

# Swim Lessons

## Water Tots "Flamingos"

**Ages 18 months - 3 yrs.**

This class will help children adjust to a large body of water. A parent or guardian must accompany their child in the water and take part in his/her learning process. 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. (MB)**

**\$41 (N/R \$51)**

**Sunset Pool**



## Introduction to Swimming

**Ages 3-5**

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 \$51)**

**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.**

### Intro B - "Ducks"

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

### 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.

## Water Tots "Flamingos"

Monday - Friday						
Monday - Wednesday Lesson Time	Session I* 6/7-6/16	Session II 6/21-6/30	Session III 7/5-7/14	Session IV 7/19-7/28	Session V 8/2-8/11	
8:30 - 9:00 am	65991	65996	66001	66006	66320	
9:05 - 9:35 am	65992	65997	66002	66007	66321	
9:40 - 10:10 am	65993	65998	66003	66008	66322	
10:15 - 10:45 am	65994	65999	66004	66009	66323	
10:50 - 11:20 am	65995	66000	66005	66010	66324	

Saturday Lesson Time	Session I 6/12-7/17 6 Classes
9:00 - 9:40 am	66011
9:45 - 10:25 am	66012
10:30 - 11:10 am	66013



### Parent Orientation

On the first day of each session a brief orientation will be held for the parents with children in our lesson program. We will explain lesson plans, agendas and how we handle rain dates. **Parent handbooks are available online, please see the Geneva Park District Administrative office to request a hard copy.** During the first lesson, children are tested and placed in a level according to their ability. The lesson coordinator will be available that day and throughout the season for questions or concerns.

### Lesson Cancellations

Staff will try to run classes whenever possible. Classes may be canceled for inclement weather or pool mechanical problems. **Always assume swim lessons will be held unless it is announced on the Sunset Pool voice mail. Class cancellations will be made at least 15 minutes prior to a lesson. We may only cancel certain lesson times and not others.** Lessons will be canceled and make up dates scheduled. No more than two make up days will be scheduled per session.

## Introduction to Swimming

Monday - Friday						
Monday - Wednesday Lesson Time	Session I* 6/7-6/16	Session II 6/21-6/30	Session III 7/5-7/14	Session IV 7/19-7/28	Session V 8/2-8/11	
8:30 - 9:00 am	65964	65969	65974	65979	66325	
9:05 - 9:35 am	65965	65970	65975	65980	66326	
9:40 - 10:10 am	65966	65971	65976	65981	66327	
10:15 - 10:45 am	65967	65972	65977	65982	66328	
10:50 - 11:20 am	65968	65973	65978	65983	66329	

Saturday Lesson Time	Session I 6/12-7/17 6 Classes
9:00 - 9:40 am	65984
9:45 - 10:25 am	65985
10:30 - 11:10 am	65986

*\*Dates may change due to changes in the Geneva Public School's Calendar. Participant's parents/guardians will be notified by phone of any changes as soon as information is available.*

# Swim Lessons

## Explore I

### Ages 6-15

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.

**\$41 (N/R \$51)**

### Explore I A - "Frogs"

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

### 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.

### Explore I C - "Fish"

Children build on skills learned in "Turtles" and add more fundamental strokes. Students must be able to perform front and back crawl on their own. 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.

## SUMMER JAMMIN'

with 100.3 FM & 101.9 FM

June 4, 25, July 23 and August 13

For details, call (630) 232-4542

## Explore II

### Ages 6-15

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.

**\$46 (N/R \$56)**

### Explore II A - "Penguins"

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

### Explore II B - "Octopus"

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

## Explore I

Monday - Friday					
Monday - Wednesday Lesson Time	Session I* 6/7-6/16	Session II 6/21-6/30	Session III 7/5-7/14	Session IV 7/19-7/28	Session V 8/2-8/11
8:30 - 9:00 am	65920	65925	65930	65935	66330
9:05 - 9:35 am	65921	65926	65931	65936	66331
9:40 - 10:10 am	65922	65927	65932	65937	66332
10:15 - 10:45 am	65923	65928	65933	65938	66333
10:50 - 11:20 am	65924	65929	65934	65939	66334

Saturday Lesson Time	Session I 6/12-7/17 6 Classes
9:00 - 9:40 am	65940
9:45 - 10:25 am	65941
10:30 - 11:10 am	65942



## 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. This program is taught by the experienced coaches of the Geneva River Rats Swim Team.

**\$46 (N/R \$56)**

### Sunset Pool

Session I*	65960	M-F & M-W	6/7-6/16	10:00-10:45 am
Session II	65961	M-F & M-W	6/21-6/30	10:00-10:45 am
Session III	65962	M-F & M-W	7/5-7/14	10:00-10:45 am
Session IV	65963	M-F & M-W	7/19-7/28	10:00-10:45 am
Session V	66338	M-F & M-W	8/2-8/11	10:00-10:45 am

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## Explore II

Monday - Friday					
Monday - Wednesday Lesson Time	Session I* 6/7-6/16	Session II 6/21-6/30	Session III 7/5-7/14	Session IV 7/19-7/28	Session V 8/2-8/11
8:30 - 9:15 am	65946	65949	65952	65955	66335
9:30 - 10:15 am	65947	65950	65953	65956	66336
10:30 - 11:15 am	65948	65951	65954	65957	66337

Saturday Lesson Time	Session I 6/12-7/17 6 Classes
9:00 - 9:45 am	65958
10:00 - 10:45 am	65959

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