your child's first swim lesson experience without a parent. Emphasis will be on group games to acclimate young children to water thus reducing their fears. Children are grouped by ability (Dolphins, Ducks, Tadpoles) and work on a variety of skills appropriate for that level. **On the first day, all children are tested and grouped with others of comparable skills. (MB)**

\$41 (N/R \$61)

Sunset Pool

Intro A - "Dolphins"

In this introductory class, children will learn proper safety and behavior both in and out of the water, as well as, become comfortable in the water. **No prior skills are needed. Recommended for children with a fear of water. (MB)**

Intro B - "Ducks"

Children will learn the basics of water safety. Class will include adjusting to the water, breath control, floating and preliminary strokes. **Children must be confident in the water and be willing to be in the water without their parent or guardian. (MB)**

Intro C - "Tadpoles"

This class is geared toward children that have finished Dolphins and Ducks, but are not quite old enough to move into our Explore program. This level incorporates learning to consistently demonstrate independent front and back float, kick, roll over without support, intermediate front crawl skills, beginning back crawls and safety. **(MB)**

Introduction to Swimming

Monday - Friday					
Monday - Wednesday Lesson Time	Session I 6/8-6/17	Session II 6/20-6/29	Session III 7/5-7/14*	Session IV 7/18-7/27	Session V 8/1-8/10
8:30 - 9:00 am	74449	74454	74459	74464	74475
9:05 - 9:35 am	74450	74455	74460	74465	74476
9:40 - 10:10 am	74451	74456	74461	74466	74477
10:15 - 10:45 am	74452	74457	74462	74467	74478
10:50 - 11:20 am	74453	74458	74463	74468	74479

*Session III Class begins Tuesday, July 5.



Saturday Lesson Time	Session I 6/11-7/23 <i>No Class 7/2</i>
9:00 - 9:40 am	74469
9:45 - 10:25 am	74470
10:30 - 11:10 am	74471

Swim Lessons

Explore I

Ages 6-15

6-8 Classes

A variety of skills will be taught in the three levels of Explore I: Frogs, Turtles, and Fish. All children are tested and grouped with others of comparable skills. It is not uncommon for children to spend more than one term in Explore I in order to get through skill levels. Please consider this when registering for multiple lessons. (MB)

\$41 (N/R \$61)

Explore I A - "Frogs"

"Frogs" is for students to become comfortable in the water. Students will build on kicking, floating, breath control and water safety rules. They must be able to be in the water without a parent or guardian. (MB)

Explore I B - "Turtles"

Students begin to learn the basics of stroke technique, flutter kick, movements for front and back crawl, exploring the deep and retrieving an object from chest deep water. Children must feel comfortable in the water and be able to perform a front and back float on their own. (MB)

Explore I C - "Fish"

Children build on skills learned in "Turtles" and add more fundamental strokes. Emphasis is placed on perfecting and building endurance with the front and back crawl, stroke refinement with the elementary backstroke and providing an introduction to treading water and safe diving rules. Students must be able to perform front and back crawl on their own. (MB)



Explore II

Ages 6-15

6-8 Classes

Children must have completed Explore I or its equivalent. Explore II will primarily be taught in the deep well. Children are grouped by ability (Penguins, Octopus) and work on a variety of skills appropriate for that level. On the first day, all children will be tested and grouped with others of comparable skills. If applicable, please bring past swim lesson report cards on the first day. (MB)

\$46 (N/R \$66)

Explore II A - "Penguins"

Students will build confidence in all strokes previously learned and will improve aquatic skills. Students will build endurance by swimming greater distances and learn sidestroke, sculling, and the basics for turning at the wall and diving. Students must be able to meet all requirements in previous levels plus be able to swim 25 yards on their own. (MB)

Explore II B - "Octopus"

Students will coordinate, combine and refine key strokes. Students will be introduced to butterfly, open turns, different dives, and will try to perfect strokes previously learned. Students must be able to meet all requirements in previous levels plus be able to swim 50 yards on their own. (MB)

Explore I

Monday - Friday Monday - Wednesday Lesson Time	Session I 6/8-6/17	Session II 6/20-6/29	Session III 7/5-7/14*	Session IV 7/18-7/27	Session V 8/1-8/10
8:30 - 9:00 am	74396	74401	74406	74411	74422
9:05 - 9:35 am	74397	74402	74407	74412	74423
9:40 - 10:10 am	74398	74403	74408	74413	74424
10:15 - 10:45 am	74399	74404	74409	74414	74425
10:50 - 11:20 am	74400	74405	74410	74415	74426

*Session III begins Tuesday, July 5.

Saturday Lesson Time	Session I 6/11-7/23 No Class 7/2
9:00 - 9:40 am	74416
9:45 - 10:25 am	74417
10:30 - 11:10 am	74418



Introduction to Competitive Swimming

Ages 6-15

8 Classes

This program is for swimmers who would like to start competing at the novice level. The program teaches the four competitive strokes, turns, and starts. There are speed sessions (beginner swim meets) to track the swimmer's progress. The swimmers learn sportsmanship, mental preparedness and self-confidence. (MB)

\$46 (N/R \$66)

Sunset Pool

Session I	74444	M-F & M-W	6/8-6/17	10:00 - 10:45 am
Session II	74445	M-F & M-Th	6/20-6/29	10:00 - 10:45 am
Session III	74446	Tu-F & M-W	7/5-7/14	10:00 - 10:45 am
Session IV	74447	M-F & M-W	7/18-7/25	10:00 - 10:45 am
Session V	74448	M-F & M-W	8/1-8/10	10:00 - 10:45 am

Explore II

Monday - Friday Monday - Wednesday Lesson Time	Session I 6/8-6/17	Session II 6/20-6/29	Session III 7/5-7/14*	Session IV 7/18-7/27	Session V 8/1-8/10
8:30 - 9:15 am	74427	74430	74433	74436	74441
9:30 - 10:15 am	74428	74431	74434	74437	74442
10:30 - 11:15 am	74429	74432	74435	74438	74433

*Session III begins Tuesday, July 5.



Saturday Lesson Time	Session I 6/11-7/23 No Class 7/2
9:00 - 9:45 am	74439
10:00 - 10:45 am	74440

Resident Registration begins **March 8**