



Cumming Aquatic Center Group Swim Lessons — Late Winter 2023

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| <p>Monday & Wednesday Evenings</p> <p>Session 2: Jan 9th—Feb 1st (7 lessons) *No Lessons 1/16</p> <p>Session 4: Feb 6th—March 1st (8 lessons)</p> <p>Session 7 : March 6th—March 29th (8 lessons)</p> | <p>Tuesday & Thursday Evenings</p> <p>Session 3: Jan 10th—Feb 2nd (8 lessons)</p> <p>Session 5: Feb 7th—March 2nd (8 lessons)</p> <p>Session 8: March 7th—March 30th (8 lessons)</p> | <p>Saturday Mornings</p> <p>Session 1: Jan 7th—Feb 11th (6 lessons)</p> <p>Session 6: Feb 18th—March 25th (6 lessons)</p> |
| <p>Parent & Child/Pre-School Aquatic Fees:</p> <p>\$105.00 (8 x 30 minute lessons)</p> <p>\$92.00 (7 x 30 minute lessons)</p> <p>\$80.00 (6 x 30 minute lessons)</p> | | <p>Learn to Swim/Adult Aquatic Fees:</p> <p>\$153.00 (8 x 45 minute lessons)</p> <p>\$134.00 (7 x 45 minute lessons)</p> <p>\$116.00 (6 x 45 minute lessons)</p> |

| Schedule: | Monday & Wednesday Evenings | Tuesday & Thursday Evenings | Saturday Mornings |
|---|--|--|---|
| Parent & Child Aquatics : Ages 6months–3yrs (No Prerequisites) | | | |
| Parent & Child [1:10 ratio] | | 5:20-5:50pm | 9:10-9:40am 10:20-10:50am 11:30am-12:00pm |
| Pre-School Aquatics : Ages 3–5yrs *Pre-school Level 1 (Beginner)—Pre-school Level 4 (Advanced) | | | |
| Pre-school 1 [1:5 ratio] | 5:10-5:40pm | 4:10-4:40pm 5:20-5:50pm 5:55-6:25pm 6:30-7:00pm | 9:10-9:40am 11:30am-12:00pm 10:20-10:50am 12:05-12:35pm 10:55-11:25am 12:40-1:10pm |
| Pre-school 2 [1:5 ratio] | 5:45-6:15pm | 4:45-5:15pm 5:55-6:25pm | 9:45-10:15am 10:55-11:25am 12:05-12:35pm |
| Pre-school 3 [1:6 ratio] | 4:35-5:05pm 6:20-6:50pm | 5:20-5:50pm 6:30-7:00pm | 9:45-10:15am 10:55-11:25am 12:05-12:35pm |
| Pre-school 4 [1:6 ratio] | 4:35-5:05pm | 4:45-5:15pm 5:55-6:25pm 6:30-7:00pm | 11:30am-12pm 12:40-1:10pm |
| Learn to Swim Aquatics : Ages 5–12yrs *LTS Level 1 (Beginner)—LTS Level 6 (Advanced) | | | |
| Learn to Swim 1 [1:6 ratio] | 5:10-5:55pm 6:00-6:45pm | 4:10-4:55pm 5:50-6:35pm 5:00-5:45pm 6:40-7:25pm | 9:10-9:55am 11:40am-12:25pm 10:00-10:45am 12:30-1:15pm 10:50-11:35am |
| Learn to Swim 2 [1:6 ratio] | 4:20-5:05pm 6:00-6:45pm 5:10-5:55pm 6:50-7:35pm | 4:10-4:55pm 5:50-6:35pm 5:00-5:45pm 6:40-7:25pm | 9:10-9:55am 11:40am-12:25pm 10:00-10:45am 12:30-1:15pm 10:50-11:35am |
| Learn to Swim 3 [1:6 ratio] | 4:20-5:05pm 6:00-6:45pm 5:10-5:55pm 6:50-7:35pm | 4:10-4:55pm 5:50-6:35pm 5:00-5:45pm 6:40-7:25pm | 9:10-9:55am 11:40am-12:25pm 10:00-10:45am 12:30-1:15pm 10:50-11:35am 12:40-1:25pm |
| Learn to Swim 4 [1:6 ratio] | 5:10-5:55pm 6:00-6:45pm 6:50-7:35pm | 4:10-4:55pm 6:40-7:25pm 5:00-5:45pm 7:05-7:50pm 5:50-6:35pm 7:30-8:15pm | 9:10-9:55am 11:40am-12:25pm 10:00-10:45am 12:30-1:15pm 10:50-11:35am |
| Learn to Swim 5 [1:8 ratio] | 6:50-7:35pm | 5:00-5:45pm 7:30-8:15pm 5:50-6:35pm | 9:10-9:55am 10:50-11:35am 10:00-10:45am 11:40am-12:25pm |
| Learn to Swim 6 [1:8 ratio] | | 6:40-7:25pm 7:30-8:15pm | 9:10-9:55am 12:30-1:15pm 10:00-10:45am |
| Adult Aquatics : Ages 13+ (No Prerequisites for Adult Basics) | | | |
| Adult Basics [1:6 ratio] | 6:00-6:45pm | 7:05-7:50pm 7:30-8:15pm | 10:50-11:35am 11:40am-12:25pm |
| Adult Stroke Development [1:8 ratio] | | | 11:40am-12:25pm 12:30-1:15pm |

Class Level Descriptions

Parent & Child (Ages 6 months—3 years)

Parent & Child: This level is designed to familiarize children 6 months—3 years with the water and teach swimming readiness skills through exciting activities, games and songs. This level will provide safety information for parents and teach techniques that parents can use to orient their children to the water and prepare for the preschool program. Each child must be accompanied by an adult in the water.

