

Learn To Swim 6-12 yrs.

ADULT LESSONS (13+)

This course teaches beginners water adjustment, safety, and basic swimming skills. Advanced adults are instructed on improving and developing their swimming abilities through stroke techniques and endurance training. No prerequisites.

MONDAY
10:00-10:45 am • Beginner
6:40-7:25 pm • Beginner

SWIM ENDURANCE TRAINING (13+)

This class is for people looking to increase their strength and endurance. The teen program is perfect if you are training to become a lifeguard, practicing for a swim team or adding to your fitness routine. The adult program is perfect if you are a tri-athlete in training.

MONDAY	WEDNESDAY
7:30-8:15 pm • Adults (ages 19+)	5:40-6:25 pm • Teens (ages 13-18)

POLICIES & PROCEDURES

How To Register: In Person at the Recreation Center or online at ridgefieldparksandrec.org.

Waitlist: Waitlist requests are filled on a first come first served basis with priority given to waitlisted students who have not registered for another lesson. Please note that your waitlist reservation is for the level requested and not a specific day/time.

Transfer Requests: All transfer requests are subject to approval by the Aquatics staff and must be requested and processed by the end of the first week of lessons (Jan. 11, 2014).

Refund Policy: Member discounts are applied only if qualifying membership is current and valid AT TIME OF REGISTRATION. No retroactive discounts will be applied should program registrant eventually obtain a membership. Programs are only refundable up to one week prior to session date and are subject to administrative approval. Medical absences (verified by a Physician's note) will be refunded on a pro-rated basis. An administrative fee of \$25 will be assessed to any refund.

Age: Participants must turn the minimum age required for the lesson level by Jan. 6, 2014.

Closures: Please be advised that the pool may be closed for your safety, due to weather or maintenance related concerns. We make every effort to make-up classes affected by weather/maintenance closures, therefore there are no refunds for these closures.



Swim Lesson Schedule

January 6 - March 8

AMERICAN RED CROSS PROGRAMS

Member Registration Begins: Thursday, December 12 @ 6:00 am

Open Registration Begins: Monday, December 16 @ 9:00 am

Pricing & Important Dates

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Make Up</u> 3/17	<u>Make Up</u> 3/11	<u>Make Up</u> 3/12	<u>Make Up</u> 3/13	<u>Make Up</u> 3/14	<u>Make Up</u> 3/15
Member: \$127 Non-Member: \$189	Member: \$127 Non-Member: \$189	Member: \$143 Non-Member: \$213	Member: \$143 Non-Member: \$213	Member: \$143 Non-Member: \$213	Member: \$127 Non-Member: \$189
<u>No Class</u> 1/20, 2/17	<u>No Class</u> 2/18				<u>No Class</u> 2/15

Parent And Child Aquatics 6 Months - 48 Months

This course helps young children develop a comfort in and around the water, fostering a readiness to swim using songs and games. This course does not teach children to be accomplished swimmers or to survive in the water. All children must follow the "3 Layers of Protection" guidelines posted in the pool which requires children to wear a swim diaper and tight-fitting swim diaper cover under their bathing suit. Children must be registered in the appropriate age group and parent must accompany child in the pool. Level One must be completed and passed to register for Level Two.

PACA	MONDAY	SATURDAY
Level 1: 6-20 Months	10:45-11:15 am	9:00-9:30 am
Level 1: 21-48 Months		9:35-10:05 am
Level 2: 21-48 Months	11:15-11:45 am	10:10-10:40 am
PACA Plus: 42-48 Months		10:45-11:15 am

Preschool Aquatics 4-5 yrs.

Children are introduced to the aquatic area, learn safety, and begin building skills for stroke development. Children will be taught at their level of development and ability providing a positive learning experience.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Purpose: Helps students feel comfortable in the water

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:45-10:15 am	9:45-10:15 am	10:15-10:45 am	9:45-10:15 am	9:35-10:05 am
1:30-2:00 pm	1:00-1:30 pm		4:50-5:20 pm	10:10-10:40 am
4:15-4:45 pm	4:15-4:45 pm			11:20-11:50 am

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Purpose: Gives students success with fundamental skills.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:30-2:00 pm	10:15-10:45 am	10:15-10:45 am	9:45-10:15 am	10:15-10:45 am	9:00-9:30 am
4:50-5:20 pm	1:00-1:30 pm	1:30-2:00 pm	4:50-5:20 pm	4:50-5:20 pm	10:45-11:15 am
	4:50-5:20	4:15-4:45 pm	6:00-6:30 pm		11:20-11:50 pm
		5:25-5:55 pm			

LEVEL 3: STROKE DEVELOPMENT

Purpose: Builds on the skills in Level 2 by providing additional guided practice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1:00-1:30 pm	4:15-4:45 pm	10:45-11:15 am	1:30-2:00 pm	10:45-11:15 am	9:35-10:05 am
5:25-5:55 pm	5:25-5:55 pm	6:00-6:30 pm	4:50-5:20 pm	4:15-4:45 pm	10:10-10:40 am
			5:25-5:55 pm	5:25-5:55 pm	11:55-12:25 pm

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The six levels help swimmers of all ages and varying abilities develop swimming and water safety skills. Gives children a positive learning experience by introducing skills in a logical progression.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Purpose: Helps students feel comfortable in the water.

MONDAY	TUESDAY	THURSDAY	FRIDAY	SATURDAY
4:15-4:45 pm	4:15-4:45 pm	5:25-5:55 pm	4:15-4:45 pm	11:20-11:50 am

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

Purpose: Gives students success with fundamental skills.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00-6:30 pm	4:50-5:20 pm	4:50-5:20 pm	4:15-4:45 pm	5:25-5:55 pm	9:00-9:30 am
	6:00-6:30 pm		5:25-5:55 pm		10:10-10:40 am

LEVEL 3: STROKE DEVELOPMENT

Purpose: Builds on the skills in Level 2 by providing additional guided practice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:15-4:45 pm	5:25-5:55 pm	4:50-5:20 pm	4:15-4:45 pm	6:00-6:30 pm	9:00-9:30 am
4:50-5:20 pm		5:25-5:55 pm	4:50-5:20 pm		9:35-10:05 am
5:25-5:55 pm					10:45-11:15 am
					10:45-11:15 am

LEVEL 4: STROKE IMPROVEMENT

Purpose: Develops confidence in the strokes learned and improve other aquatic skills.

MONDAY	TUESDAY	WEDNESDAY	FRIDAY	SATURDAY
6:00-6:45 pm	4:50-5:35 pm	4:50-5:35 pm	6:00-6:45 pm	11:20-12:10 pm

LEVEL 5: STROKE REFINEMENT

Purpose: Improve the students technical aspect of each of the 4 basic strokes.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	SATURDAY
	5:40-6:25 pm		6:00-6:45 pm	