



Aquatic Lessons & Programs Guide

Each registered participant will undergo a performance evaluation at the first class of each session.

If the participant is unable to perform the pre-requisites, the instructor will recommend the child be moved to a more suitable level during that session. If those classes are full, the child will be offered the first available space in successive sessions and a \$5 transfer fee will be charged.

See Seasonal Brochure For Rates & Times

Water Tots

Ages: 1 to 4

This class is designed for parents & children to be in the pool together.

Children are taught to become more comfortable in the water.

Fun and games in the pool help the child gain confidence to swim alone.

This class is a step towards beginner swim.

Beginner Level 1

(According to ability must be 5 at start of session)

This class is designed to help with the beginning elements of swimming including water adjustment, breathing, floating, kicking and personal safety. The swimmer will learn to doggie paddle and underwater swim.

Beginner Level 2

(According to ability must be 5 at start of session)

This class is designed to teach the beginner who is water-oriented and has mastered the beginning elements of swimming.

The front crawl & elementary backstroke will be introduced for this course.

Pre-requisite:

Must be able to doggie paddle and be willing to learn prone float and back float.

4yr Old Beginner Swim

(Must be 4 at start of session)

This class targets the 4 year old. General safety rules will be learned as well as the front & back floats, doggie paddle and getting the face wet.

Child should be comfortable in water, for example: likes to play in water, enjoys bath time, etc.

Intermediate

Intermediate Ages: 6 & up
(According to ability- must be 6 at start of session)

Basic survival swimming is taught while improving beginner skills to build stamina and coordination. Improve front crawl and introduce backstroke and elementary backstroke and breaststroke.

Pre-requisite: Students should be able to jump in the deep end and perform the front crawl and backstroke 25 yards.

Swim Clinics Transitional (Ages 5-10)

\$90 Member
\$110 Non-Member

This class is designed for the swimmer who knows the basics of the 4 competitive swim strokes (freestyle, backstroke, breaststroke & butterfly). We will focus on stroke mechanics, starts and building endurance. Swimmers must be able to complete 25 yards of each of the 4 competitive swim strokes. One piece swimwear required.

Advanced (Ages 11 and up)

This class is for the more experienced swimmer.

We will work on stroke mechanics, starts, turns, & building endurance. This is ideal for the high school swimmer looking to stay in shape & improve for next year's season.



Aquatic Lessons & Programs Continued



See Our Brochure For Rates & Times

Aquatic Aerobics

This class takes place in chest-deep water.

Class format includes a warm-up, aerobic segment, cool down, endurance and stretch segment.

In a group atmosphere, participants will experience increased cardiovascular conditioning, flexibility and a lot of fun.

Deep Water Aerobics

This class takes place in deep water to increase stamina while eliminating stress on all joints.

It is a cardiovascular workout designed to strengthen muscles and increase range of motion.

Swimmers and non-swimmers are welcome.

Arthritis Aquatic Exercise

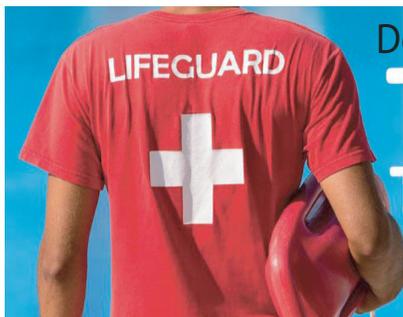
Help manage your arthritis, have fun & exercise at the same time.

Trained instructor guides participants through a series of specially designed low-impact exercises. Exercises are performed in waist to chest-deep water and are designed to decrease pain and stiffness and increase range of motion, strength & endurance without putting stress on the joint.

Participants do not need a physician's consent form.

**Got Questions?
Call 609-494-8861**

LIFEGUARD TRAINING



Do you want to be a lifeguard?

**TRAINED
TO SAVE LIVES**

This course is certified by the American Red Cross.

Ages 15 & Up

You must have strong swimming ability. Upon successful completion, participants will receive American Red Cross Certification in Lifeguarding, First Aid, CPR for the Professional Rescuer, AED & Preventing Disease Transmission.

All participants must complete the following prerequisites:

1. Swim 300 yards continuously in the following order:

100 yards of front crawl using rhythmic breathing (breathing to the side or front) and a stabilizing propellant kick; 100 yards of breaststroke; and, 100 yards of either front crawl or breaststroke using rhythmic breathing.

2. Starting in the water, swim 20 yards using front crawl or breaststroke; surface dive 7 to 10 feet; retrieve a 10 pound object; return to the surface; and, swim 20 yards back to starting point with the object, and exit the water without using a ladder or steps, within 1 min. 40 seconds.

If you have concerns about your ability to complete the pre-requisites, please schedule a swimming skill evaluation by calling 609-494-8861 ext. 187.