Preschool (Ages 3—5 years)

Preschool 1: This beginner level familiarizes children 3—5 years to the water and teaches basic aquatic skills. In Preschool 1 we will focus on safe practices in and around water and learn to comfortably submerge, float, glide & kick with assistance. There are no prerequisite skills for Preschool 1.

Preschool 2: The purpose of Preschool 2 is to build on and improve skills learned in Preschool 1. To be ready for this level, participants must be able to successfully complete all of the Preschool 1 exit skills, including submerging, gliding, floating with assistance, rolling with assistance, and swimming on front with assistance. This level marks the beginning of independent movements in the water, though many skills still require some assistance.

Preschool 3: Preschool 3 builds on the skills learned in Preschool 1 & 2 by providing additional guided practice of basic aquatic skills at slightly more proficient performance levels and greater distances. Skills in this level are performed mostly independently and coordination is improved. To complete this level, participants must be able to submerge for 10 seconds, roll to float independently, and swim front and back crawl independently.

Preschool 4: This level is designed for children who have completed Preschool 3 exit skills but are too young or lack the sufficient skills and endurance required for the Learn to Swim program. In Preschool 4, we focus on floating and treading longer durations, swimming freestyle with side breathing and improving backstroke technique. Exit skills include independently floating 1 min, treading 1 min, swimming front crawl 10 yards with rotary breathing and swimming 10 yards back crawl. Completing these exit skills are necessary to move on to Learn to Swim 2.

Learn to Swim (Ages 5 —12 years)

Learn to Swim 1: Introduction to water skills: In this beginner level, participants become comfortable in the water and begin to develop good swimming habits and safe practices in and around the water. Participants will learn to float without support and develop arm and leg actions on the front and back. Exit skills include submerging, floating on the front and back, and swimming independently for short distances. There are no prerequisite skills for this level.

Learn to Swim 2: Fundamental Aquatic Skills: This level builds on basic aquatic skills and water safety concepts learned in Learn to Swim 1. Participants will practice floating and treading longer durations and work on improving backstroke technique. Freestyle with side breathing is introduced, and is a necessary skill needed to be ready for the next level.

Learn to Swim 3: Stroke Development: This level builds on skills learned in LTS Levels 1 & 2 and helps participants achieve basic water competency. Elementary backstroke, breaststroke and dolphin kick are introduced. To complete this level, participants must be able to confidently jump in deep water, tread, streamline, kick flutter/dolphin/breaststroke, side breathe, and swim backstroke 15 yards.

Learn to Swim 4: Stroke Improvement: This level improves participant's proficiency in performing the swimming strokes that were introduced in Learn to Swim 3. Participants will improve freestyle, backstroke and breaststroke, and will learn butterfly. Participants will continue to work on treading, streamlining, turns and diving. Exit skills include demonstrating effective and efficient freestyle and backstroke. Participants should also start to show proficiency in breaststroke and butterfly with minimal corrections and rest.

Learn to Swim 5: Stroke Refinement: This level will help participants refine their performance in all competitive strokes (i.e., freestyle, backstroke, breaststroke and butterfly) and focus on maintaining technique for further distances. Learn to Swim 5 is structured similar to a swim practice, with circle swimming and flip turns utilized to create an efficient swimming environment. Exit skills include performing a shallow angle dive, swimming 50 yards freestyle, and swimming 25 yards backstroke, breaststroke and butterfly with appropriate open or flip turns.

Learn to Swim 6: Swim Team Readiness: In this level, participants will work to increase their speed and endurance. Fitness swimming elements are introduced, such as breath control, drills, and use of training equipment. Participants who successfully complete this level are ready to join a swim team.

Adult (Ages 13+ years)

Adult Basics: This level is designed to teach adults who are uncomfortable in the water. Basic aquatic skills such as submerging, floating and kicking are introduced. Front and back crawl are developed, along with elementary backstroke and treading. Successful completion of this level is equivalent to successful completion of Learn to Swim 3. There is no prerequisite to this level with the exception of having a willingness to learn!

Adult Stroke Development: Participants in this level will work to improve proficiency in strokes and develop techniques to increase speed and endurance. Specific skills can be developed such as flip turns, gliding, and breath control. Successful completion of this level is equivalent to successful completion of Learn to Swim Level 5.