


# LEARN TO SWIM WINTER II 2025

MONDAY - 5 WEEKS February 24th - March 24th	WEDNESDAY - 5 WEEKS February 26th - March 26th	SATURDAY - 5 WEEKS March 1st - March 29th
LEVEL 1 5:30PM (45 MIN) Member \$105 / Guest \$137	LEVEL 1 5:30PM (45 MIN) Member \$105 / Guest \$137	PARENT TOT 9AM (30 MIN) Member \$77 / Guest \$99
LEVEL 3 5:30PM (45 MIN) Member \$105 / Guest \$137	LEVEL 3 5:30PM (45 MIN) Member \$105 / Guest \$137	LEVEL 1 9:30AM (45 MIN) Member \$105 / Guest \$137
LEVEL 2 6:15PM (45 MIN) Member \$105 / Guest \$137	LEVEL 2 6:15PM (45 MIN) Member \$105 / Guest \$137	LEVEL 3 9:30AM (45 MIN) Member \$105 / Guest \$137
LEVEL 4 6:15PM (45 MIN) Member \$105 / Guest \$137	PARENT TOT 5:30PM (30 MIN) Member \$77 / Guest \$99	LEVEL 2 10:15AM (45 MIN) Member \$105 / Guest \$137
<b>LEARN TO SWIM INFORMATION</b> - Learn to swim classes run for 45 minutes. - <b><u>NO MAKEUPS FOR CLASSES THAT WERE NOT CANCELED BY SSHRC</u></b> - For children that are not fully potty trained, they must be in a swim diaper. - Please have children rinse off in the deck shower prior to their lesson. - Payment is required upon sign up for all classes. - No street shoes allowed on the pool deck.	TRANSITIONING TOT 6PM (30 MIN) Member \$77 / Guest \$99	LEVEL 4 10:15AM (45 MIN) Member \$105 / Guest \$137
		TRANSITIONING TOT 11AM (30 MIN) Member \$77 / Guest \$99

## Level Descriptions

### SPRING STROKE CLINIC - WEDNESDAYS - 8 WEEKS

**Runs:** April 9th through May 28th 4:30PM - 5:30PM

**Price:** Member \$165 / Guest \$205

-Students must be able to swim 25 yards on front and back and be comfortable in 5 feet deep water.

-This class is for students interested in fine tuning technique for competitive strokes and increasing endurance.

**NO MAKEUPS FOR CLASSES THAT WERE NOT CANCELED BY SSHRC**

#### Level 1 - Water Exploration:

- Ages 3 years to 5 years.
- Little or no swim experience.
- Uncomfortable with getting face wet.
- This class will help students feel comfortable submerging into water, reinforce safety skills and introduce basic swimming skills on front and back.

#### Level 2 - Primary Skills:

- Ages 4 and up.
- Some swim experience.
- Comfortable submerging under water, reinforces skills learned in level 1, and continues progression of basic swimming skills on front and back.

#### Level 3 - Stroke Readiness:

- Able to float on back.
- Can "doggy paddle/swim" for 10ft on front.
- Can swim on back.
- Able to bob in water over their head in shallow water.

#### Level 4 - Stroke Development:

- Able to swim 25 yards on front and back.
- Comfortable in 5 feet deep water.
- Rhythmic breathing when swimming on front.

#### Parent Tot:

- Ages 3 months to 3 years.
- Swim diapers are required for all children.
- Parent(s)/Guardian(s) are in water with children.
- Assists with acclimating children to water and basic safety.

#### Transitioning Tot:

- Ages 2 and 3 years.
- Must have participated in a Parent Tot class at SSHRC.
- Helps children transition into group classes without a parent in the water.